



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Dribbling to create scoring opportunities **Key Qualities** Read and understand the game

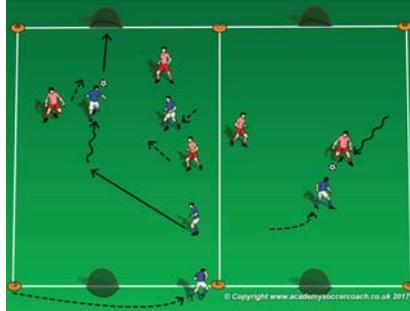
**Age Group** 6-U **Team Tactical Principles** Dribble forward when possible

*Is Activity Organized? Game-like? Challenging?*

## PLAY SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

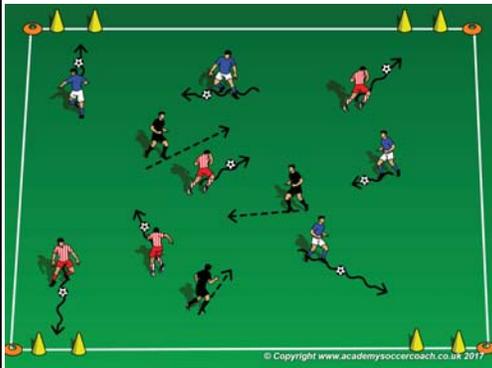
**Up to 3v3 Games:** team with the ball attempts to dribble past opponents and score.  
**Organization:** set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game)  
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** When no one is in front of you, kick the ball further in front so you can run faster to the goal.

**Guided Question:** what can you do if the teams are not balanced/even? Change the players on each team or have 1 team with more players than the other team.

### 4 Surfaces-to-the Drifting Continents



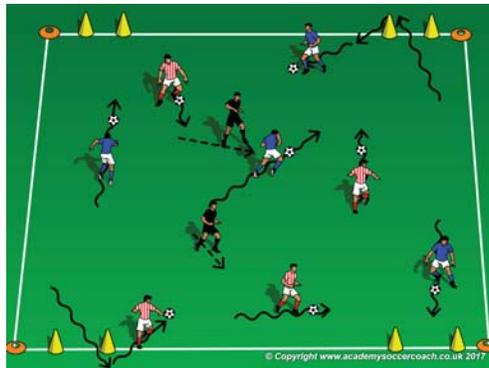
**Organization:** in a 15Wx20L grid, 2 cone goals on each end line & each player with a soccer ball: the players dribble their soccer ball using specific surfaces: outside right (pink toe)-inside right (big toe)-repeat with the left foot. Coaches walk around and are the drifting continents. Players must avoid them and get to the safety of a goal. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals). How many goals can they get to in 40 sec?

**Rules:** players begin dribbling as soon as they have their ball. On the coach's (or whistle), the players will dribble their ball as fast as they can through any of the 4 goals. After each round, the coach can introduce a new surface.

**Coaching Point:** use soft touches with the inside and outside of the foot to move the ball from side to side.

**Guided Question:** why should the players use soft touches when dribbling? Soft touches help to keep the ball close.

### Sid the Sloth vs Crash & Eddy



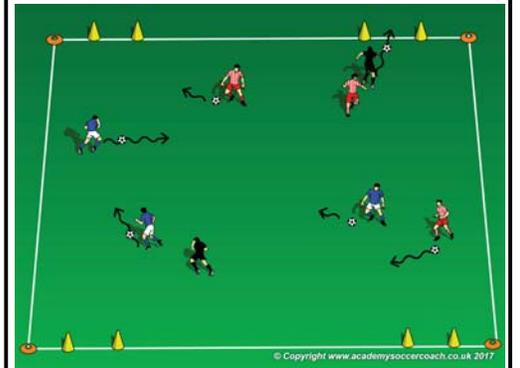
**Organization:** in a 15Wx20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball anywhere in the grid & avoid Sid the Sloth. (coaches are Sid the Sloths & can only walk): Crash & Eddy try to dribble their soccer ball into as many goals as they can without getting tagged by Sid. (Play for 8 min-4 intervals of 90 sec with 30 sec rest between intervals)

**Rules:** play begins when Crash & Eddy are on the field. Crash & Eddy get 1000 pts for every goal they can score by dribbling through. If they get tagged by Sid the Sloth, they lose all their pts and have to begin counting over.

**Coaching Point:** point your toe down so you can use your laces for longer/stronger touches on the ball to accelerate.

**Guided Question:** when do you want to go fast with the soccer ball? When Sid is chasing you, go faster with the ball.

### Sabertooth Squirrels (Scrat) Acorn Hunt



**Organization:** in a 15Wx20L grid, 2 cone goals on each end line, select 2 players to be Scrats, all other players have a soccer ball: the players try to dribble their soccer ball (acorn) anywhere in the grid & avoid the Scrats. The Scrats try to steal the acorns and hide them in any of the 4 goals (trees). Dribblers can steal their ball back from the Scrats or from the goal. (8 min - 4 intervals of 1.5 min with 30 sec rest between intervals)

**Rules:** play begins as soon as the Scrats enter the field. Scrats get 1 pt for every ball they take to a goal. Any dribbler with a ball on the field after 1.5 minutes gets 1000 pts (even if they have to steal it back from a goal).

**Coaching Point:** dribble with your head up to see where the Scrats are.

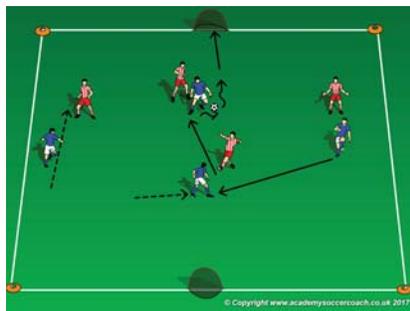
**Guided Question:** what can you do to avoid the Scrats? Turn away from them and accelerate away.

*Is Activity Organized? Game-like? Challenging?*

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.  
**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)  
**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** help the players to recognize when to go slow and when to go fast.

**Guided Question:** when should the players keep the ball close? Why should they kick it further in front of them? Move slow in a crowd and fast when there is space in front.



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**Age Group** 6-U **Team Tactical Principles** Pass (strike the ball) or dribble forward when possible

*Is Activity Organized? Game-like? Challenging?*

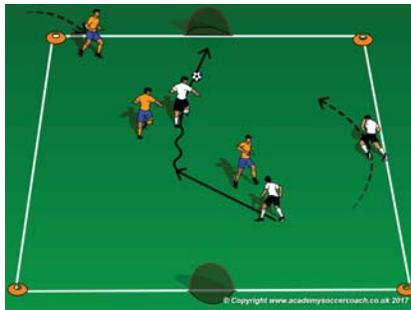
## PLAY SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

**Up to 3v3 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game)

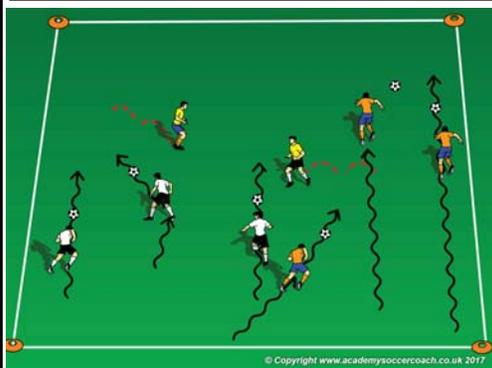
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** Encourage players to shoot from further away from the goal. Coach can stand on the field and any goal scored from further away from the goal than the coach is worth bonus points.

