



MASSACHUSETTS YOUTH SOCCER



GOAL Improve build up on opponents half to create scoring chances- 2 **Key Qualities** Optimal technique, Be proactive

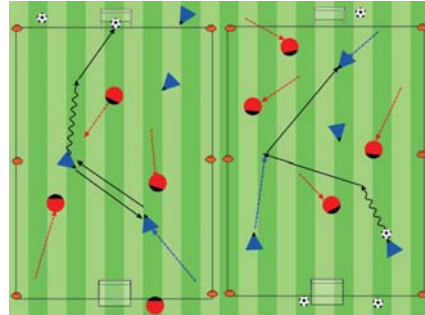
Age Group 14-U **Team Tactical Principles** Spread Out, Support the attack, Change the point of attack

PLAY - SMALL SIDED GAMES

Play the Game: The team with the ball works together to score in the opponent's goal.

Organization: Make two 25Wx35L fields with a small goal at each end. As players arrive to training have them start playing a game. Play games up to 4v4, i.e. start at 2v1, 2v2, 3v3 to 4v4. Use both fields. Play 3-4, three (3) minute games with 1 minute of active rest consisting of dynamic stretching after each game.

Rules: All FIFA laws apply.



Key Words: Create 1v1's and 2v1's on the flanks, get wide into open space to receive a pass to go forward, score

Guided Questions: How can you determine a player's attitude?

When should you let players play and you not coach?

Answers: Check body language and ask about their day. Start to develop friendly positive conversation with them. At the start of practice, during the small sided games.

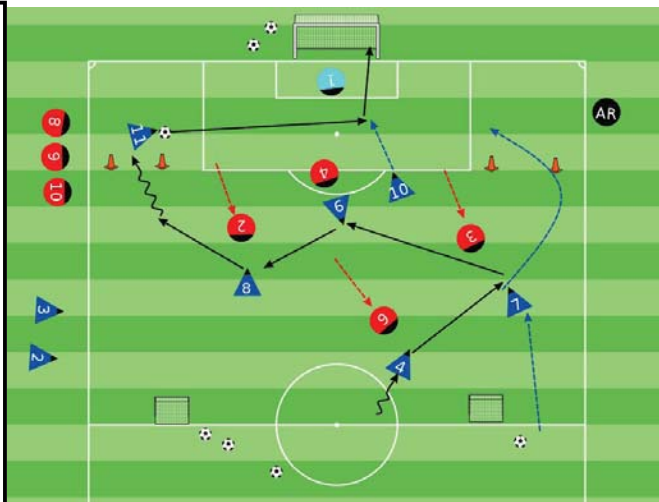
PRACTICE - CORE ACTIVITY



Less Challenging Activity

Organization: Make 2 fields 25Wx35L with 2 small goals on red endline, one on the blue endline. One field is Blue #'s 3,9,11vs Red #'s 9,10. Other field is Blue #'s 2,7,8 vs Red #'s 6,8.

Rules: Play 3v2. The 3 Blues score on the 2 goals, the 2 reds score on the 1 goal. Games are 2 min with 2 min rest.



Activity Duration 24 min

Time Active 4 min

of Intervals 4

Active Rest 2 min



More Challenging Activity

Organization: 55Wx60L field with a goal on end. Make 2 teams.

Rules: Play 7v6. Blue scores on the goal, Red scores by dribbling across the midfield line.

Objective: Using the flanks to get forward quickly to create chances to score goals.

Organization: On a 55Wx50L field, a regular goal on one endline and 2 counter goals. Play a 6v5 game to goal. Blue team player #'s 4, 7, 8, 9, 10, 11 vs Red team player #'s 1, 2, 3, 4, 6.

Rules: Blue team starts play. Blue team can go to goal if they pass the ball to a flank player running through a gate or if a flank player dribbles through a gate. Red scores the on small counter goals. Bonus pts for goals scored directly off a pass (or cross) from a flank players. All FIFA Laws apply.

Key Words: Keep the ball, look to switch the point of attack, penetrate the openings on the flanks, scores goals

Guided Questions: What techniques should be repetitive in this activity? When should players look to play through openings on the flanks?

Answers: The techniques of passing, receiving, crossing, mobility. Players should look to the flanks when the opponent is compact centrally.

PLAY - LET THEM PLAY

Organization: On a 55Wx80L field with a goal on each endline, play an 8v8 game. Blue team plays 1-2-2-3 and the Red team plays 1-3-1-3. (Play 2 x 10 min halves with a 2 min halftime)

Rules: All FIFA laws apply.



Key Words: Move the opponent by moving the ball, width, find an opening, get forward quickly and score goals

Guided Questions: How can you confirm players have retained anything from your training session? What should you spend most of your time doing during the scrimmage?

Answers: Players will attempt the objectives in a real game if they had a positive experience with it at practice. Spend the majority of the time observing the players to see if there is any transference from training to the game.