



MASSACHUSETTS YOUTH SOCCER

GOAL Dribbling to Create Scoring Opportunities

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

Team Tactical Principles Play forward when possible or hold the ball (Ball carrier)

Is Activity Organized? Game-like? Challenging?

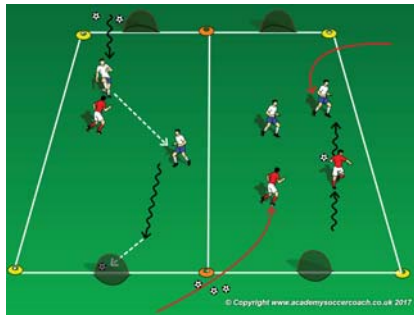
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Players with the ball attempt to dribble forward to get past opponents and score.

Organization: Set up 2-3 fields 15W x 20L w/a goal at each end. Goals, cones, pinnies, balls.

Rules: Start game with a kick off. Monitor infractions. Play 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. Local rules of competition apply. Allow periods of free play.



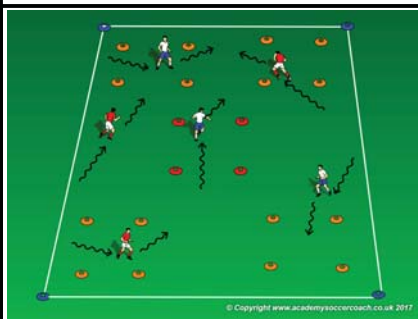
Coaching Points: Reinforce positive outcomes after a player has dribbled with the ball. Recognition of When to Dribble and When to Pass.

Guided Questions: What do you do if the teams are unbalanced? Rearrange the teams. Play an uneven numbered game (3v2). What is an indicator of success? Players dribbling past opponents and going to goal.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

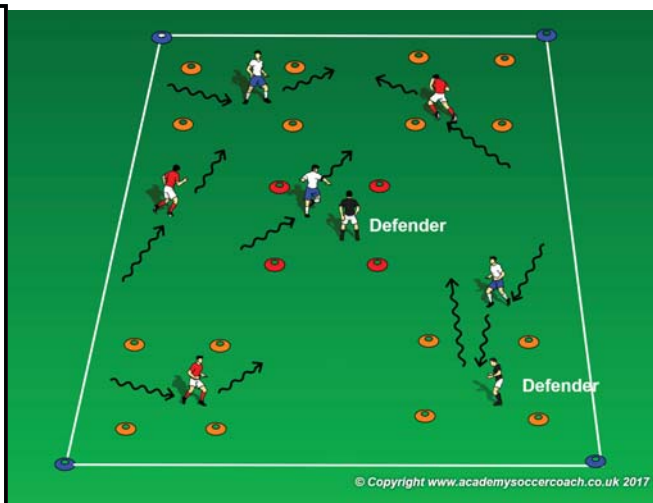
Does activity allow for Repetition? Coaching?



Less Challenging Activity

Organization: Same as core activity except w/out defenders. Players dribble through boxes. Play 10 rounds of 1min. Each round use a different surface of the foot & different foot.

Rules: Every player with a ball. How many boxes in 1min, beat your score.

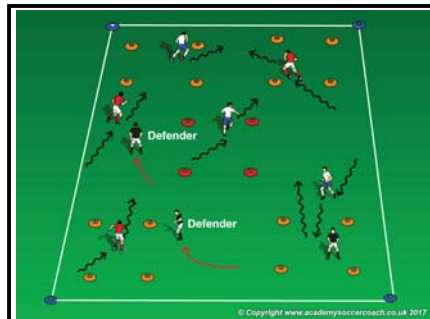


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

Dribbling Boxes w/unrestricted defenders: Players dribble through boxes in 1min. Beat your score.

Rules: Every player with a ball. If defender wins the ball they become the dribbler. Switch roles.

Dribbling Boxes w/Defenders: Players dribble through boxes without getting tagged by a defender or they can dribble into a box with a defender and then back out. How many boxes in 1min. Beat your score.

Organization: In 20Wx25L yd grid, each player has a ball. Make 4-5 4Wx4L yd cone boxes. A defender is stationed in a box. If there are 5 boxes have defenders in 2-3 of them. Defenders can move from box to box but can only tag attackers when they dribble into a box.

Rules: Players have a ball & try to dribble through the boxes. 1pt for empty box, 50 pts for dribbling through a defender box untagged.

Coaching Points: Encourage dribbling forward w/the ball quickly accelerate through the boxes. Change direction if there's a defender in the box.

Guided Questions: When do you make the activity more challenging? When players have demonstrated successful dribbling & running w/ ball. What can you do if players keep losing the ball? Provide feedback such as: Take softer touches. Ask them: What they see in front of them. This checks to see if they are dribbling w/their heads up. Ask them if they know Change of Direction moves. If they say "yes" say "Show me". If not demonstrate 1-2 moves.

Is Activity Organized? Game-like? Challenging?

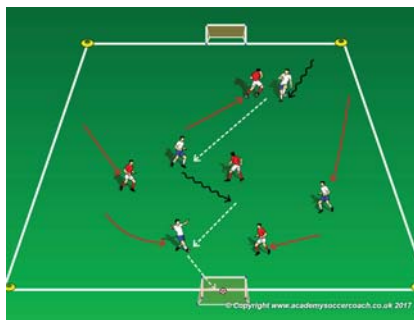
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Players try to score by dribbling by opponents and shooting.

Organization: Make a 25W x 35L field w/ a small goal at each end. Make teams of 4, and manage substitutions, infractions, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All modified 4v4 rules apply.



Coaching Points: Dribbling to beat defenders or run forward w/ ball. Passing if dribbling is not possible.

Guided Questions: When should players dribble, or pass? Dribble when there's space in front of them or space behind an opponent. Pass to a teammate when a teammate has more space or that teammate can shoot. How do you measure if practice was a success? Players had fun. They tried to dribble past defenders at the right time. (Space to attack or 1v1).



MASSACHUSETTS YOUTH SOCCER

GOAL Passing to Create Scoring Opportunities

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

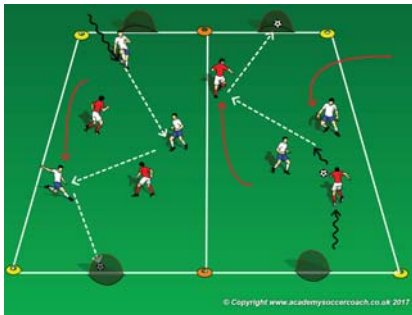
Team Tactical Principles Spread out, Pass or Dribble forward when possible or hold the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Players with the ball attempt to dribble or pass to get past defenders and score.
Organization: Lay out 2-3 fields that are 15W x 20L with a goal at each end. Goals, cones, pinnies, balls.
Rules: Start games with a kick off. Based on local rules play either kick-ins or throw-ins. Monitor infractions. Play 2v1, or 2v2 game, up to a 3v3 game per field. Allow players to have free play.



