

# **BYSA COACHES PRACTICE GUIDE**



## **U-14 Division 2018-2019 Season**

**Produced by Baldwinsville Youth Soccer Association**

***[www.bvillesoccer.com](http://www.bvillesoccer.com)***

**Source Material from Massachusetts Youth Soccer in  
conjunction with U.S. Soccer**

***[www.mayouthsoccer.org](http://www.mayouthsoccer.org)***



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Disrupt the build up in the your own half to deny chances

**Key Qualities** Be pro-active, Execute technically

**Age Group** 14-U

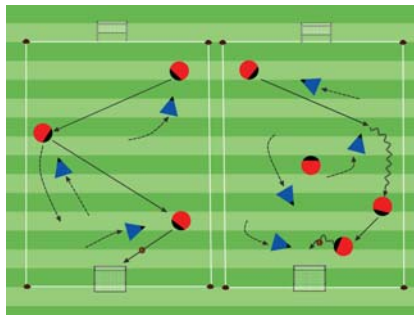
**Team Tactical Principles** Outnumber the opponents, Stay involved, Pressure, Cover, Balance

## PLAY - SMALL SIDED GAMES

**Up to 4v4 Games:** Team with the ball attempts to score in the opponent's goal.

**Organization:** Set up two 25Wx35L 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 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)

**Rules:** The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

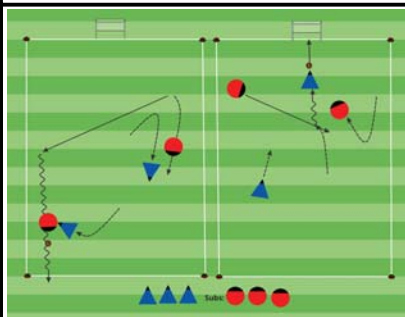


**Key Words:** double team the ball, move to help a teammate

**Guided Questions:** Are the players talking about their day?  
How can you stop the team with the ball from playing quickly to goal?

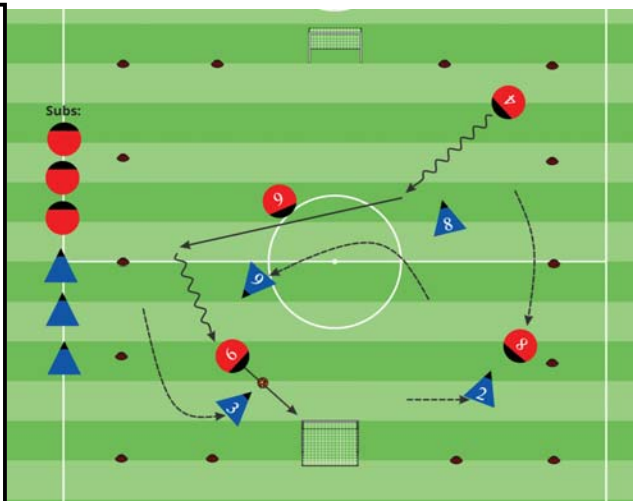
**Answers:** Listen to what the players have to say. This may give you an indication of how their day has gone. Get players between the ball and the goal and close any openings where the ball can get through to the goal.

## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Set up 2 fields 20Wx30L a small goal on one side, play to the end line on the other; play 2 blue vs 2 red. Do not worry about the positional numbers; simply try to get the blue players to cooperate to stop the red from scoring. Blue has to tag the red player with the ball before they cross the end line. Blue scores in the goal. Sub after each interval. (red: dribble or pass to a teammate to cross the end line)



**Activity Duration** 21 min

**# of Intervals**

6

**Time Active**

2.5 min

**Active Rest**

1 min



### More Challenging Activity

**Organization:** On a 55Wx50L field, a big goal at 1 end & 2 counter goals at the other, play a 6v6 game. Blue team player #'s 1, 2, 3, 4, 6 & 8. Red team player #'s 4, 6, 7, 8, 9 & 11. Blue team scores in either counter goal. Red team scores in the big goal. Sub player after each interval.

**Objective:** Close openings, Keep openings closed, Regain the ball

**Organization:** On a 35Wx45L field, a small goal each end line, play a 4v4 game. Blue team player #'s 2, 3, 6, & 8. Red team player #'s 4, 6, 8, & 9. Both teams score in opponent's goal. Sub players after each interval.

**Rules:** All FIFA Laws Apply. (if needed, red team can restart the play)

**Key Words:** Be first to the ball, Push up to get closer to the ball

**Guided Questions:** Do the players understand what is meant by close the openings?  
Why is it important to close the openings in the middle of the field?

**Answers:** Openings are lanes through the defense and to the goal. The team without the ball should move into areas which block the openings then try to win the ball.  
The shortest distance to the goal is usually straight down the middle. By closing these openings, you force the ball wide or back which slows down the attack.

## PLAY - LET THEM PLAY

**Organization:** On a 50Wx70L field and a goal at each end, play an 7v7 game. Blue team plays 1-3-3-0 and the red team plays 1-1-2-3. (Play 2 x 10 min halves with a 2 min halftime)

**Rules:** FIFA laws apply.



**Key Words:** Challenge the ball, Close down

**Guided Questions:** Were my instructions to the players clear and helpful?  
Did you allow the game to flow for long periods with minimal interruptions?

**Answers:** Keep your instructions brief and specific to 1 idea. Watch to see if the players make adjustments from your information.  
Watch the play from the side to determine if the players understood the session. From the middle, the focus tends to be on the ball and over coaching occurs.