**Guided Question:** how do you engage all the players? Consider using multiple soccer balls in the game.

### The Cat in the Hat vs Things 1 & 2:



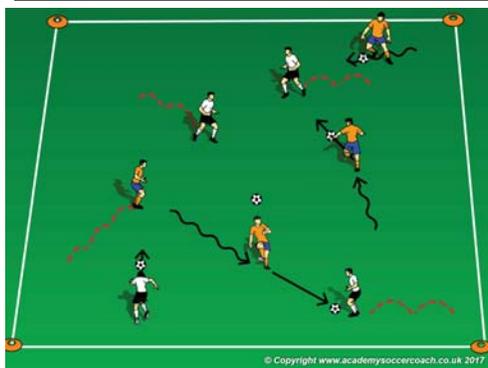
**Organization:** in a 15Wx20L grid, select 2 players to start as Thing 1 & 2; they do not need a soccer ball & can only hop around the field. The rest of the players start at 1 end line, all with a ball. They are Cats in Hats. The Cats try to dribble their soccer ball from 1 end of the field to the other without getting tagged by Things 1 or 2. (Play for 8 min - 8 intervals of 30 sec with 30 sec between intervals)

**Rules:** players begin dribbling as soon as the coach say "Let's Have Fun!" and they stop once at the other side. The coach repeats the command. If a Cat gets tagged, they become a Thing also.

**Coaching Point:** point your toe down to use your laces to push the ball further in front of you.

**Guided Question:** why should the players use big touches to dribble? You can build up and maintain speed if the can get the ball further away from their body.

### Tiggers vs Rabbits (Whinnie the Pooh):



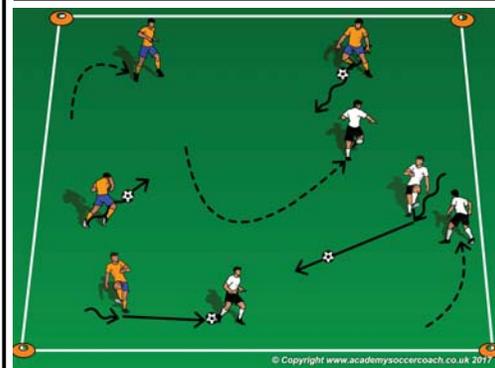
**Organization:** in a 15Wx20L grid, Tiggers start without a soccer ball & can only hop/skip to avoid getting hit. The Rabbits start with a ball, can dribble & try to pass their ball to hit the Tiggers below their knees. (Play for 8 min - 8 intervals of 45 sec with 15 sec between intervals)

**Rules:** players begin dribbling as soon as the first Tigger makes one hop. Rabbits get 1000 pts for every Tigger they can hit. Each round, switch who are the Rabbits and who are the Tiggers.

**Coaching Point:** strike through the middle of the ball with the middle of your foot to keep the ball low.

**Guided Question:** what makes it easier to hit the Tiggers? Get closer to the Tiggers before kicking the soccer ball.

### Good Minions vs Evil Minions:



**Organization:** in a 15Wx20L grid, 2 teams-1 team of Good Minions; without a soccer ball & 1 team of Evil Minions; with soccer balls. Evil Minions try to dribble the soccer ball and zap the Good Minions by hitting them below the knee with the ball. Good Minions try not to get hit. (Play for 8 min - 8 intervals of 45 sec with 15 sec between intervals)

**Rules:** players begin as soon as the first Evil Minion starts to dribble. If an Evil Minion hits a Good Minion, the Evil becomes good and the good becomes Evil. The new Evil Minion gets a soccer ball. Who are the Good Minions at the end of the interval?

**Coaching Point:** when striking the ball far, give a big swing with the kicking leg and follow through the ball.

**Guided Question:** Was there lots of movement from all the players? Try using more Evil Minions to force the Good Minions to move more.

*Is Activity Organized? Game-like? Challenging?*

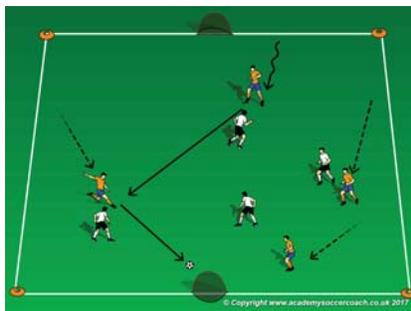
## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min between intervals)

**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** Challenge the players to shoot with different surfaces of the foot (including their toe). Who can score with the most different surfaces?

**Guided Question:** how do you determine the success of your session? Look at the player's faces, if they are smiling, the session is successful.



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**Key Qualities** Read and understand the game

**Age Group** 6-U

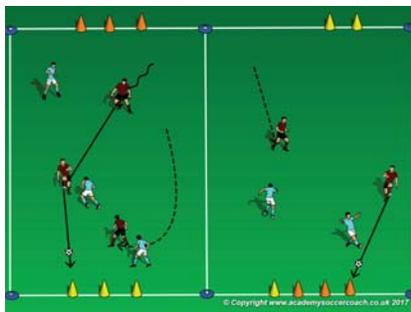
**Team Tactical Principles** Dribble forward when possible

*Is Activity Organized? Game-like? Challenging?*

## PLAY SMALL SIDED GAMES

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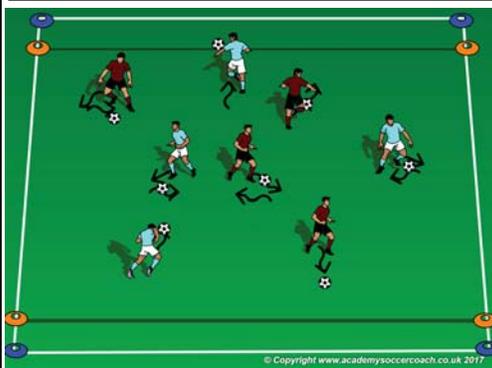
**Objective:** team with the ball attempts to score.  
**Organization:** set up two 15Wx20L fields with 3 tall cones on each end line. When 2 players arrive, start playing a game. After 1 field is at 3v3, start the second game. If you knock a cone down with the soccer ball, carry it back to your end line. Team with all 6 cones, wins the round. Reset cones, play again (Play one 8 min game or a second game if all cones are down)  
**Game Starts:** the ball is given to the first player with their pinny on to start the game.  
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** If one cone is blocked, use the inside or the outside of the foot to steer the ball toward a different cone.

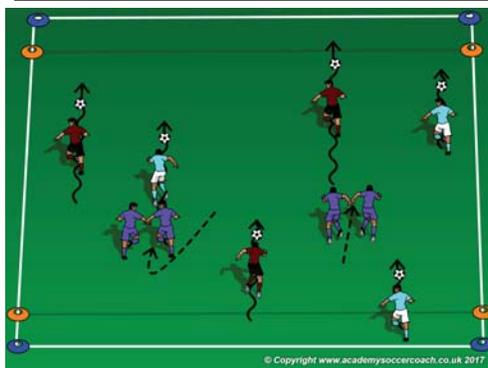
**Guided Question:** what do you do if 1 player or team is dominating the game? Change players or play with uneven numbers (3v2 or 4v2).