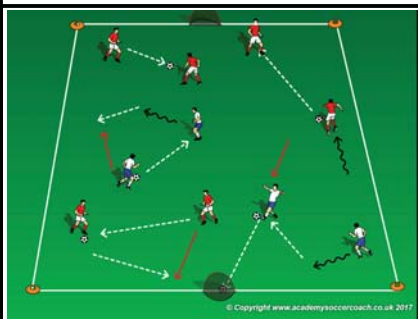
Coaching Points: Encourage players when they dribble forward with the ball and when a pass to a teammate gets to that teammate. Spread out.

Guided Questions: How do you know players understand the rules? They are staying inbounds and trying to score. How can you make the games easier? Play uneven numbered games like 2v1, 3v1 or 3v2.

Is Activity Organized? Game-like? Challenging?

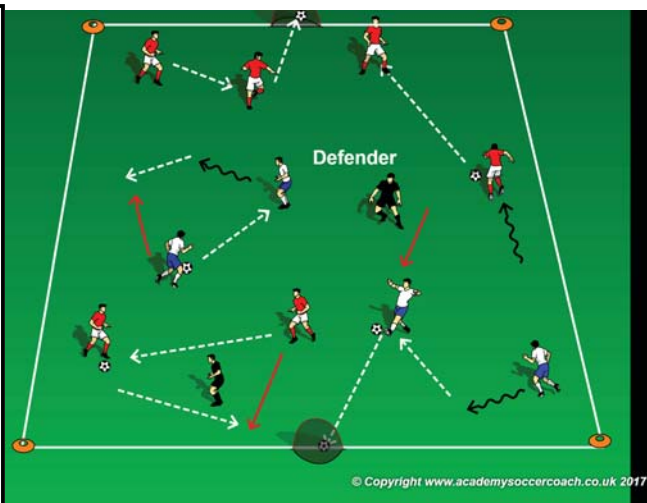
PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?

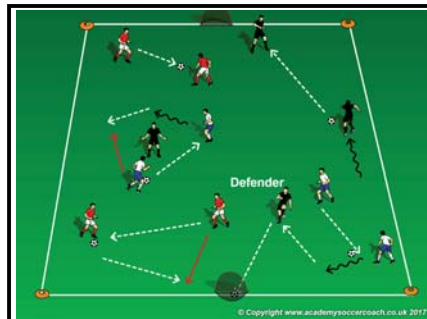


Less Challenging Activity

Pairs Passing no defenders: Pairs pass and move & scores goals.
Rules: Players in pairs w/a ball. Pass & move w/the ball. Score in one goal then pass w/partner & score in other goal, repeat. How many goals in 1min, beat your score. Pass w/favorite foot, non-favorite foot, both feet.



Activity Duration	20 min	# of Intervals	10
Time Active	1 min	Active Rest	1 min



More Challenging Activity

Pairs Passing w/ Defenders: Pairs pass, move & scores goals.
Rules: Pairs w/a ball. Designate 2 pairs to be defenders. Pairs pass & move w/ball. Score a goal then pass & score in other goal, repeat. If defenders steal the ball & score it, passers become defenders. Switch roles.

Pairs Passing w/2 Defenders: Pairs pass and move & score goals.
Organization: In a 20Wx25L yd grid, players are in pairs w/a ball. Players start between 5 and 10 yds apart. Designate 2 defenders (can be coaches).
Rules: On coach's command pairs will pass & move w/their partner and ball. Score in one goal then pass w/partner & score in the other goal, repeat. If a defender steals the ball, steal it back. How many goals in 1min. Beat your score. Bonus score: Number of passes equals number of pts. i.e. 10 passes then a goal, equals 10pts.

Coaching Points: Spread out. Pass to a teammate who is spread out and past defenders in open space. Dribble until you need to pass.

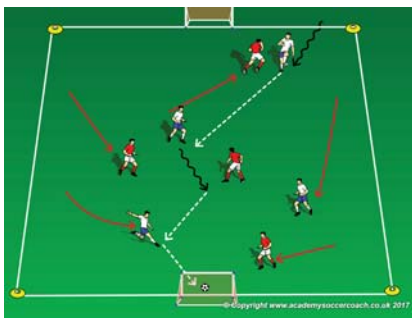
Guided Questions: Where should the player w/out the ball go to help their partner to pass to them? Show players w/out the ball where to Spread Out to, away from defenders, into open space. When is the activity working? When players are making multiple passes that reach their partners.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Players try to get past opponents to score by dribbling and passing.
Organization: Create a 25W x 35L field with a small goal on each end. Make teams of up to 4 players and manage substitutions, infractions, water breaks and rest periods. Goals, cones, pinnies, ball.
Rules: All modified 4v4 rules apply.



Coaching Points: Recognition of moments in the game when they should dribble, pass, or shoot. Spread out.

Guided Questions: How do you know players understood the practice topic? Players with the ball are trying to pass to teammates more frequently. Players without the ball are trying to Spread Out.



MASSACHUSETTS YOUTH SOCCER

GOAL Defending

Key Qualities Take Initiative, Be Proactive

Age Group 8-U

Team Tactical Principles Press the player with the ball, regain the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Players without the ball try to steal the ball from opponents to go and score.

Organization: Set up two to three 15W x 20L fields w/goal at each end. Goals, cones, pinnies, balls.

Rules: Start games with a kick off. Play local organization rules on out of bounds. Monitor player infractions. Play 1v1, 2v1, 2v2, 3v2, 3v3 game, up to a 4v4 game per field. Allow players the ability to have free play.



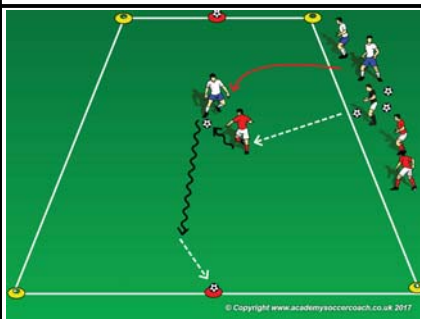
Coaching Points: Players closest to the ball go and pressure the attacker with the ball. Steal (regain) the ball from the attacker to go and score.

Guided Questions: How can you tell players are participating? They are playing the game with little to no distractions. When should players press the ball to steal it? Right after losing it.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

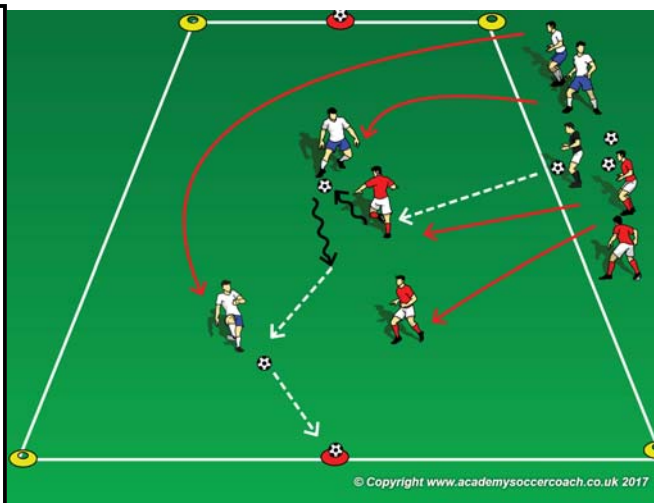
Does activity allow for Repetition? Coaching?