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve the team/player in preventing scoring

**Key Qualities** Focus, Execute with technical ability

**Age Group** 14-U

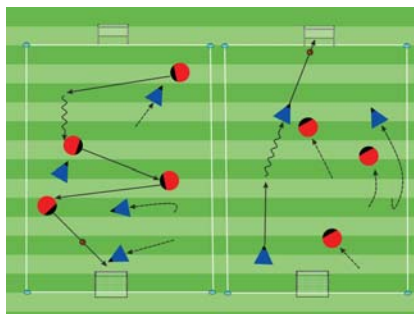
**Team Tactical Principles** Protect the goal, Make it & Keep it compact, Steal the ball

## PLAY - SMALL SIDED GAMES

**Up to 4v4 Games:** Team with the ball attempts to score in the opponent's goal.

**Organization:** Set up two 25Wx35L 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 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)

**Rules:** The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

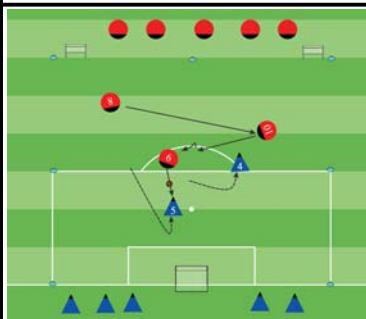


**Key Words:** block the goal, get in the path of the shooter

**Guided Questions:** Did you give positive reinforcement throughout the game?  
When a team lost possession of the ball, what did they do next?

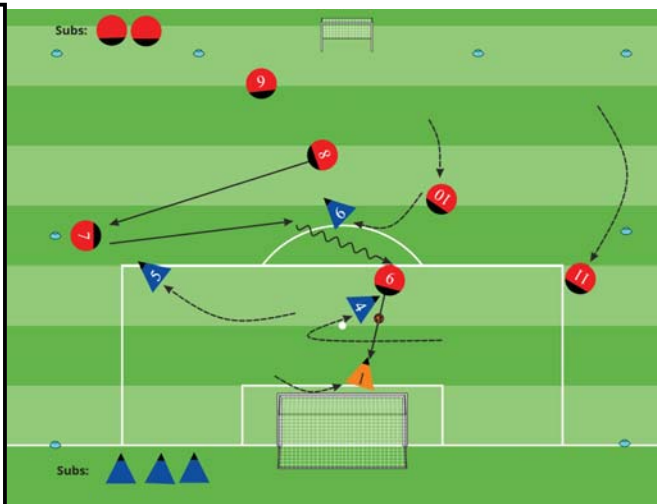
**Answers:** Avoid negative comments and sarcasm in practice. It will lead to a negative environment. Encourage the players to recover between the ball and their goal to try to win it back.

## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Set up a field 25Wx35L field a small goal at 1 end and 2 small goals at the other end. Play a 3v2 game. Blue team player #'s 4 & 5. Red team player #'s 8, 9 & 10. Red attacks the single goal and blue attacks either counter goal. Set up a second field or rotate the players each time the ball scores or goes out of play. (add bonus pts to the blue team as needed if they block shots)



### More Challenging Activity

**Organization:** On a 55Wx60L field, a big goal at 1 end & 2 small goals at the other (2 steps), play a 5v7 game. Blue team player #'s 1, 4, 5, 6 & 8. Red team player #'s 4, 6, 7, 8, 9, 10 & 11. Red team scores in the big goal and blue team scores in either counter. (The bigger field will make it more difficult to close the openings)

**Activity Duration** 20 min

**# of Intervals**

5

**Time Active**

3 min

**Active Rest**

1 min

**Objective:** Prevent scoring, Deny chances

**Organization:** On a 40Wx35L field, a big goal at 1 end & a counter goal at the other, play a 5v6 game. Blue team player #'s 1, 4, 5, & 6. Red team player #'s 6, 7, 8, 9, 10 & 11. Blue team scores in the counter goal and the red team scores in the big goal. Sub players after each interval.

**Rules:** All FIFA Laws Apply. (if needed, red team can restart the play)

**Key Words:** Close the shooter's opening to the goal, work together to keep the openings closed

**Guided Questions:** What are some of the things you can think about when your team doesn't have the ball?  
How can you help close the openings to the goal?

**Answers:** How can I win it back. what can I do to block the opening to the goal, if the shot is taken, what will happen next.  
Work with your teammate(s) closest to the ball stay between the ball and the goal (close the opening).

## PLAY - LET THEM PLAY

**Organization:** On a 55Wx80L field and a goal at each end, play an 7v8 game. Blue team plays 1-4-2-0 and the red team plays 1-1-3-3.

(Play 2 x 12 min halves with a 2 min haltime)  
(if you have more than 15 players at training, add them to your game)

**Rules:** FIFA laws apply.



**Key Words:** Chase back to close openings, try to win the ball

**Guided Questions:** Were the players able to answer the guided questions you asked them?  
When you win the ball, where should you play it next?

**Answers:** Try to ask questions which require thought but have simple answers. If the players can answer, ask a question which requires a little more thought.  
Once the ball has been won, try to play to a teammate further away from the goal than you are.