### 4 Surfaces-Dribbling-Explore the Jungle



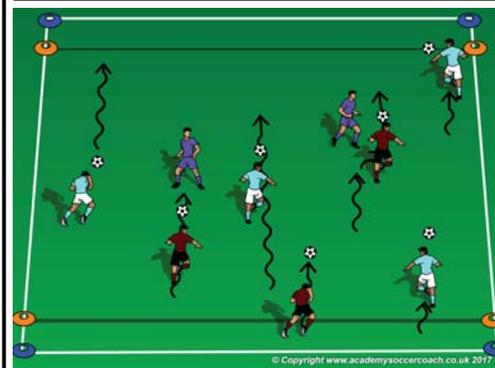
**Organization:** in a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a ball. Have the players use 4 surfaces in 1 fluid motion & in order: Outside of foot (pink toe)-Inside of foot (big toe)-laces & bottom. Once the ball has been stopped, have them try it with the other foot. Players move throughout the grid toward each end zone (Play for 8 min - 6 intervals of 1 min with 20 sec rest between intervals)  
**Rules:** play begins as soon as the coach calls out a surface. After 2 rounds, see if the players can shout out the surfaces as they dribble.  
**Coaching Point:** point the toe to the ground to use the laces & change pace. Use the inside or outside of the foot to change direction.  
**Guided Question:** did the players enjoy this activity? Play for short periods of time. Challenge them to get as many points as possible. Add a new challenge to the next round.

### Hungry, Hungry Hippos:



**Organization:** in a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as Hungry Hippos in the river. Players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Hippos. When the players cross & the Hippos can touch their soccer ball, they join hands with the Hippo to make the Hippo grow. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)  
**Rules:** play begins when the coach says the "the Hippos dare you to cross the river". Hippos should not be bigger than 4 players.  
**Coaching Point:** use the inside or outside of the foot to change direction and the laces to accelerate past them.  
**Guided Question:** Did the dribblers understand where they need to go (river's edge)? No hippos in the first round. Let the players dribble across to see the end zone they are trying to get to.

### Crocs in the River:



**Organization:** in a 15Wx20L grid, which includes a 3 yard end zone on each end line and each player with a soccer ball. The coaches start as the Crocs in the river. players dribble their soccer ball across the river to the river's edge (end zone) while avoiding Crocs. When the players cross & a Croc steals their ball, they become a Croc also. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)  
**Rules:** play begins when the coach says go. If a Croc steals a soccer ball, they must dribble it over the sideline (not kick). Dribbler can steal their ball back as long as it's on the field.  
**Coaching Point:** dribble fast with your laces to get past the Crocs but not so fast you lose the ball; too slow and Crocs may get you.  
**Guided Question:** did the coach play an animated role as the Croc? The player's imagination can be a motivation tool for the coach. Pretend you are a crocodile while chasing the players.

*Is Activity Organized? Game-like? Challenging?*

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.  
**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)  
**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** when no one is in front of you, go faster but go slower if an opponent is in the way.

**Guided Question:** did the players understand the boundaries for the game? Coaches can be on the side line and play the role of Crocs or Hippos from earlier so the players know to turn away from those characters.



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**Age Group** 6-U **Team Tactical Principles** Pass (strike the ball) or dribble forward when possible

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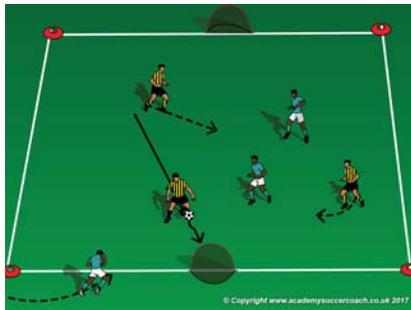
## PLAY SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

**Up to 3v3 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game)

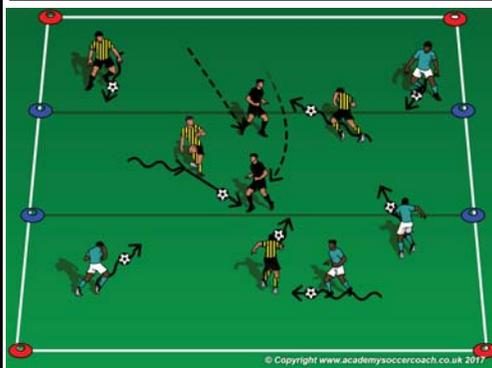
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** Help the players understand the boundaries of the field and the direction they are going by checking for understanding. For example, ask the players what goal they are trying to score in?

**Guided Question:** what can you do to improve the flow of the game? Place soccer balls around the field so when a ball goes out, another can be put into play quicker.

### Bulldogs Hunting for Milk-bones:



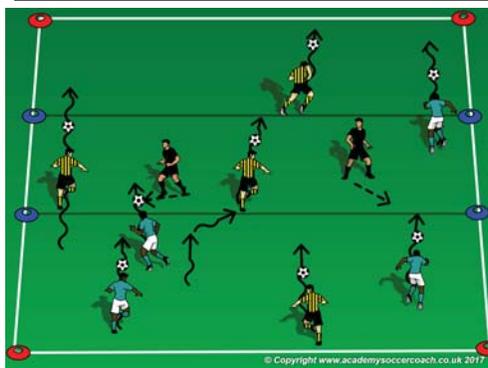
**Organization:** in a 15Wx20L grid, all the players with a soccer ball (the Bulldogs) & the coaches are the guards of the milk-bones. The players dribble their ball and try to hit the coach below the knees to score a milk-bone. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals)

**Rules:** play starts when the coach asks, "does anyone want a milk-bone?" Coaches can only walk. Whoever scores the most milk-bones wins the round.

**Coaching Point:** turn your toe to the side and strike the ball with the middle of your foot to hit the coach. (award more points if they can use the side of the foot instead of their toe)

**Guided Question:** did all the players have a chance to win a milk-bone at least once? The coach can walk closer to the players who need more help so it is easier for them to get the prize.

### Boston Bulldogs:



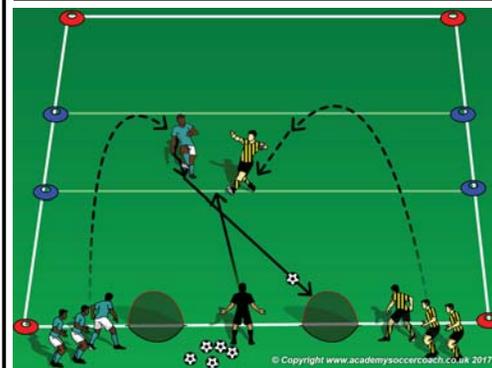
**Organization:** in a 15Wx20L grid, with a 5 yard zone in the middle (the dog pound), coaches start in the pound as the dog catchers (dog catchers do not use a soccer ball & must stay in the pound). Each player has a ball and starts on one end line. Players try to sneak through the dog pound without waking the catchers. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

**Rules:** when the coach yells, "Who let the dogs out?" the players start across the grid. If a dog catcher steals your soccer ball you become a catcher also.

**Coaching Point:** use a soft touch with the bottom of the foot to stop your ball on the end line.

**Guided Question:** are the players getting lots of dribbling repetitions during this activity? If they players are not getting enough repetitions, have them dribble across the field and back again before playing the next round.

### Bulldogs vs Dog Catchers:



**Organization:** in a 15Wx20L grid, with a 5 yard zone in the middle & 2 goals on 1 end line: divide the players into 2 teams; Bulldogs vs Dog Catchers. Coach stands between the goals with all the soccer balls. One team starts on the coach's right the other on his left. Coach plays a ball onto the field. 1 player from each team chases it.