Less Challenging Activity

1v1 Defend: Play 1v1 to score by knocking ball off the opponents cone.

Rules: Players in 2 teams on either side of coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, one player from each team enters the field. Bonus pts for scoring after stealing the ball

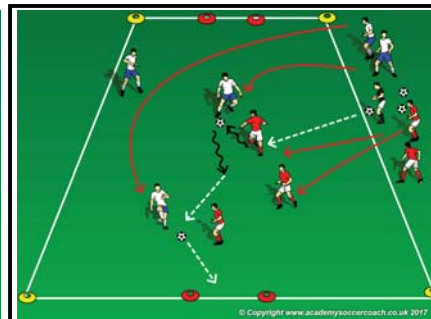


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

3v3 Defend: Play 3v3 to score in opponents small cone goal.

Rules: Players in 2 teams on either side of the coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, 3 players from each team enter the field. Bonus pts for scoring after stealing the ball.

2v2 Defend: Play 2v2 to score by knocking the ball off the opponents cone.

Organization: Set up a 15W x 20L grid w/a ball atop a cone on the middle of each end line.

Rules: Players in 2 teams on either side of the coach at the midfield sideline. Coach has all the balls. Coach plays a ball out onto the field, 2 players from each team enter the field and play to score. Bonus points for scoring after stealing the ball. Play until out of bounds, a goal, or 1 minute has passed.

Coaching Points: Closest player to the ball must go pressure the attacker with the ball. Prevent attackers from playing forward. Steal the ball to go and score.

Guided Questions: What is pressuring the ball? Quickly approaching the attacker w/the ball to slow down and delay the attack forward. How can you explain how to steal the ball from the attacker? Tell players to try stealing the ball when it is dribbled too far away from the attacker's feet. Show the defender how to block or poke the ball away from the attacker to steal the ball to go score.

Is Activity Organized? Game-like? Challenging?

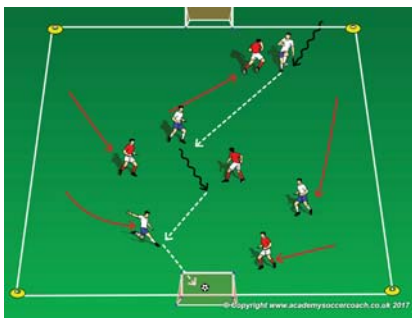
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Win the ball back quickly and restart the attack.

Organization: Make a 25W x 35L field w/ a small goal at each end. Create 2 equal teams of 4, and manage substitutions, fouls, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All local modified 4v4 rules apply



Coaching Points: Help the closest player to the ball to recognize moments in the game when they should pressure the ball, to steal it and go forward and score.

Guided Questions: How can you tell if the practice worked? Players are trying to steal the ball from the opponents. When should a player try to steal the ball back? Immediately after losing it.



MASSACHUSETTS YOUTH SOCCER

GOAL Dribbling to Create Scoring Chances

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

Team Tactical Principles Play forward when possible or hold the ball (Ball carrier)

Is Activity Organized? Game-like? Challenging?

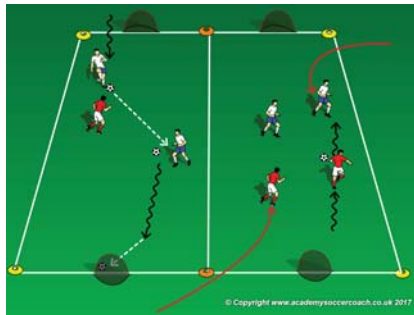
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Players with the ball attempt to dribble forward to get past defenders and score.

Organization: Set up two or three 15W x 20L fields w/goal at each end. Goals, cones, pinnies, balls.

Rules: Start games with a kick off, play local rules on out of bounds. Monitor fouls. Play 1v1, 2v1, or 2v2 games, as big as a 3v3 game per field. Let players have free play.



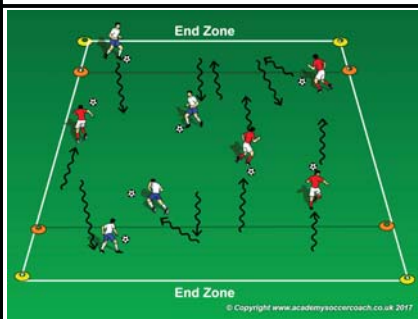
Coaching Points: Positively encourage players to dribble forward with the ball. Dribbling when there is space in front of you or behind defenders.

Guided Questions: How do you know the players are engaged? They are all playing and no one is distracted. What tells you they are being successful? Players are dribbling past defenders and heading towards the opponents' goal.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

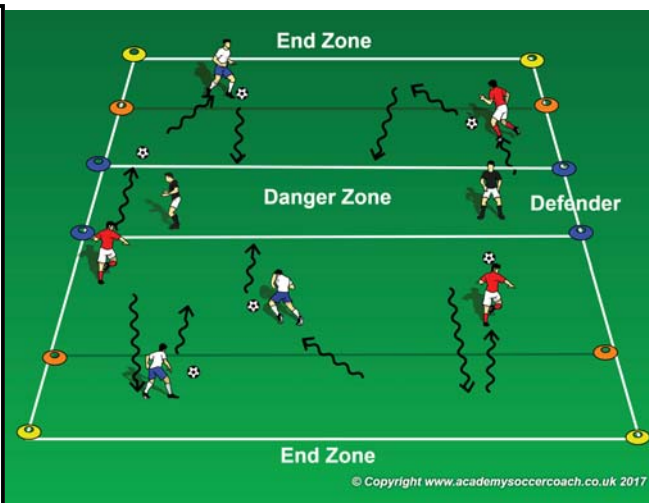
Does activity allow for Repetition? Coaching?



Less Challenging Activity

End Zone Dribble: Same as the core activity except w/out a Danger Zone. Players dribble to end zones & back. Play 10 rounds of 1min. Each round use a different surface of the foot & a different foot.

Rules: Every player with a ball. How many end zones in 1min, beat your score.



Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

End Zone Dribble w/unrestricted defenders: Players dribble from end zone to end zone in 1min. Beat your score.

Rules: Every player with a ball. If defender steals the ball they become the attacker/dribbler. Switch roles.

End Zone Dribble w/Danger Zone: Players dribble from one end zone to the other & back through the Danger Zone.

Organization: In 20W x 25L field, w/a 5 yard end zone at each end & in middle of the field, the Danger Zone. Station 1-2 defenders in the Danger Zone. Defenders can only steal the ball when the dribbler enters the Danger Zone.

Rules: Players start w/a ball in an end zone & dribble to other end zone through the Danger Zone. If defender steals a ball from dribbler & dribbles stolen ball to an end zone, dribbler & defender switch roles. How many end zones did you reach in 1 min. Beat your score.

Coaching Points: Encourage dribbling forward w/the ball quickly through the Danger Zone. Dribble into open space past defenders. Do a fake or move to get around defenders.

Guided Questions: What tells you players are improving? They are successfully dribbling through the Danger Zone to the end zones. What ways can you explain how to dribble past defenders? Explain and show them how to keep the ball close using short touches. When they come to a defender they can use a move or fake to change direction to get past the defender. Ask players to "show" you their moves.