# MASSACHUSETTS YOUTH SOCCER



**GOAL** Disrupt the build up in the opponent's half to deny chances

**Key Qualities** Read & understand the game, Focus

**Age Group** 14-U

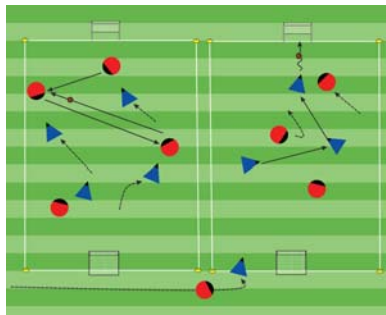
**Team Tactical Principles** Pressure, Cover, Balance, Make it & Keep it compact, Steal the ball

## PLAY - SMALL SIDED GAMES

**Up to 4v4 Games:** Team with the ball attempts to score in the opponent's goal.

**Organization:** Set up two 25Wx35L 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 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)

**Rules:** The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

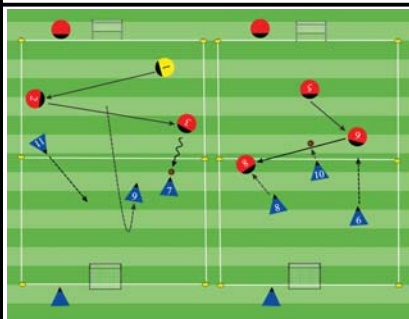


**Key Words:** try to keep the team with the ball from playing forward.

**Guided Questions:** How did you check the player's emotional state as they arrived at practice? Is the team without the ball preventing forward passes (close the openings)?

**Answers:** Greet them by name, make eye contact and give them a high five/handshake/fist pump. Get the players closest to the ball to work together to stop forward passes (close the opening).

## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Set up 2 fields 25Wx35L (same size a first play stage), 1 small goal at each end, play a 3v3 game. Split the team up in groups that would work together in a game. For example, blue 7, 9, 11 vs red 1, 2, 3. On the other field, blue 6, 8, 10 vs red 5, 6, 8 (it is ok to rotate your gk as a field player for this game). Sub after each interval. Bonus points for a goal scored after winning the ball back in the opponent's half.



**Activity Duration** 24 min

**# of Intervals** 4

**Time Active** 4 min

**Active Rest** 2 min



### More Challenging Activity

**Organization:** On a 55Wx50L field, a big goal at 1 end & an end line at the other, play a 7v8 game. Blue team player #'s 5, 6, 7, 8, 9, 10 & 11. Red team player #'s 1, 2, 3, 5, 6, 8, 9 & 10. Blue team scores in the big goal and red must play the ball across the opposite end line. Sub player after each interval.

**Objective:** Defend as quickly as possible, Regain the ball

**Organization:** On a 55Wx50L field, a big goal at 1 end & 3 counters goals at the other, play a 6v6 game. Blue team player #'s 6, 7, 8, 9, 10 & 11. Red team player #'s 1, 2, 3, 5, 6 & 8. Blue team scores in the big goal and red in any of the counter goals. Sub players after each interval.

**Rules:** All FIFA Laws Apply. (if needed, red team can restart the play)

**Key Words:** Players closest to the ball, move as the ball moves. Move into passing lanes (openings)

**Guided Questions:** What can the defending team do to keep any opening closed? Who should work together to close an opening?

**Answers:** Everyone move together as the ball moves. The player(s) closest to the ball and the next closest players to that player.

## PLAY - LET THEM PLAY

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

**Rules:** FIFA laws apply.



**Key Words:** When the team with the ball tries to play through an opening, try to intercept the pass.

**Guided Questions:** Did the players learn from the core activity? Did the players leave exhausted or with a little energy left over?

**Answers:** If the team without the ball is moving as the ball moves, the players have learned. If the players are exhausted, the session may have been too physically demanding. The next session may have to be less intense so the players can process the information.



# MASSACHUSETTS YOUTH SOCCER

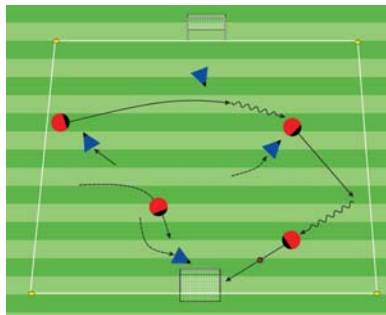


**GOAL** Disrupt the build up on your own half to deny chances (wide) **Key Qualities** Read & Understand the game, Focus

**Age Group** 14-U **Team Tactical Principles** Make it & Keep it compact, Stay involved, Steal the ball, Pressure

## PLAY - SMALL SIDED GAMES

**Up to 4v4 Games:** Team with the ball attempts to score in the opponent's goal.  
**Organization:** Set up two 25Wx35L 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 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)  
**Rules:** The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

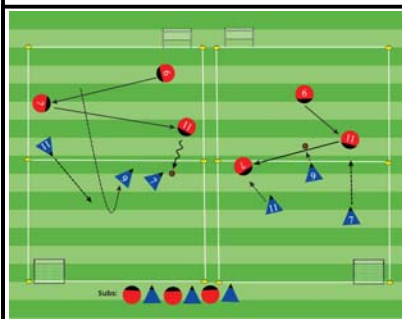


**Key Words:** Poke the ball away when you can, Press the ball to force it back

**Guided Questions:** As the players arrive, are they coming over to get the game started?  
 Based on ability, are the teams relatively even?

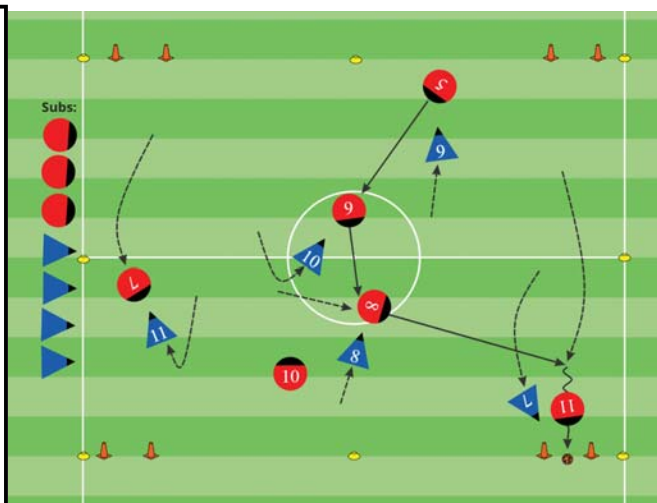
**Answers:** Arriving at the field and playing immediately is a new concept for many kids. Be prepared with the fields already set up so the games can start immediately. If needed, change players or opponents. Since the games are short though, sometimes it is ok to play out the round.

## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Set up a field 35Wx40L field, a small goal on each end & diagonally across from each other, play a 3v3 game. (note: the goals are in opposite corners on the 2 fields-one defend to left and the other right) Both teams use player #'s 7, 9 & 11. Teams defend 1 end and score in the other. Try to force the team with the ball into the corner without the goal. Sub after each interval.



**Activity Duration** 25 min

**Time Active** 4 min

**# of Intervals** 5

**Active Rest** 1min



### More Challenging Activity

**Organization:** On a 55Wx65L field, a big goal at 1 end & 3 counter goals at the other, play a 7v8 game. Blue team player #'s 5, 6, 7, 8, 9, 10 & 11. Red team player #'s 1, 5, 6, 7, 8, 9, 10 & 11. Blue scores in the big goal and red scores in any of the counter goals. Sub the players after each interval. (eliminate the outside goals if possible to make the attack to the center goal predictable)

**Objective:** Close openings, keep them closed, Regain the ball, Attack as quickly as possible

**Organization:** On a 55Wx50L field, 2 goals at each end, play a 5v6 game. Blue team player #'s 7, 8, 9, 10 & 11. Red team player #'s 5, 6, 7, 8, 10 & 11. Both teams can score in either of the opponent's goals. Ball can be dribbled through or passed through to a teammate. Sub players after each interval.

**Rules:** All FIFA Laws Apply. (if needed, red team can restart the play)

**Key Words:** Delay the attack, tell your teammates when to challenge for the ball or when to show some restraint

**Guided Questions:** How can you build a block to close any openings?  
 Do the players without the ball have realistic opportunities to defend?

**Answers:** Set up 2 lines of players with some in front and some behind. Bunch closer together so the team with the ball will have to play through 2 lines of players to score.  
 If the field is too big for the number of players involved, the chances of successfully defending and winning the ball becomes harder. Adjust the size of the field or the goals to help improve the success of the team without the ball.

## PLAY - LET THEM PLAY

**Organization:** On a 55Wx80L field and a goal at each end, play an 9v9 game. Blue team plays 1-2-3-3 and the red team plays 1-2-3-3. (Play 2 x 10 min halves with a 2 min halftime)  
**Rules:** FIFA laws apply.



**Key Words:** Get closer to the ball carrier to force their head down, Force the play into areas where your team can win the ball back

**Guided Questions:** When should the team without the ball shift across the field?  
 How can you tell if the players enjoyed the training?

**Answers:** When the team with the ball is passing it across the field, shift as a team to close any openings forward. They are smiling during the training/game, they continue to work hard & when finished, they wanted the game to go on even longer.



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Disrupt the build up in the opponent's half to deny chances **Key Qualities** Understand the game, Take initiative

**Age Group** 14-U **Team Tactical Principles** Make it & Keep it compact, Outnumber the opponents, Steal the ball

## PLAY - SMALL SIDED GAMES

**Up to 4v4 Games:** Team with the ball attempts to score in the opponent's goal.  
**Organization:** Set up two 25Wx35L 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 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games)  
**Rules:** The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

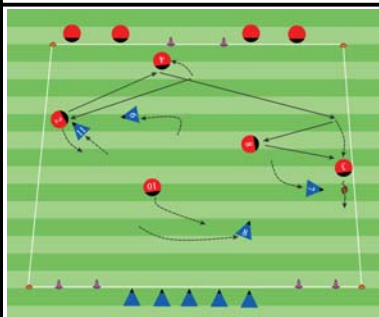


**Key Words:** try to keep the team with the ball from playing forward.

**Guided Questions:** How did you check the player's emotional state as they arrived at practice?  
 Is the team without the ball preventing forward passes (close the openings)?

**Answers:** Greet them by name, make eye contact and give them a high five/handshake/fist pump.  
 Get the players closest to the ball to work together to stop forward passes (close the opening).

## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Set up a field 35Wx40L field, a small goal at 1 end and 2 counter goals at the other, play a 4v5 game. Blue team player #'s 7, 8, 9 & 11 (attack single goal). Red team player #'s 2, 3, 4, 8 & 10 (attack 2 counter goals). Sub after each interval. Use your watch or a count down to time the blue & challenge the blue team to win the ball back in 10 seconds or less and score. (the game doesn't stop if they do not win the ball back; still play for 3 minutes)



**Activity Duration** 24 min

**# of Intervals**

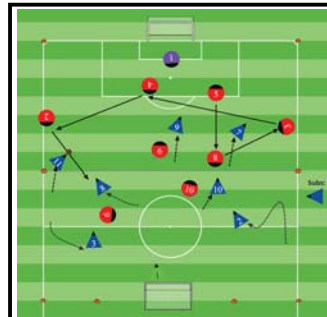
6

**Time Active**

3 min

**Active Rest**

1min



### More Challenging Activity

**Organization:** On a 55Wx65L field, a big goal at each end play a 8v9 game. Blue team player #'s 1, 2, 3, 7, 8, 9, 10 & 11. Red team player #'s 1, 2, 3, 4, 5, 6, 8, 9 & 10. Both teams score try to score in opponent's goal. Sub the blue player after each interval.