Whoever gets it tries to score in their opponent's goal. (Play for 9 min - 12 intervals of 15 sec with 30 sec rest between intervals)

**Rules:** game starts when the coach passes a ball onto the field. Score with feet.

**Coaching Point:** point your toe down, make a big swing with your kicking foot & try to hit the ball with your laces to make it go further.

**Guided Question:** did the players try to score from far away or very close to the goal? If they players are dribbling into the goal, award more points for goals scored from your middle zone on the field.

*Is Activity Organized? Game-like? Challenging?*

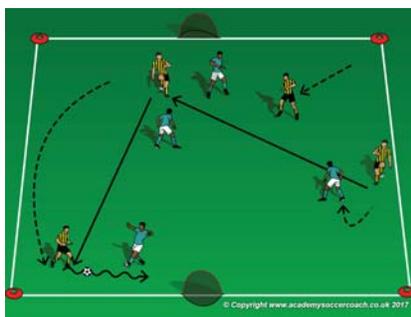
## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 23 min - 2 intervals of 10 min with 90 sec between intervals)

**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** Encourage the players to turn their body to face forward when they have the ball.

**Guided Question:** When should the coach provide information? Try to identify the players who are struggling with the game and give them some hints or encouragement to get them more engaged. The rest of the game, observe the and enjoy the game.



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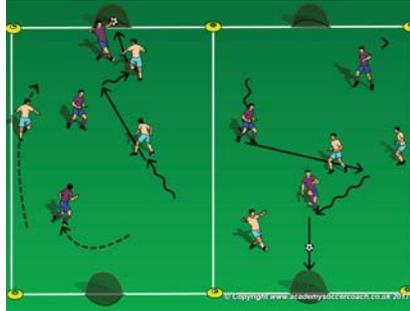
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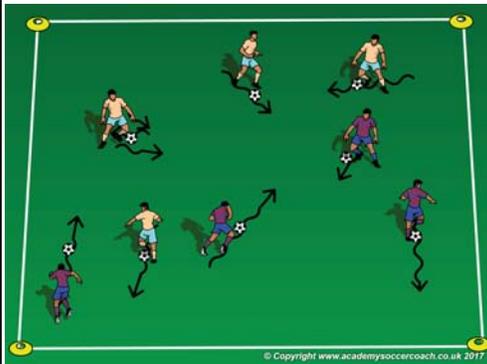
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** provide only periodic & positive feedback which keeps the players engaged.

**Guided Question:** where is the best place to stand and observe the games? The coach should stand in the middle of either end line to observe. This will help you see both games.

### Sailing the Seas:



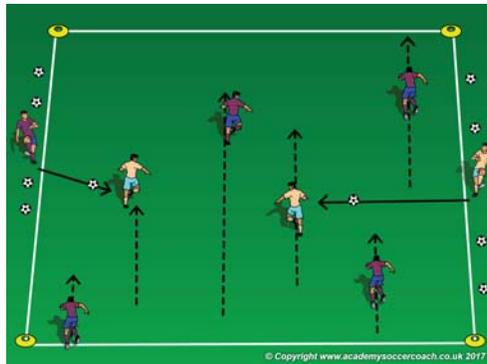
**Organization:** in a 15Wx20L grid, all the players with a soccer ball (ships) & the coaches the (ship's captain). The players dribble their ball and will change speed or direction based on the weather; high winds, go fast, no wind, go slow, hurricane, dribble in a circle, rogue wave, go backward. Each round, add a new direction, command or combine movements. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals)

**Rules:** play starts when the coach says, "ahoy mates, set sail".

**Coaching Point:** If the players are not getting enough repetitions, have them use softer touches to keep the ball closer.

**Guided Question:** what if the players are not engaged in the activity? Use your imagination & the theme of the activity to tell a story & make the game more of an adventure.

### Pirates of the Caribbean:



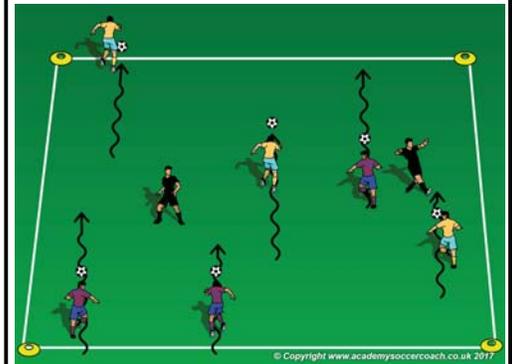
**Organization:** in a 15Wx20L grid, (the ship), place all the players one end line without a soccer ball (Captain Jack Sparrows). All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

**Rules:** when the coach yells, "make it across or walk the plank" the players start across the grid. Pirates who get hit become Barbosas too. Hits below the knee change players from Pirates to Barbosas.

**Coaching Point:** Use the inside or outside of your foot to move the ball down the field before striking it at Captain Jack.

**Guided Question:** what do you do before striking the ball? Light the fuse by moving the ball to the side before striking it.

### Bruce the Shark & Nemo:



**Organization:** in a 15Wx20L grid, select 1-3 players to be Bruce the Sharks without a ball (coaches can start as sharks too). The rest of the players are Nemo or Dori. They all have a ball & start at one end of the grid. They have to swim (dribble their ball to the other side without losing their soccer ball to Bruce the Shark. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals)

**Rules:** game starts when Sharks yell, "Nemo, Nemo cross my ocean". Once a dribbler has reached the other side, he/she is safe.

**Coaching Point:** play with your head up, move across the shore and look for the best place to cross.

**Guided Question:** what is a schemer & how will that help them in this game? The player who patiently watches & waits for the best moment to go.

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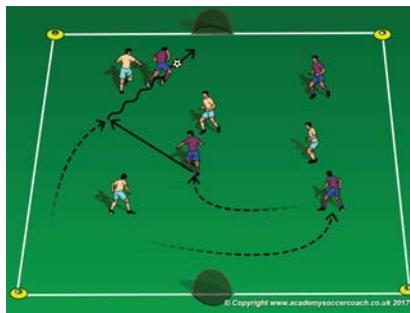
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**Up to 4v4 Games:** team with the ball attempts to dribble or strike the ball past opponents and score.

**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)

**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** to maximize playing time, have several ball close by so you can put a new one in play each time a ball goes out.

**Guided Question:** what tells you the practice was a success? The players enjoyed it. There was lots of dribbling and shooting. All the players were engaged. Positive reinforcement was provided for each player.



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Dribbling & striking the ball to score **Key Qualities** Make autonomous decisions

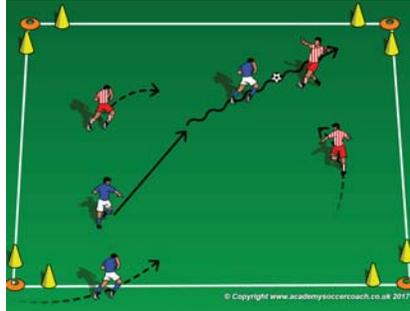
**Age Group** 6-U **Team Tactical Principles** Pass (strike the ball) or dribble forward when possible

Is Activity Organized? Game-like? Challenging?