Is Activity Organized? Game-like? Challenging?

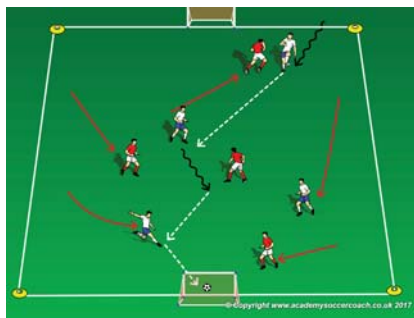
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: To dribble by opponents to shoot and score.

Organization: In a 25W x 35L field w/ a small goal at each end, make two (2) equal teams. Manage substitutions, infractions, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All 4v4 modified rules apply.



Coaching Points: Dribbling forward with the ball to beat defenders. Shoot, or pass to teammates who can shoot.

Guided Questions: When should a player dribble instead of pass? When there's only 1 defender in front of them or there is space to run into w/the ball. When should a player pass instead of dribble? Pass when there are too many defenders in front of them. How can you check to see if the players enjoyed the practice? Give them each a high five at the end of the session and say "thank you".



MASSACHUSETTS YOUTH SOCCER

GOAL Shooting to score goals

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

Team Tactical Principles Pass or Dribble forward when possible or hold the ball, Spread out

Is Activity Organized? Game-like? Challenging?

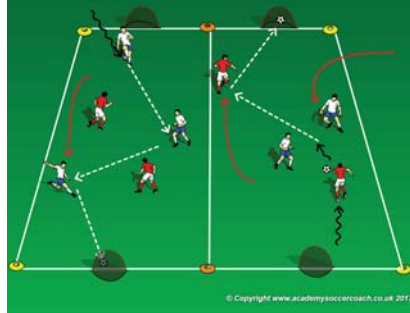
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Improve shooting mentality. Increase scoring opportunities.

Organization: Set up two to three 15W x 20L fields w/goal at each end. Goals, cones, pinnies, balls.

Rules: Games start with a kick off. Out of bounds are restarted according to local rules. Watch for and manage fouls. Play 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. Let players have free play.



Coaching Points:

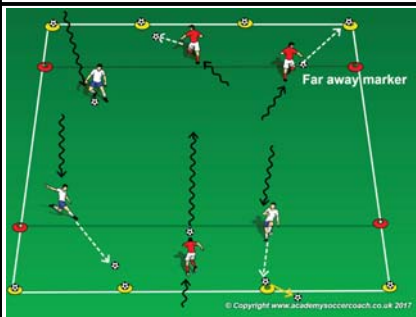
Praise any shot that goes into the goal. Spread out.

Guided Questions: How can you tell players are having fun? They are playing the game with enthusiasm. How do you know it is a good time to shoot? There is a clear path to the goal, or they are close to the other team's goal.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

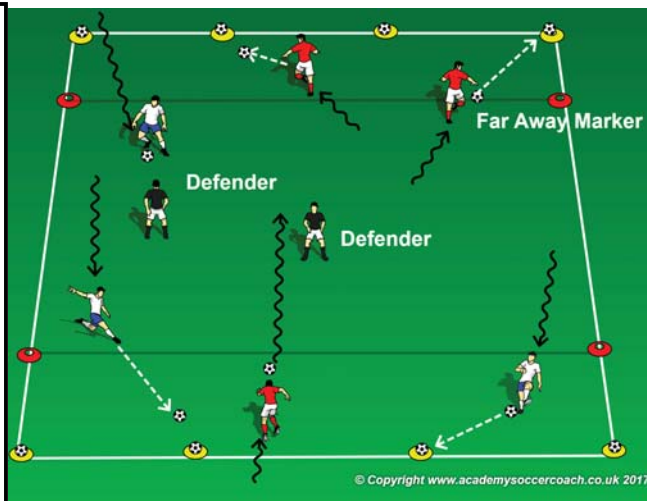
Does activity allow for Repetition? Coaching?



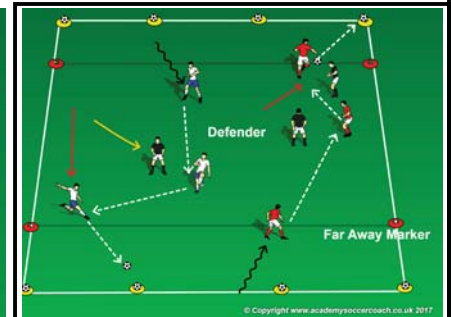
Less Challenging Activity

Shootout w/ no defenders: Same as core, no defenders. Dribble & shoot to knock ball off cone for a goal. Shoot to one end then go to the other end.

Rules: Each player w/ ball. Set up like core activity. How many goals in 1min, beat score. Shoot w/favorite foot, non-favorite foot. Bonus pts for goals past far away marker.



Activity Duration	20 min	# of Intervals	10
Time Active	1 min	Active Rest	1 min



More Challenging Activity

Pairs or 3's Shootout w/ defenders: Pairs or teams of 3, dribble, pass & move to shoot & knock balls off a cone. Shoot to one end then go to the other end.

Rules: Form pairs or teams of 3, each w/a ball. Designate 2-3 defenders. How many goals in 1min, beat score. Defenders steal the ball they become shooters.

Shootout with Defenders: Every player with a ball. Dribble & shoot to knock the ball off the cone for a goal. Shoot to one end, then go to other end.

Organization: In 20Wx25L yd grid w/4 balls placed atop 4 cones on the end lines w/far away markers placed 3-5yds up the sideline from the corners. See diagram. Each player has a ball. Evenly start players on opposite end lines. Designate 1-3 players to be defenders.

Rules: On coach's command players dribble to opposite end line & try to shoot & score, then turn, come back, repeat. If defender steals the ball, steal the ball back, or defender becomes a shooter. How many goals in 1min, beat score. Shoot w/non-favorite foot. Bonus pts for goals scored from past the "far away markers".

Coaching Points:

Dribbling quickly forward w/the ball past defenders into a shooting space. Shooting.

Guided Questions:

What should you do if players just dribble up to the ball to score? Encourage attempts to shoot from the "far away marker". Why would a player dribble before shooting? To get into a clear path (space) past defenders to shoot.

Is Activity Organized? Game-like? Challenging?

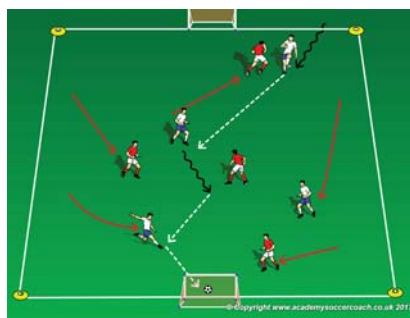
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: To take more shots to score more goals.

Organization: Make a 25W x 35L field w/ a small goal at each end. Make teams of 4, and manage substitutions, infractions, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All modified 4v4 rules apply. Allow for free play.



Coaching Points:

Help players to recognize moments in the game when they should shoot, dribble, or pass. Spread out.

Guided Questions: How can you tell if players understood the activity? Players are trying to shoot as much as they can. When should you praise the shooter? After they score a goal.