**Objective:** Close openings, keep them closed, Regain the ball  
**Organization:** On a 55Wx50L field, a big goal at 1 end & 2 wide counter goals at the other (6 yards wide), play a 7v7 game. Blue team player #'s 2, 3, 7, 8, 9, 10 & 11. Red team player #'s 1, 2, 3, 4, 5, 8 & 10. Blue team scores in the big goal and red in either of the counter goals. Red team must dribble through or pass through to a teammate. Sub players after each interval.  
**Rules:** All FIFA Laws Apply. (if needed, red team can restart the play)

**Key Words:** Stay together so it is more difficult for the player with the ball to see forward options.

**Guided Questions:** Why would you want to close a wide opening?  
 Who should try to close the wide openings?

**Answers:** The wide areas of the field tend to be less crowded so closing these openings will force the team with the ball back inside where you have more teammates (Outnumber the opponents).  
 #3 & 11 on the left and #2 & 7 on the right are the primary wide players but they may need help from some central players too.

## PLAY - LET THEM PLAY

**Organization:** On a 55Wx80L field and a goal at each end, play an 9v9 game. Blue team plays 1-3-2-3 and the red team plays 1-4-3-1. (Play 2 x 10 min halves with a 2 min halftime)  
**Rules:** FIFA laws apply.



**Key Words:** Adjust your body to force the player with the ball into your teammates or to the sideline.

**Guided Questions:** Did the players make their own decisions in the game?  
 Where the players able to focus on the game for the entire time?

**Answers:** Allow periods of uninterrupted play to determine if the players are working together to close openings.  
 Creating a competitive environment tends to help maintain focus. For example, the blue team is trying to play for the entire half without allowing a goal.





# MASSACHUSETTS YOUTH SOCCER

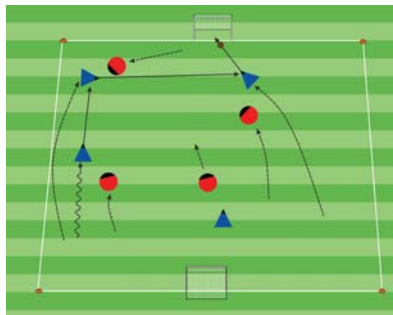


**GOAL** Improve the team/player in preventing Scoring (from wide) **Key Qualities** Focus, Take initiative, Make decisions

**Age Group** 14-U **Team Tactical Principles** Stay involved, Outnumber the opponents, Protect the goal

## PLAY - SMALL SIDED GAMES

**Up to 4v4 Games:** Team with the ball attempts to score in the opponent's goal.  
**Organization:** Set up two 25Wx35L 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 4v4. After 1 field is at 4v4, start a second game on the field next to it. (Play multiple 2-3 minute games) 12 min total.  
**Rules:** The game starts as soon as a soccer ball and the players are on the field. FIFA laws apply.

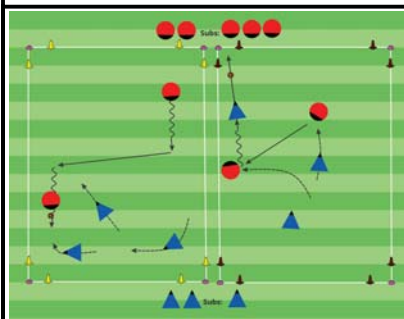


**Key Words:** try to keep the team with the ball wide, force the team with the ball to play backward

**Guided Questions:** How did the player's day go? How was school?  
 If the team with the ball is in a wide area, how can you keep him/her there?

**Answers:** Ask the players questions about their lives and daily concerns. This helps build the soccer relationship. Try to close any opening that would let the team with the ball play it to goal or even into the middle.

## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Set up 2 fields 25Wx35L (same size a first play stage), a small goal in each corner, play 3 blue vs 2 red. Do not worry about the positional numbers, simply try to get the blue players to cooperate to stop the red from scoring. Add a red player if needed to make it more challenging. Sub after each interval.



**Activity Duration** 25 min

**# of Intervals**

5

**Time Active**

4 min

**Active Rest**

1min



### More Challenging Activity

**Organization:** On a 55Wx65L field, a 3 goals at one end and an end line on the other, play a 7v8 game. Blue team player #'s 2, 3, 4, 5, 6, 8 & 10. Red team player #'s 4, 5, 6, 7, 8, 9, 10 & 11. Red team attacks the 3 goals and blue team has to play the ball, under control, over the opposite end line. Sub the blue player after each interval. (award more points for wide goals for red if needed)

**Objective:** Deny chances, Prevent scoring, Close the openings  
**Organization:** On a 55Wx40L field, a big goal at 1 end & 2 wide counter goals at the other, play a 5v5 game. Blue team player #'s 1, 2, 3, 4, 5 & 6. Red team player #'s 7, 8, 9, 10 & 11. Red team scores in the big goal and blue in either of the counter goals. Any goal scored by or created by red #7 or #11 is worth 10 pts. All other goals are worth 1. Sub players after each interval. If space allows, set up a similar game on a field next to yours and play a second game of 4v4.  
**Rules:** All FIFA Laws Apply. (if needed, red team can restart the play)

**Key Words:** Tackle the ball away from the attacker, force the attacker to dribble away from the goal

**Guided Questions:** When should you move to close openings in wide areas? Which way should the team without the ball try to face?

**Answers:** Move as the ball moves so you get try to get to the opening either at the same time as the ball or just before it arrives.  
 It is helpful to get behind the ball with your back to your goal so when you step to close an opening, you are facing in your attacking direction.

## PLAY - LET THEM PLAY

**Organization:** On a 55Wx80L field and a goal at each end, play an 9v9 game. Blue team plays 1-2-3-3 and the red team plays 1-4-3-1. (Play 2 x 10 min halves with a 2 min halftime)  
**Rules:** FIFA laws apply.