## PLAY SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

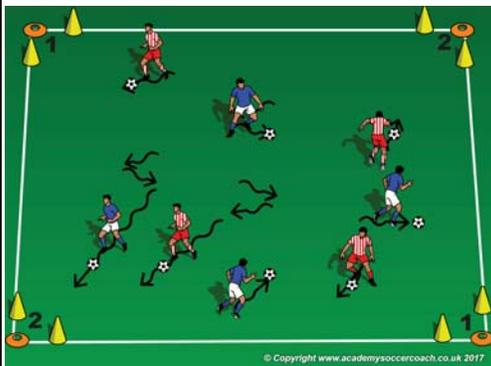
**Objective:** team with the ball attempts to score.  
**Organization:** set up two 15Wx20L fields with a cone goal in every corner. When 2 players arrive, start playing a game. Add players to the games as they arrive. Once 1 field is at 3v3, start the second game. (Play one 8 min game)  
**Game Starts:** the ball is given to the first player with their pinny on to start the game.  
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** If the teams are struggling to score goals, make the goals a little bigger. If a lot of goals are getting scored, shrink the size of the goal. You can also use 1 bigger goal and 1 smaller goal at each end.

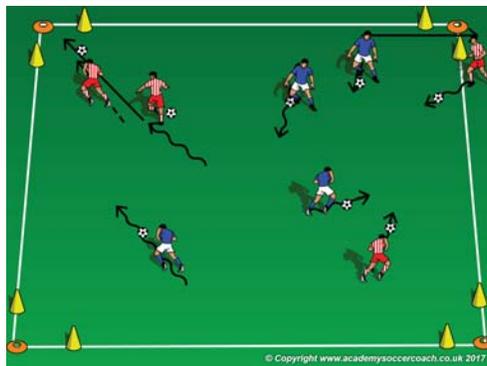
**Guided Question:** what is a good way to check for understanding? Ask the players what goal(s) they are scoring in.

### Fuel Up:



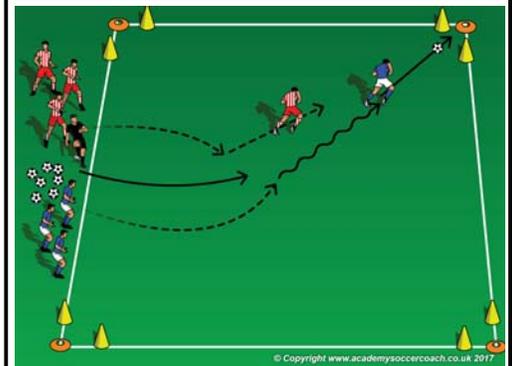
**Organization:** in a 15Wx20L grid, with a goal in every corner; goals marked with a 1 are gas stations and with a 2 are finish lines. Players dribble around and if the coach says, "oh no, out of gas!" the players have to dribble slowly to a gas station. If the coach says, "and the winner is?" The player have to get to either finish line (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals). Award points as needed for getting to the finish line. Coaches can play continuous by having players get to a gas station first and finish line second.  
**Rules:** play begins when coach says, "start your engines". Players must dribble like they are out of gas to the gas station and race to the finish line.  
**Coaching Point:** if you want to get to the finish line fast, push the ball in front with your laces so you can accelerate.  
**Guided Question:** when do you dribble the ball fast. If you have space in front, dribble fast. If other cars are in your way, slow down.

### Demolition Derby:



**Organization:** in a 15Wx20L grid, with a goal in every corner & every player with a soccer ball. Players try to protect their ball while dribble at the others to knock their ball into 1 of the 4 goals. (Play for 8 min - 8 intervals of 30 sec with 30 sec rest between intervals).  
**Rules:** play begins when coach says, "GO". If a player's ball gets kicked into a goal by an opponent, they must retrieve it & re-enter the Derby (game). Coaches can have the players perform a task before re-entering such as 5 toe taps.  
**Coaching Point:** Put your body in the way to block it from the opponents (hide it/shielding).  
**Guided Question:** What do you do to protect your ball? Keep the ball close and away from the other players.

### Lightning McQueen vs Jackson Storm:



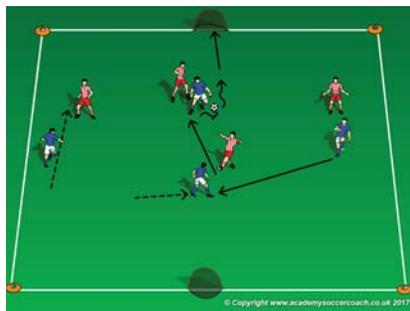
**Organization:** in a 15Wx20L grid, a goal in every corner, the coach starts at the center of a side line with all the soccer balls. Divide the group into 2 teams; Team McQueen vs Team Storm. One team on the coaches right & one on the left. A player from each team goes after the ball and tries to score by striking the ball into either of the opponent's goals. (Play for 8 min - 12 intervals of 20 sec with 20 sec rest between intervals).  
**Rules:** play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the teams prior to kicking a ball onto the field. Team's get 1,000 points if they can score in either of the opponent's goals.  
**Coaching Point:** If one player is scoring every time, try playing that same player against 2 opponents.  
**Guided Question:** what can you do to trick the defender? Pretend to go to one goal then change direction to go to the other.

Is Activity Organized? Game-like? Challenging?

## PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.  
**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)  
**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** If the players are not dribbling toward the goal show them how to use the inside or outside of the foot to change direction. Have the player show you what it looks like.

**Guided Question:** what are successful practice indicators? Players are engaged, enjoy practice & positive reinforcement was provided.



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Dribbling the ball to score **Key Qualities** Read and understand the game

**Age Group** 6-U **Team Tactical Principles** Dribble forward when possible

Is Activity Organized? Game-like? Challenging?

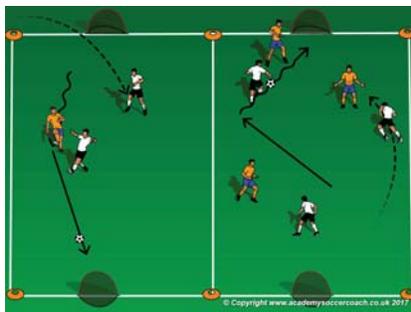
## PLAY SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

**Up to 3v3 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** Set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game)

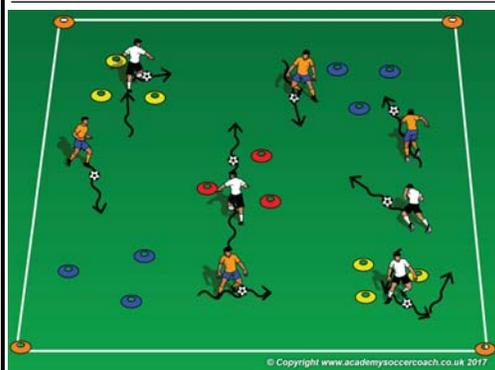
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** If your activity/game does not replicate game movement and decisions, consider what was asked of the players prior to playing. If too much instruction is offered, the game may become confusing to the players. Limit instruction to 1-2 points or challenges.

**Guided Question:** what makes an activity game like? The action in each game should replicate something that would happen in a game.