MASSACHUSETTS YOUTH SOCCER

GOAL Defending

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

Team Tactical Principles Press the player with the ball, regain the ball

Is Activity Organized? Game-like? Challenging?

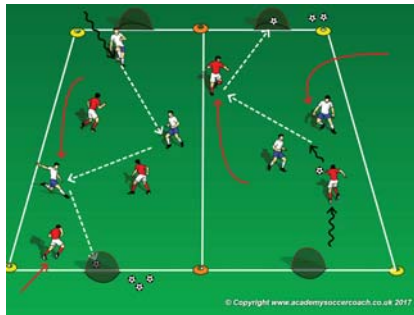
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Regain (Steal) the ball back from the opponents to go and score a goal.

Organization: Create two or three 15W x 20L yard fields with a goal at each end. Goals, cones, pinnies, balls.

Rules: Each game starts with a kick off. Using local rules, play kick-ins or throw-ins from the sidelines and endlines. Monitor infractions. Play 2v2, 3v2, or 3v3 game per field. Allow players the ability to have free play.



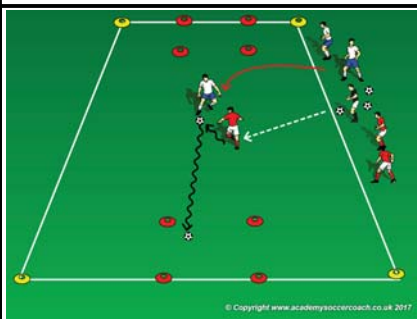
Coaching Points: Players closest to the ball go and pressure the attacker with the ball. Steal (regain) the ball from the attacker to go and score.

Guided Questions: What is a good indicator players are happy playing the game? They are smiling, playing, and not distracted. What type of instruction should you provide? Say things like "go help", or "go steal the ball".

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

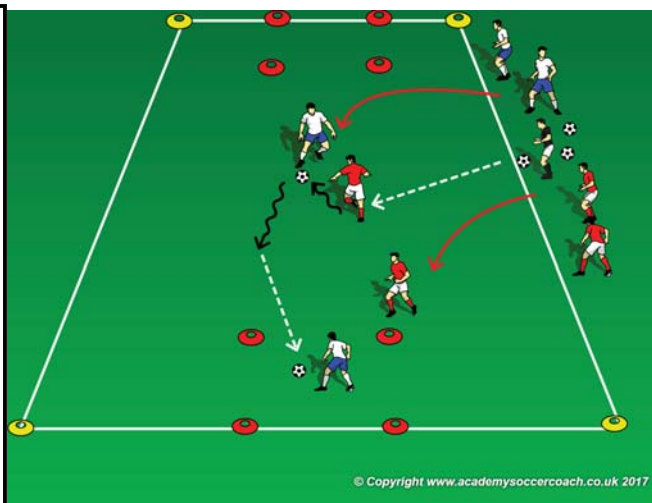
Does activity allow for Repetition? Coaching?



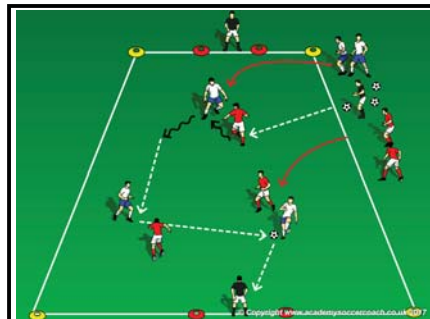
Less Challenging Activity

1v1 Protect the House: Play 1v1 to score in the opponents house.

Rules: Set up is like core activity. 2 equal teams on either side of coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, 1 player from each team enters the field. Bonus pts for scoring after stealing the ball.



Activity Duration	20 min	# of Intervals	10
Time Active	1 min	Active Rest	1 min



More Challenging Activity

3v3 to 2 Targets: Play 3v3 to score by passing to a target.

Rules: 2 equal teams on either side of the coach at midfield. Coach has all balls. One target player in a small cone goal on each endline. Coach plays ball onto the field, 3 players from each team enter the field. Bonus pts for scoring after stealing ball.

2v2 Protect the House: Play 2v2 to score by putting the ball into the opponents house.

Organization: In a 20W x 25L yd grid put a 3W x 3L yd square (or House) off the middle of each end line. See diagram.

Rules: Players in 2 teams on either side of the coach at the midfield sideline. Coach has all the balls. Coach plays a ball out onto the field, 2 players from each team enter the field and play 2v2 to score in the opponents house. Bonus points for scoring after stealing the ball. Play until out of bounds, a score, or 1 minute has passed.

Coaching Points: The player who just lost the ball or the player closest to the ball must go and pressure the attacker with the ball. Prevent attackers from playing forward. Steal (regain) the ball to start the attack to go and score.

Guided Questions: How do you check for understanding? Ask them, "What do you do if someone from the other team steals the ball from you?" The answer should be, "I go and steal it back." Or ask, "Who should go try to steal the ball back first?" Show them on the field and tell them, "the closest player to the ball".

Is Activity Organized? Game-like? Challenging?

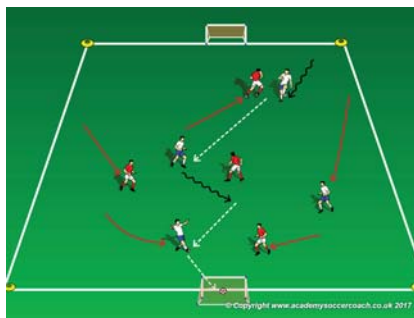
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Steal the ball from the opponents to attack and score goals.

Organization: Make a 25W x 35L field w/ a small goal at each end. Make teams of 4, and manage substitutions, fouls, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All modified 4v4 rules apply, have free play.



Coaching Points: Help the closest player to the ball or the player who just lost the ball to know when they should pressure the ball, to steal the ball, to go forward and score.

Guided Questions: When should you praise positive play? Immediately after a player has stolen (regained) the ball and kept it, not just kicked it away. How can you acknowledge that praise? With a high-five and a "great job!"



MASSACHUSETTS YOUTH SOCCER

GOAL Passing to Create Scoring Opportunities

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

Team Tactical Principles Spread out, Pass or Dribble forward when possible or hold the ball

Is Activity Organized? Game-like? Challenging?

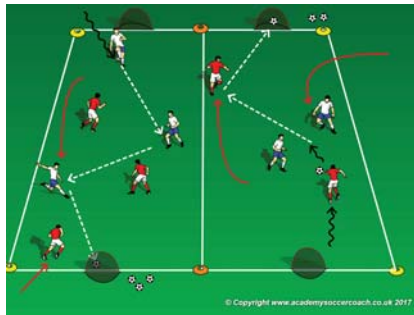
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Player with the ball dribbles or passes to teammate to get past defenders and score.

Organization: Set up two to three 15W x 20L fields w/goal at each end. Goals, cones, pinnies, balls.

Rules: Start game with a kick off, play local out-of-bounds rules from sidelines and endlines. Monitor infractions. Play 2v1, or 2v2 game, up to a 3v3 game per field. Allow players to have free play.