**Key Words:** Immediately chase after the ball if you lose it, help your teammate to win the ball back

**Guided Questions:** What do you do if the attacking team doesn't try to play wide?  
 What if the same player is continually getting beat from wide attacks (can't close the opening)?

**Answers:** Stay compact with your team and help inside some but always be alert for a player who may try to run down a wide area.  
 Have a midfield player or center back help to close the opening.



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve build up on opponents half to create scoring chances- 1 **Key Qualities** Optimal physical abilities, Focus

**Age Group** 14-U **Team Tactical Principles** Support the attack, Create a 2v1 or 1v1, Change the pace

## PLAY - SMALL SIDED GAMES

**Objective:** Play the game. Each team is working to outscore the opponent.

**Organization:** Make two (2) 25Wx35L fields, a small goal at each end. As players arrive start playing a game. Play games up to 4v4. Play 3 minute games with a 1 minute in between games of active rest with dynamic stretching.

**Rules:** All FIFA laws apply.

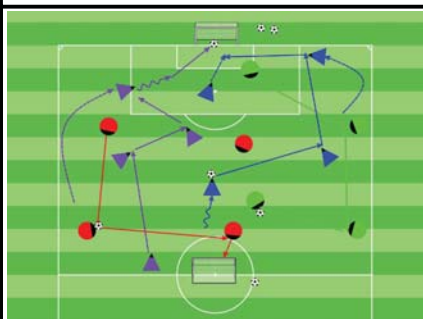


**Key Words:** Get to open space to support your teammate with the ball, make an opening around, through or over the opponent

**Guided Questions:** What tells you players are interested in practice? When should you do a "fun" activity?

**Answers:** Players are interested in practice when they ask you "What are we doing today?" Run a "fun" team building activity when you recognize that players are less than enthused or focused as they arrive to practice.

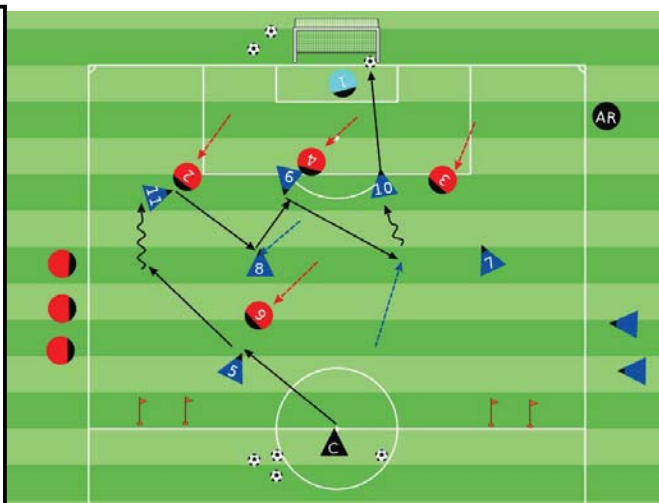
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** 55Wx50L grid w/ a goal at each end, divide the team into groups of 4.

**Rules:** Each group will pass & move throughout the space. Groups will combine around or through the other groups and score in a goal. Continue to other goal. Repeat. Count number of combos & goals. Any mess up "zeros" your score to start again. Beat your score each interval.



**Activity Duration** 24 min

**# of Intervals**

4

**Time Active**

4 min

**Active Rest**

2 min



### More Challenging Activity

**Organization:** 55Wx60L field with a goal at each end. Make 2 equal teams.

**Rules:** Play 6v6. Regular goal is one (1) pt. Goal after a combination play is 10 pts. Game is to 50 pts.

**Objective:** Move the ball forward by combining with teammates to keep possession, to be numbers up (2v1's) to create scoring chances.

**Organization:** On a 55Wx50L field, a regular goal on one endline and two (2) small goals at midfield. Coach in center circle at midfield with the balls. Play a 6v5 game to goal. Blue team player #'s 5, 7, 8, 9, 10, 11. Red team player #'s 1, 2, 3, 4, 6.

**Rules:** Coach starts play with the Blue attacking team. Blue scores in the regular goal. Red scores on the small goals at midfield. All FIFA Laws apply.

**Key Words:** Maintain possession, look to combine through an opening, penetrate the opening, move to move opponents, get numbers forward quickly

**Guided Questions:** What are the goals for the attackers in this activity? How can you adjust the activity to make it simpler, more repetitious?

**Answers:** The goal is to have numbers forward into the opponents half to build the attack by combining with teammates to create scoring chances. If there isn't enough repetition or the activity is too difficult for the attacking team take away a defender.

## PLAY - LET THEM PLAY

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

**Rules:** All FIFA laws apply.



**Key Words:** Create an opening, get numbers forward, possess to combine and create scoring chances

**Guided Questions:** When did the practice work for the players? How should you wrap up your practice?

**Answers:** It worked when you notice that the players are creating combinations to make openings to play through and score. End practice on a positive note at all times. One example is to highlight an objective the group successfully accomplished.