### Dribbling Galaxy Hoppers:



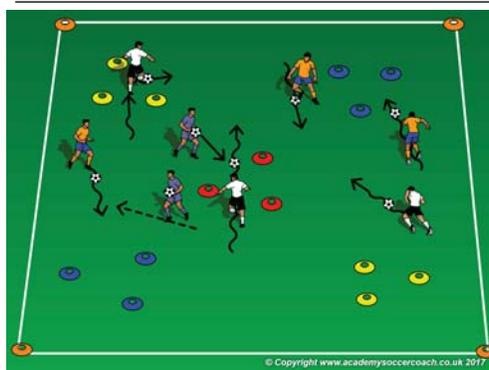
**Organization:** in a 15Wx20L grid, with several 3 yard triangular shaped Galaxies, all players with a soccer ball. In 90 seconds, challenge the players to get into & out of as many Galaxies as they can. Players dribble from one galaxy to another (triangle on the field). (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

**Rules:** play when coach says, "Go explore the Galaxy". Interval 1-how many Galaxies can you visit? Intervals 2 & 3, beat your score. Interval 4, must stop in the Galaxy before you can exit.

**Coaching Point:** pick your head up and check over your shoulder to find the open galaxies. Continue to look around while dribbling slowly.

**Guided Question:** where would you start the players? Either start the players inside one galaxy or divide them into all the galaxies.

### Guardians of the Galaxy:



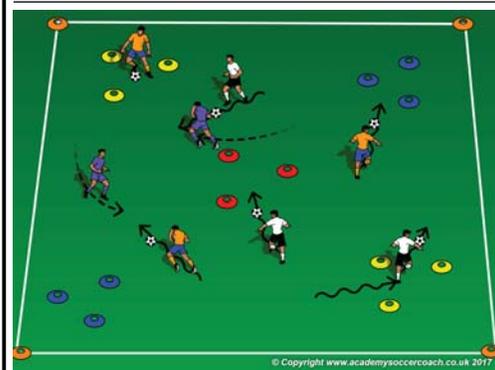
**Organization:** in a 15Wx20L grid, with several 3 yard Space Ships (bases). Select 2 players to be it. They have their ball in their hands & are the Guardians of the Galaxy; they protect the ships. The rest of the players dribble their soccer ball and are space fighters who are safe if they can land on a ship. (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

**Rules:** play when coach says, "Go save the Galaxy". Guardians can only toss their soccer ball underhand to hit the space fighter's ball. Space fighters are safe if they can stop in a triangle. Count how many bases you can land on. If your ball is hit, you lose your points

**Coaching Point:** point your toe down and make a fist with your toes when using your laces.

**Guided Question:** Were the triangle (galaxies) big enough for the players to stop the ball in? Make the triangles bigger if the players are not successful.

### Monsters Inc:



**Organization:** in a 15Wx20L grid, with several 3 yard triangles (closets to hide in). Select 2 players to be it (they are Boo) & do not need a ball. The rest of the players are Mike & Sully (from Monsters Inc). They dribble their soccer ball and try to hide from Boo in the closets. Boo is trying to steal their ball and hide it by dribbling it off the grid. (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

**Rules:** play when coach says, "look out for Boo". Dribblers must get from closet to closet. Dribblers are safe if they can stop their ball in a closet.

**Coaching Point:** Try to run slightly ahead of the rolling ball before trying to put your foot on top to stop it.

**Guided Question:** when would you stop the ball? Stop the ball with the bottom of your foot once in a closet.

Is Activity Organized? Game-like? Challenging?

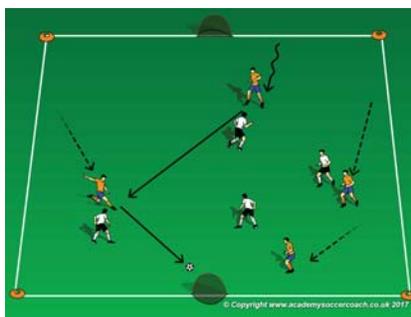
## PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min between intervals)

**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** help the players use the different surfaces of the foot to dribble, stop, turn or shoot. Sometimes it helps to slow the game down or demonstrate at a water break how to use the different surfaces. Remember to have the players show you what they have learned.

**Guided Question:** what actions are you looking for from the players? Try to identify when the players are dribbling, stopping, turning or shooting.



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Dribbling & striking the ball to score **Key Qualities** Read and understand the game

**Age Group** 6-U **Team Tactical Principles** Pass (strike the ball) or dribble forward when possible

Is Activity Organized? Game-like? Challenging?

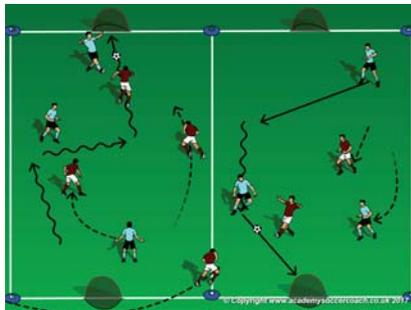
## PLAY SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

**Up to 3v3 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (play one 8 min game)

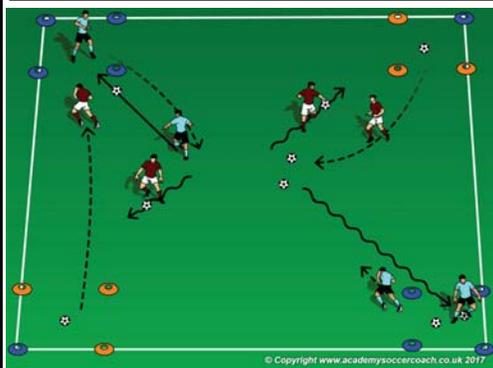
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** If the players are struggling to keep the ball in play, award them bonus point if they can stop the ball before it crosses a touch line.

**Guided Question:** what have you noticed with this part of the practice? More engaged, less engaged, better game understanding, no change.

### Steal the Treasure:



**Organization:** in a 15Wx20L grid, place a 4x4 square in every corner. Divide the players equally between the corners. (each team makes up a team name). All the soccer balls start in the center of the grid. On the coach's command, the players race to the middle to get a ball (with their feet only) and take it to their home base. Once all the balls are gone from the middle, steal them from other teams. (Play for 8 min - 4 intervals of 1min with 1 min rest between intervals).

**Rules:** play when coach says, "Game On!". Dribblers can only use their feet when getting or stealing a soccer ball. In later rounds, players can also kick the ball back to their home as long as someone can stop it.

**Coaching Point:** push the ball further in front of you with your laces if no one is in the way but you softer touches if your base is blocked.

**Guided Question:** after you steal a treasure, what now? Once you have stolen some treasure, dribble back to you base as fast as you can.

### Two-Headed Monster Invasion:



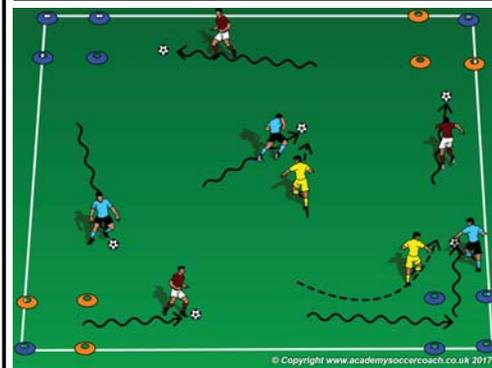
**Organization:** in a 15Wx20L grid, place a 4x4 square in every corner (cave). Divide the players equally between the 4 corners & each player has a soccer ball except for 2 set of 2 players. These players join hands (Two-Headed Monsters). The players try to dribble their ball into as many caves as possible. The Monsters try to tag them (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

**Rules:** play when coach says, "Monsters on the Loose!". Dribblers get 100 points for each cave they get into. If tagged by a monster, they lose their points and have to begin scoring again. Monsters must stay connected.