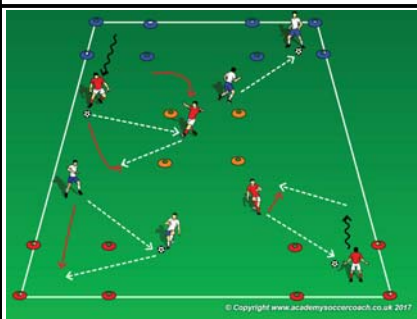
Coaching Points: Positively reinforce successful passing to a teammate or dribbling forward with the ball. Spread out.

Guided Questions: How can you tell passes are "successful"? The passes get to the intended target, a teammate. When should you praise players? When they have successfully executed a pass to a teammate, not just a "kick" forward.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

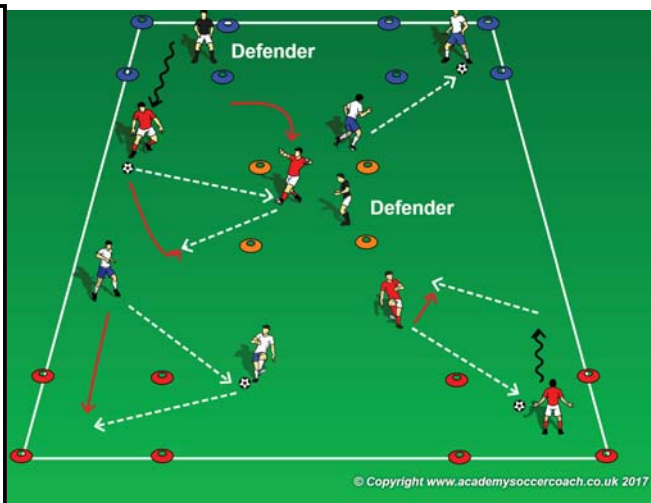
Does activity allow for Repetition? Coaching?



Less Challenging Activity

Passing Squares no defenders: Players pass to partner in a square or as they arrive in the square.

Rules: Players in pairs w/ a ball. How many squares in 1min, beat your score. Pass w/favorite foot, non-favorite foot, both feet.



Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

Passing Squares w/Defenders: Players pass to partner in or through a square, or as partner arrives in the square.

Rules: 2 free defenders. Pairs w/a ball. If defenders steal the ball they become passers, passers become defenders.

Passing Squares w/ Defenders: Players pass to their partner in or through a square, or as their partner arrives into a square.

Organization: In 20Wx25L yd grid, each pair has a ball. Make 4-5 4Wx4L yd cone boxes. A defender starts stationed in a box. If there are 5 boxes have defenders in 2-3 of them. Defenders can move from box to box but can only steal the ball from inside a box.

Rules: On coach's command pairs will pass & move w/partner. Score by passing to your partner in a square, through a square, or as they arrive in the square, repeat. If defender steals the ball, steal it back. How many squares in 1min. Bonus pts for a successful pass in or through a defender square.

Coaching Points: Spread out. Encourage passing to a teammate who is spread out and past defenders in open space. Or pass to a teammate who is close to the goal. When you can't pass, dribble until you can pass.

Guided Questions: When should players dribble instead of pass? Dribble when there's open space in front of them. When should a player pass to a teammate? When that teammate is spread out past defenders and can score. How do you know if the activity is too difficult? If the defenders keep stealing the ball and few passes are connected.

Is Activity Organized? Game-like? Challenging?

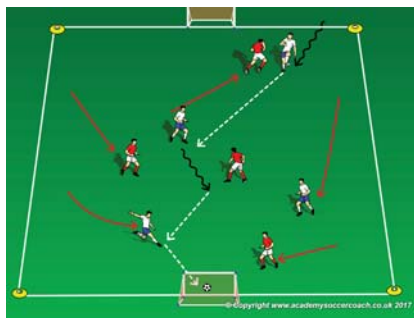
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Pass or dribble forward past opponents to score.

Organization: Make a 25W x 35L field w/ a small goal at each end. Make teams of 4, and manage substitutions, infractions, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All regular game 4v4 rules apply. Let them have free play.



Coaching Points: Spread out. Show players without the ball where to go to receive a pass from a teammate to go forward and score.

Guided Questions: When do you coach technique? When the players who can strike a ball are struggling to connect passes with teammates. How can you tell if players understood the practice? They are trying to pass to teammates.



MASSACHUSETTS YOUTH SOCCER

GOAL Dribbling to Score Goals

Key Qualities Take Initiative, Be Proactive

Age Group 8-U

Team Tactical Principles Play forward when possible or hold the ball (Ball carrier), Spread out

Is Activity Organized? Game-like? Challenging?

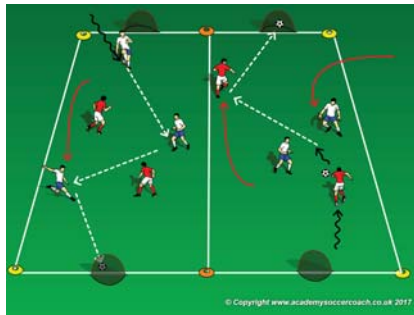
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Players with the ball attempt to dribble to get past defenders to score.

Organization: Set up two to three 15W x 20L fields w/goal at each end. Goals, cones, pinnies, balls.

Rules: Start game w/a kick off. Regular rules on out of bounds. Watch for fouls. Play 2v2 or 3v2 up to a 4v4 game per field. Allow players to have free play.



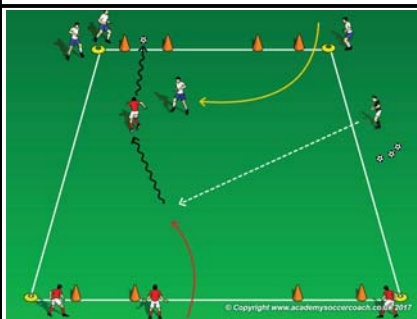
Coaching Points: Encourage players to dribble forward w/the ball and challenge a defender when there is space behind the defender and they can score.

Guided Questions: How long should each game last? No more than 5 minutes or until players need a "water break", then restart afterward. How can you balance a lopsided numbered game like a 3v2? On a break switch players to even out the skill level.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

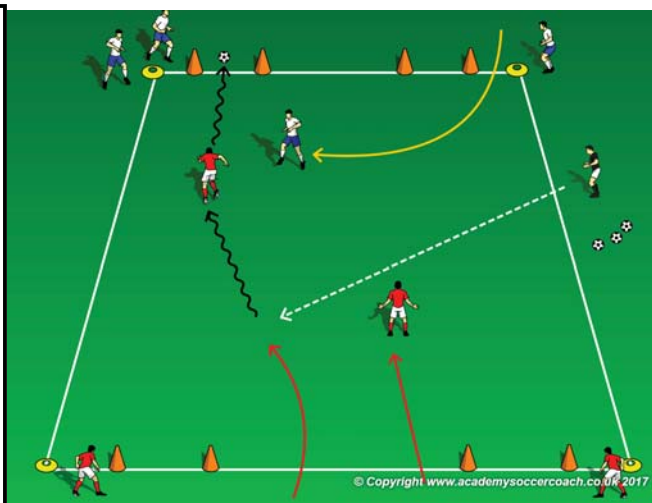
Does activity allow for Repetition? Coaching?