# MASSACHUSETTS YOUTH SOCCER



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

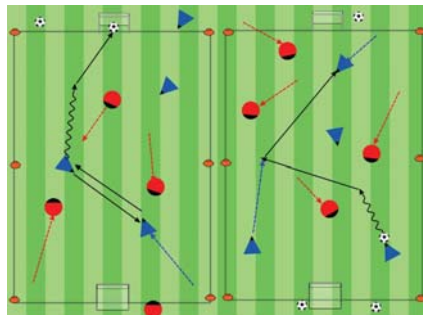
**Age Group** 14-U **Team Tactical Principles** Spread Out, Support the attack, Change the point of attack

## PLAY - SMALL SIDED GAMES

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

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

**Rules:** All FIFA laws apply.



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

**Guided Questions:** How can you determine a player's attitude? When should you let players play and you not coach?

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

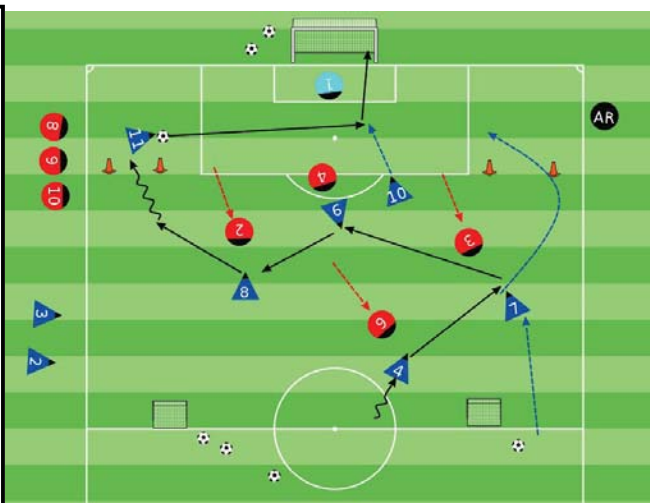
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

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

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



**Activity Duration** 24 min

**# of Intervals**

4

**Time Active**

4 min

**Active Rest**

2 min



### More Challenging Activity

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

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

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

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

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

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

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

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

## PLAY - LET THEM PLAY

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

**Rules:** All FIFA laws apply.



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

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

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



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve build up on own half to create scoring chances - 1

**Key Qualities** Understand the game, Focus

**Age Group** 14-U

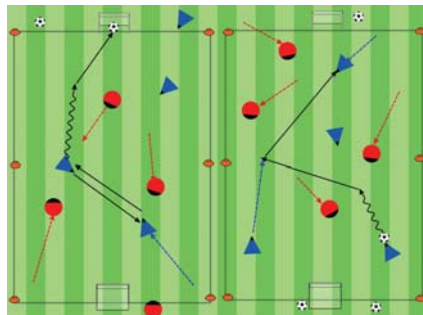
**Team Tactical Principles** Create passing options, Support the attack, Change the pace

## PLAY - SMALL SIDED GAMES

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

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

**Rules:** All FIFA laws apply.

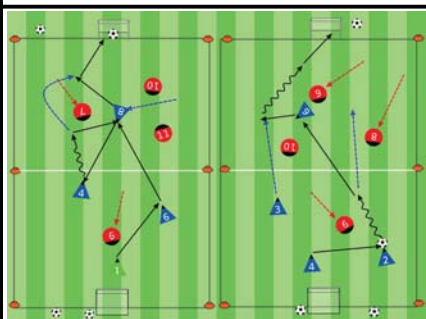


**Key Words:** Move the ball up the field, get to space to receive a pass, find the opening & play through it, score

**Guided Questions:** How can you determine a player's mindset as they arrive to practice? What tells you that players are beginning to focus on training?

**Answers:** Ask a player questions about their day and listen to their answers. Start to develop a rapport with them. Players are working together in the small games, trying to direct teammates and not goofing around.

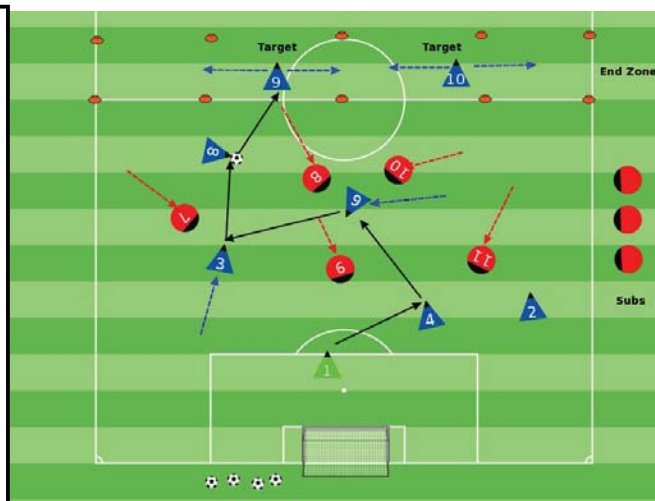
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Make 2 fields 25Wx35L. Small goal on each endline. Play 4v4. One field is Blue #'s 1,4,6,8 vs Red #'s 7,9,10,11. (Use GK on the field). Other field is Blue #'s 2,3,4,8 vs Red #'s 6,8,9,10.

**Rules:** Start w/ 3 players in each defensive half, 1 player in the attacking half. Any player can cross into the attacking half only after combining w/the forward player. Loss of possession in the attacking half and all players return to their original half.



**Activity Duration** 24 min

**# of Intervals**

4

**Time Active**

4 min

**Active Rest**

2 min



### More Challenging Activity

**Organization:** Make a field that is 55Wx50L w/ a goal on the endline and 3 small counter goals. Play 7v6. Blue #'s 1,2,3,4,6,8,9 vs Red #'s 6,7,8,9,10,11.

**Rules:** Red scores in the big goal, Blue scores in the small counter goals. All FIFA Laws apply.

**Objective:** Possess the ball to move it forward quickly from our own half to a teammate (target) in the attacking half of the field.

**Organization:** On a 55Wx50L field, a regular goal on one endline and an 5yd end zone at midfield. See diagram. Play a 6v5 game to 2 targets. Blue team player #'s 1, 2, 3, 4, 6, 8. Red team player #'s 7, 8, 9, 10, 11.