**Coaching Point:** play with your head up & look around to see where the monsters are & which cave you can get to next.

**Guided Question:** what can you do if the monster is chasing you? Run to a cave with your soccer ball to avoid them.

### Field of Doom:



**Organization:** in a 15Wx20L grid, place a 4x4 square in every corner. Select 2 players to start without a soccer ball. Players with a ball try to dribble from box to box while avoiding players without a soccer ball to score points. Players without a ball try to steal any ball and start scoring by getting into boxes. (Play for 8 min - 4 intervals of 90 sec with 30 sec rest between intervals).

**Rules:** play when coach says, "Game On!". Only players with a ball can score. If you lose your ball, you can either steal your ball back or steal one from any of the dribblers. Dribblers are safe in any box but need to get to another box for more points.

**Coaching Point:** Sometimes it is best to stay in a box until it is clear to go to the next box. Help the players recognize these moments through guided questions. For example, when is it a good time to run to the next box? See if the players can answer.

**Guided Question:** when should you move to the next box? When the monsters are not ready or not looking, get to the next box as fast as you can.

Is Activity Organized? Game-like? Challenging?

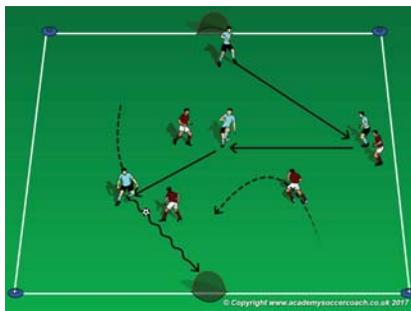
## PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min between intervals)

**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** at the start of each half & after every time the ball goes out of play, give the ball to the team who can make the biggest triangle (3v3) or diamond (4v4) first. This will introduce them to some basic group shapes.

**Guided Question:** what can you do if your team does not have the ball? Try to chase after to see if you can steal it back.



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Dribbling the ball to score

**Key Qualities** Read and understand the game

**Age Group** 6-U

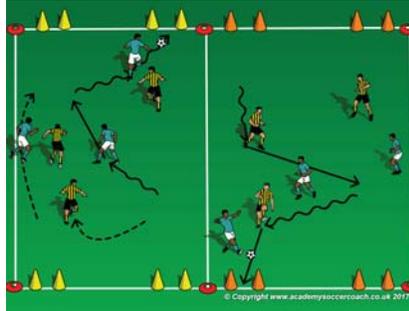
**Team Tactical Principles** Dribble forward when possible

*Is Activity Organized? Game-like? Challenging?*

## PLAY SMALL SIDED GAMES

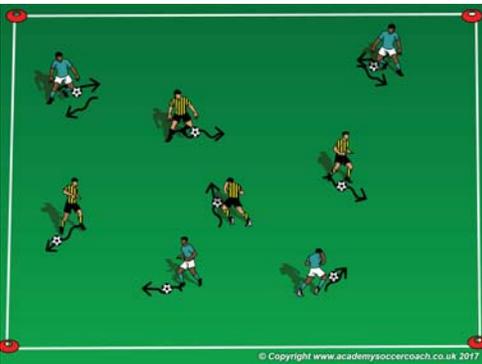
*Does activity allow for Repetition? Coaching?*

**Objective:** team with the ball attempts to score.  
**Organization:** set up two 15Wx20L fields with 2 cone goal on each end line. When 2 players arrive, start playing a game. Add players to the games as they arrive. Once 1 field is at 3v3, start the second game. (Play one 8 min game)  
**Game Starts:** the ball is given to the first player with their pinny on to start the game.  
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



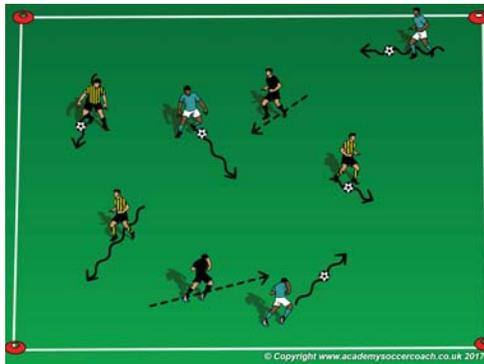
**Coaching Point:** try to get the game started in 1 minute or less. Only provide the players with the team they are on and the direction they are playing. Leave the rest of the details for the players to discover.  
**Guided Question:** what can you do if a game is lop-sided? If you are playing multiple games, switch a team from each field. If you only have enough for one game, rotate all players every few minutes.

### Big Hero 6 Surfaces - Dribble:



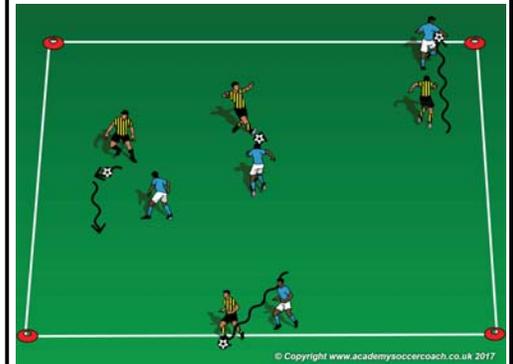
**Organization:** in a 15Wx20L grid & all players with a soccer ball. Have the players try to use the different surfaces of the foot in a pattern: outside right (pinky toe), inside right (big toe), outside left, inside left, 2 touches with the right foot laces & 2 touches with the left foot laces; repeat the pattern. Start with 1 surface, then add another surface. Once you have introduced all surfaces, try to put them all together. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals).  
**Rules:** play starts on coach's command. Players must stay within the field of play.  
**Coaching Point:** point the toe down and slightly in to use the pinky toe; up and to the side to use the big toe.  
**Guided Question:** what if the players cannot remember the pattern or the surfaces? Ask the players to say the surface they are going to use before the touch the ball with that surface. This will help them remember the pattern.

### Frozen Tag:



**Organization:** in a 15Wx20L grid, the coach with select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monsters will try to tag the dribblers with their hand. Once tagged, the dribbler is frozen and must stand still with their ball over their head. To get unfrozen, a teammate can pass their ball to hit their shin or pass through their legs. (Play for 9 min - 6 intervals of 1 min with 30 sec rest between intervals).  
**Rules:** play begins when coach says, "beware of the Freeze Monsters". Dribblers must stay within the grid. If their soccer ball leaves grid, have the player bring it back as fast as they can.  
**Coaching Point:** dribble with your head up to find the Freeze Monster, then use the inside or outside of your foot to go around the them.  
**Guided Question:** were the players engaged the entire game? If the players are getting board, play shorter intervals & rotate the roles of the players.

### Troll Hunters vs Bular the Troll:



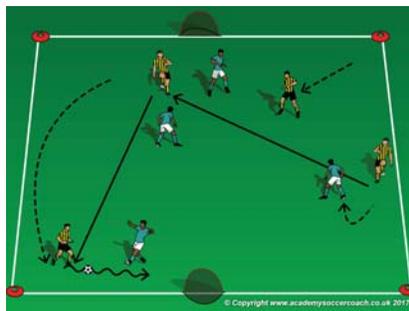
**Organization:** in a 15Wx20L grid, each player gets a partner and 1 soccer ball to share. Play a 1v1 game. 1 player is a Troll Hunter & attacks an end line and their partner/opponent Bular, the Troll, who attacks the opposite end line. All pairs play at the same time. (Play for 7 min - 7 intervals of 20 sec with 40 sec rest between intervals).  
**Rules:** play begins as soon as the player with the ball puts their first touch on the ball. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 20 seconds. Players must stay within the grid.  
**Coaching Point:** if you see space behind your opponent, use your laces to push the ball into the space and run onto it (remember to make softer touches as you get closer to the end line?)  
**Guided Question:** do the players understand how to score? After a quick explanation (20-30 sec. max.) have to players demonstrate the activity.