Less Challenging Activity

4 Goal Game: Players try to score in one of opponent's 2 goals.

Rules: Coach plays ball on the field to a team. One player from each team enters the field. Play 1v1. A shooting goal is 1pt, dribble goal is 10pts. Alternates services to teams.

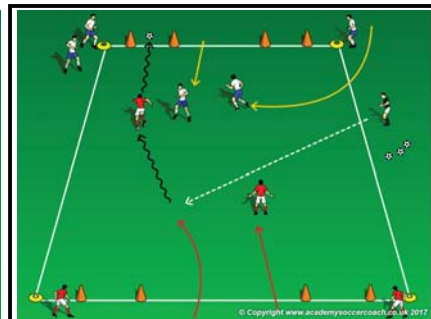


Activity Duration 20 min

of Intervals 10 min

Time Active 1 min

Active Rest 1 min



More Challenging Activity

4 Goal Game: Players try to score in one of opponent's 2 goals.

Rules: Coach plays ball on the field to a team. Players from each team enter the field. Play 3v2 up to a 4v4. A shooting goal is 1pt, dribble goal is 10pts. Alternate services to teams.

4 Goal Game: Players try to score in one of the opponent's 2 goals.

Organization: In a 15Wx20L yd field w/two 2yd wide cone goals on each end line. Make 2 teams and put each team on the endline behind the goals. Coach has the balls at midfield. Play starts w/coach.

Rules: Coach plays a ball onto the field to one of the teams. Team that receives a ball from the coach sends 2 players on the field. Other team only sends 1 defender. Play 2v1 up to a 2v2. Shooting goal is 1pt, dribble goal is 10pts. Play until a goal, out of bounds, or 1min. Alternate services to each team.

Coaching Points: Encourage dribbling quickly forward w/the ball into space or past defenders into space to score.

Guided Questions: How do you know when it's time to go from a lopsided 2v1 to an even 2v2 number activity? When the team with 2 players (numbers up) continuously dribble successfully past the 1 defender to score. What should you coach the player with the ball to do? Tell them and show them how to dribble when there is space in front of them or only 1 defender (1v1) to beat. Tell and show them how to pass to a teammate when that teammate has more space and is closer to the goal to score.

Is Activity Organized? Game-like? Challenging?

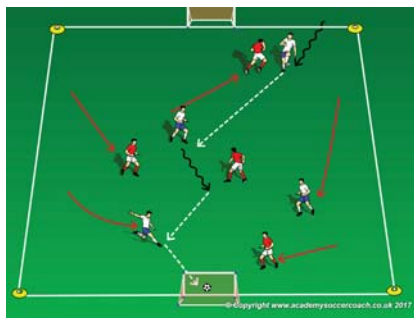
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Dribble quickly past opponents to get closer to the goal to score goals.

Organization: Make a 25W x 35L field w/ a small goal at each end. Make even teams of 4, and manage substitutions, infractions, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All local 4v4 rules apply. Let them have free play.



Coaching Points: Players with the ball dribble past a defender, 1v1, to score, or they pass to a teammate who can dribble and score.

Guided Questions: What should you encourage and praise players for? Successful attempts at beating defenders 1v1 by dribbling. When do you know it was a good practice? Players with the ball are trying and getting better at dribbling past defenders.



MASSACHUSETTS YOUTH SOCCER

GOAL Defending

Key Qualities Take Initiative, Be Proactive

Age Group 8-U

Team Tactical Principles Press the player with the ball, regain the ball

Is Activity Organized? Game-like? Challenging?

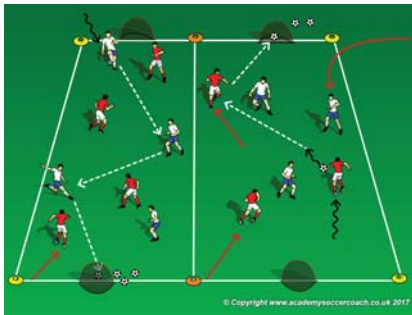
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Steal the ball from the other team to attack and score goals.

Organization: Make two or three 15W x 20L fields with a goal at each end. Goals, cones, pinnies, balls.

Rules: Games start with a kick off. Local rules for out of bounds. Monitor infractions. Play 2v2, or 3v3 game, up to a 4v4 game per field. Make sure players are allowed to have free play.



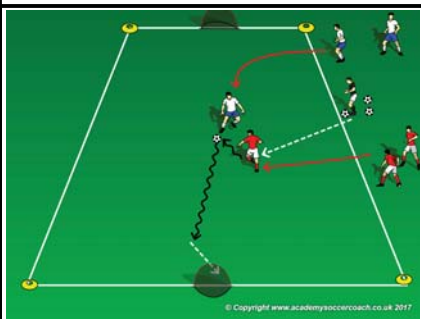
Coaching Points: Recognition by the closest player to the ball to go press the player with the ball. Steal (regain) the ball to go and score.

Guided Questions: What type of encouragement should you give? Positive responses to successful outcomes, like "good job, keep doing what you're doing". What is a successful outcome? When a player steals the ball from an opponent (not just kick it away), keeps it, and tries to score.

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

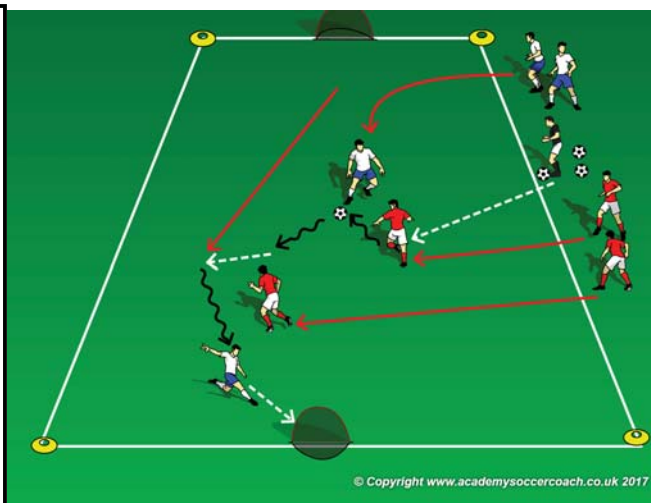
Does activity allow for Repetition? Coaching?



Less Challenging Activity

1v1 Defending: Play 1v1 to score in the opponents goal.

Rules: Players in 2 teams on either side of coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, 1 player from each team enters the field. Bonus pts for scoring after stealing the ball.

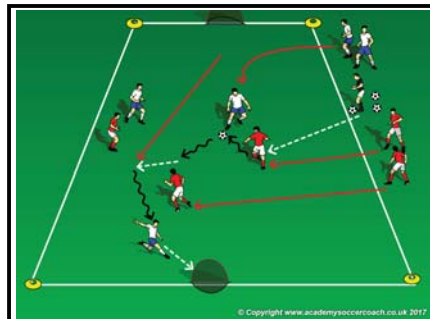


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

3v3 Defending: Play 3v3 to score in opponents small goal.

Rules: Players in 2 teams on either side of the coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, 3 players from each team enter the field. Bonus pts for scoring after stealing the ball.

2v2 Defending: Play 2v2 to score in the opponents goal.

Organization: Play 2v2 in a 15W x 20L grid w/a goal on the middle of each end line.

Rules:

Players in 2 equal teams on either side of the coach at the midfield sideline. Coach has all the balls. Coach plays a ball out onto the field, 2 players from each team enter the field and play 2v2 to score. Bonus points for scoring after stealing the ball. Play until out of bounds, a goal, or 1 minute has passed.

Coaching Points: Player closest to the ball must go and pressure the player with the ball. Keep the attackers from playing forward by dribbling or passing. Steal (regain) the ball to go and score.

Guided Questions: What should you do if the defenders are just kicking the ball away from the attackers? Ask them, "If you just kick the ball away instead of stealing it, who gets the ball back?" Answer should be, "the other team". Show them how to go pressure the player with ball and steal it so now they can go and score.

Is Activity Organized? Game-like? Challenging?

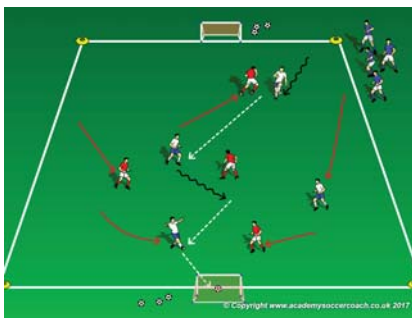
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Regain possession of the ball (steal it) from the opponents to go attack and try to score goals.

Organization: Lay out a 25W x 35L field w/ a small goal at each end. Make equal teams of 4, manage substitutions, fouls, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: All local organization 4v4 rules apply. Let the players have free play.



Coaching Points: Encourage the closest player to the ball to go steal it and to go forward and score.

Guided Questions: How do you know if the practice worked? The players are trying to steal the ball away from the attackers, not just kicking it away. How can you tell if the players are having fun? They are running around playing the game with very little distraction.



MASSACHUSETTS YOUTH SOCCER

GOAL Shooting to score goals

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

Team Tactical Principles Pass or Dribble forward when possible or hold the ball, Spread out

Is Activity Organized? Game-like? Challenging?

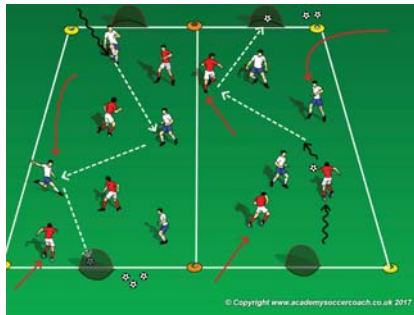
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Develop a shooting mentality. Maximize scoring opportunities.

Organization: Make two to three 15W x 20L fields w/goal at each end. Goals, cones, pinnies, balls.

Rules: Start games with a kick off. Play local rules on restarts. Monitor infractions. Play 2v2, 3v2, 3v3 games, up to a 4v4 game per field. Allow players to have free play.



Coaching Points: Encourage players to shoot the ball and praise shots that are goals. Spread out.

Guided Questions: When is praise and encouragement too much? When you positively cheer on everything players are doing, good or bad. How can you tell if the players enjoy the game? All the players are engaged, no one is standing around.

Is Activity Organized? Game-like? Challenging?

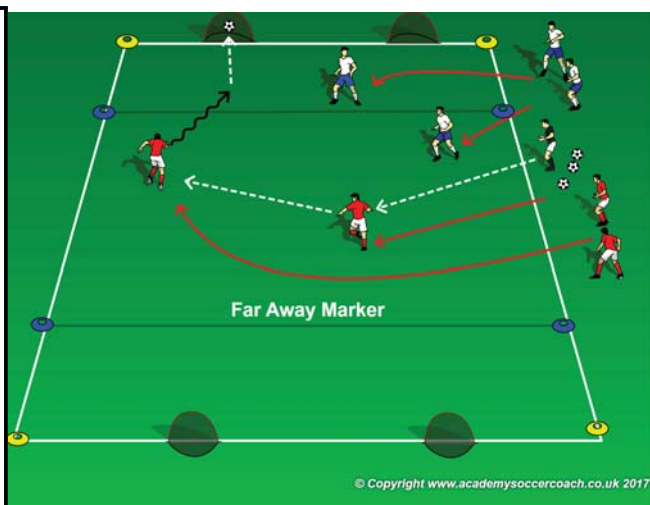
PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?



Less Challenging Activity

Shooting Gallery: Play 1v1 to score in opponents goals.
Rules: Players in 2 teams on either side of coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, one player from each team enters the field. Bonus pts for goals outside the far away markers. See diagram.

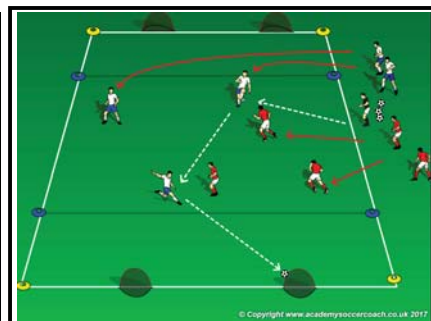


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

Shooting Gallery: Play 3v3 to score in opponents goals.
Rules: Players in 2 teams on either side of coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, 3 players from each team enter the field. Bonus pts for goals outside the far away markers.

Shooting Gallery: Play 2v2 to score in opponents goals.

Organization: In 20Wx25L yd grid w/2 small goals on each end line w/far away markers placed 3-5yds up the sideline from the corners. See diagram. Players in 2 teams on either side of coach at midfield sideline. Coach has all the balls.

Rules: Coach plays the ball out onto the field, 2 players from each team enter the field. Play to score in the opponents goals. Bonus pts for goals outside the far away markers.

Coaching Points: Shooting. Attacking forward w/the ball by dribbling or passing into a shooting space. Spread out.

Guided Questions:

What techniques should you teach with shooting? Show players how to strike and shoot the ball w/different surfaces of their feet. Surfaces such as the inside, outside or toe for shots at close range. Longer range shots use the laces. When should players shoot? Shoot whenever they are near the goal.

Is Activity Organized? Game-like? Challenging?

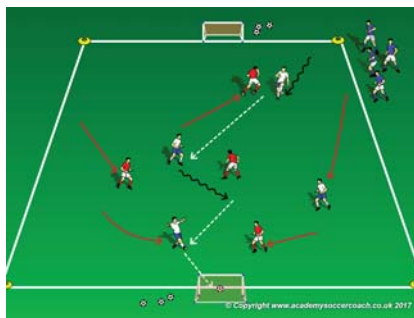
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Shoot whenever you can. Score lots of goals.

Organization: Have a 25W x 35L field w/ a small goal at each end. Make equal teams of 4, and manage restarts, substitutions, fouls, water breaks and rest periods. Goals, cones, pinnies, ball.

Rules: Allow for free play. All modified 4v4 rules apply.



Coaching Points: Help the players to see moments in the game when they should shoot, dribble, or pass. Spread out.

Guided Questions: How can you tell if players are positively engaged, that the practice worked? They are happy, playing the game, and all of them are trying to go forward and score goals.