*Is Activity Organized? Game-like? Challenging?*

## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.  
**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min rest between intervals)  
**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** dribble straight ahead if you have space in front of you by pointing your toe down and pushing the ball with your laces. Use the inside or outside of the foot if you need to go side to side.  
**Guided Question:** do the players try to dribble like they had to in the previous activities? Sometimes the players think they are always supposed to pass. Let them know it is ok to dribble whenever they can.



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Dribbling the ball to score **Key Qualities** Read and understand the game

**Age Group** 6-U **Team Tactical Principles** Dribble forward when possible

Is Activity Organized? Game-like? Challenging?

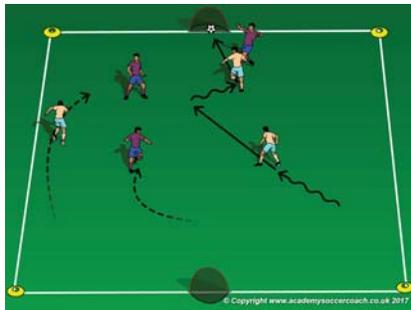
## PLAY SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

**Up to 3v3 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** set up two 15Wx20L fields with a small goal at each end. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start a second game on the field next to it. (Play one 8 min game)

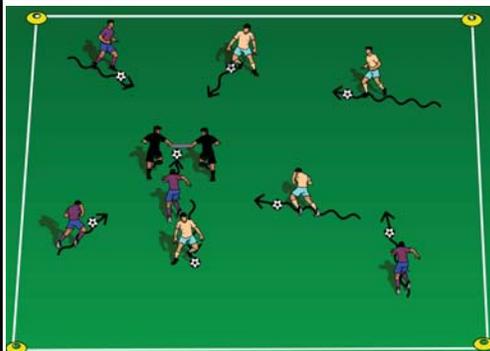
**Rules:** the ball is given to the first player with his/her pinny on to start the game. Local rules apply.



**Coaching Point:** give players specific tasks during the game. For example, challenge them to see how many of their teammates they can help to score.

**Guided Question:** what do you do if 1 player or team is not engaged? Award bonus points to any player who scores their first goal of the game. Challenge the team to score 1 goal before the other team gets to (3 or 4 more goals than they currently have).

### Moving Goal:



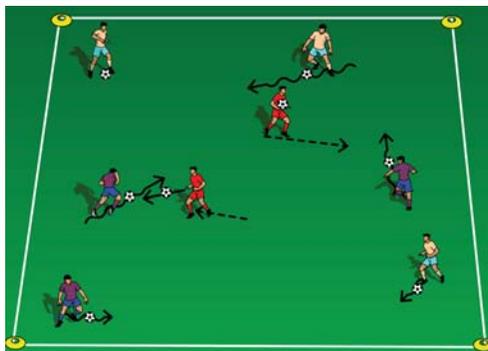
**Organization:** in a 15Wx20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving goal. Each player dribbles their soccer ball. The dribblers try to dribble their ball through the moving goal. Count the number of goals each can score in 1 minute. (Play for 8 min - 6 intervals of 1 min with 20 sec rest between intervals).

**Rules:** play begins as soon as the moving goal starts moving. Players must stay within the grid. Coach can award bonus points for dribbling with different surfaces of the foot.

**Coaching Point:** if you see that the goal is near & open, point your toe down to push the ball in front of you so you can run to the goal.

**Guided Question:** did the players have a lot of chances to score goals? The coaches can move closer to the players who are struggling to score or further away from the players who have scored more.

### Police Patrol:



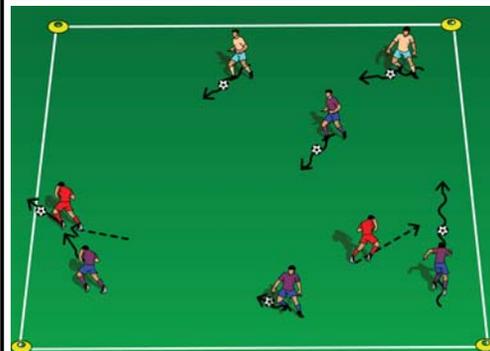
**Organization:** in a 15Wx20L grid, select 2-3 players start with their soccer ball in their hands (Police Patrol). The rest of the players dribble their soccer ball with their feet (like crazy drivers). The police patrol run around & try to ticket the crazy drivers by hitting the driver's ball with their ball (can only toss under hand). Police patrol count the number of tickets they can give in 1 minute. (Play for 8 min - 6 intervals of 1 min with 20 sec rest between intervals).

**Rules:** play begins as soon as the coach says, "police are on patrol!". Players must stay within the grid. Coaches can start as the Police Patrol.

**Coaching Point:** dribble with your head up to see where the patrol is then use your laces to push the ball away so you can run onto it.

**Guided Question:** what should the crazy drivers do if their soccer ball gets away from them? It will be challenging if they make lots of turns to control their ball so encourage them to use softer touches to keep the ball close.

### Crushing Monster Trucks:



**Organization:** in a 15Wx20L grid, select 2-3 players to be Monster Trucks (no soccer ball). All other players dribble their ball around the grid & avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering such as 5 toe taps. Count the number of smashed trucks at the end of an interval. (Play for 8 min - 8 intervals of 40 sec with 20 sec rest between intervals).

**Rules:** play begins as soon as the coach says, "let the crushing begin!". Players must stay within the grid.

**Coaching Point:** use the inside or outside of your foot to move out of the way of the Monster Trucks.

**Guided Question:** what can you do if the same player keeps getting his/her ball kicked out? The coach can be a monster truck & encourage the player from staying away from the coach. You can also select that player to be a truck.

Is Activity Organized? Game-like? Challenging?

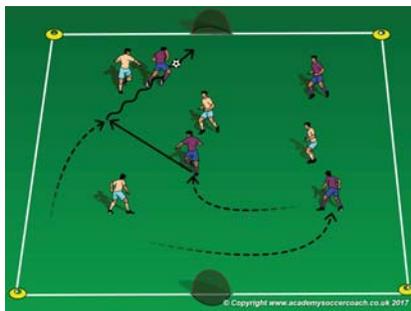
## PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

**Up to 4v4 Games:** team with the ball attempts to dribble past opponents and score.

**Organization:** in a 20Wx30L field and a small goal on each end line, play a 4v4 game. (Play for 24 min - 2 intervals of 10 min with 2 min between intervals)

**Rules:** game starts with the coach rolling a ball onto the field. If the ball leaves the field, the coach will roll another ball into play. No goal keepers allowed Game laws apply.



**Coaching Point:** if you see space behind the opponent, see if they can find a way to get into the space & to the goal.

**Guided Question:** What are some key problems the players will have to solve? Keeping the ball on the field, finding the goal they need to score in, scoring in it & dealing with all the chaos of all the players on the field.