**Rules:** Blue team GK #1 starts play. Blue scores by playing the ball to a target player. Red scores on the big goal. All FIFA Laws apply.

**Key Words:** Keep the ball, move to the side, behind or forward of the ball to receive a pass, make an opening, or find an opening to play forward quickly

**Guided Questions:** What should players do to work together to move the ball forward from our own half? How can you tell if the players are successful?

**Answers:** Players need to safely combine with teammates around, through and past the opponents to keep the ball and get it forward. As a group they are maintaining possession of the ball for a longer time and playing it directly to their teammates in the attacking half.

## PLAY - LET THEM PLAY

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

**Rules:** All FIFA laws apply.



**Key Words:** Move the ball to move the opponent, provide help for teammates, find an opening, get forward quickly

**Guided Questions:** What confirms that players understood the training objectives? How can you tell players enjoyed the training experience?

**Answers:** Players will be successful in their attempts to possess the ball and combine to move the ball from the defensive half into the attacking half of the field. They will let you know by their positive approach to the scrimmage. They will also tell you verbally at the conclusion of practice if you ask.



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve build up on own half to create scoring chances - 2

**Key Qualities** Take initiative, make decisions

**Age Group** 14-U

**Team Tactical Principles** Pass forward, Spread out, Create passing options

## PLAY - SMALL SIDED GAMES

**Objective:** Play the game. Each team is working to outscore the opponent.

**Organization:** Make two 25Wx35L fields, a small goal at each end. As players arrive start playing a game. Play games up to 4v4. Play 3 minute games with a 1 minute in between games of active rest with dynamic stretching.

**Rules:** All FIFA laws apply.

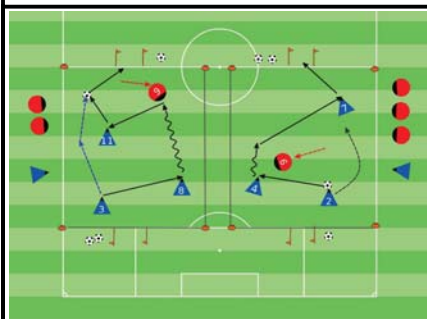


**Key Words:** Get to open space to receive a pass, support your teammate with the ball, make an opening

**Guided Questions:** When can you engage a player in conversation? How can you give players more responsibility?

**Answers:** Touch base with a player in conversation as soon as they arrive to the field. Continue developing a rapport with them. Have the players set up the small sided games, pick teams and manage the rules.

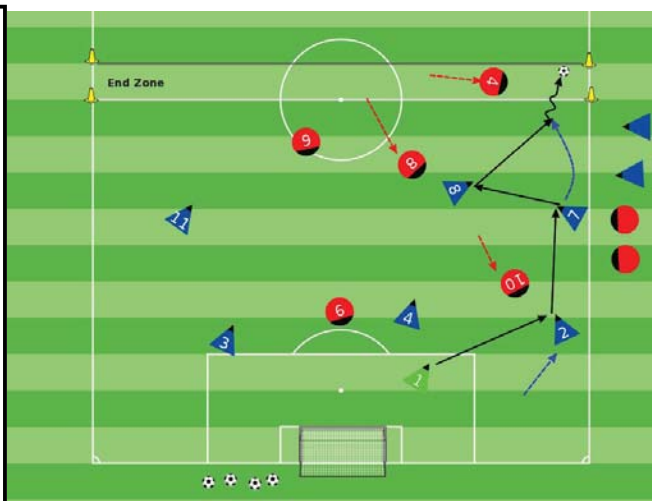
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Make 2 fields 25Wx35L. Small goal on each endline. One field is Blue #'s 2,4,7 vs Red #9. Other field is Blue #'s 3,6,11 vs Red #6.

**Rules:** Play 3v1. The 3 Blue players must combine before they can score. 3 min games with 2 min rest. Rotate the players after each game.



**Activity Duration** 24 min

**# of Intervals**

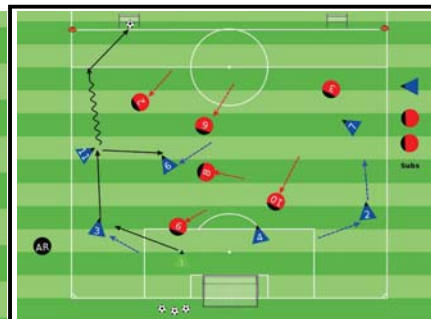
4

**Time Active**

4 min

**Active Rest**

2 min



### More Challenging Activity

**Organization:** Make a field that is 55Wx50L w/ a goal on the endline and 2 small counter goals. Play 7v6. Blue #'s 1, 2, 3, 4, 6, 7, 11 vs Red #'s 2, 3, 6, 8, 9, 10.

**Rules:** Red scores in the big goal, Blue scores in the 2 small counter goals. All FIFA Laws apply.

**Objective:** Possess the ball using flank players and flanks areas to move the ball into the attacking half.

**Organization:** On a 55Wx50L field, a regular goal on one endline and an 5yd end zone at midfield. Play a 7v5 game. Blue team player #'s 1, 2, 3, 4, 7, 8, 11. Red team player #'s 4, 6, 8, 9, 10. Red #4 acts as an end zone defender. See diagram.

**Rules:** Start play with Blue team GK #1. Blue scores by playing into the end zone past the defender. Red scores on the big goal. All FIFA Laws apply.

**Key Words:** Support behind, to the side, or forward of the ball, get wide, create an opening, find an opening, keep possession.

**Guided Questions:** Why should players look to play the ball wide to move the ball forward?  
What shows you the activity is working?

**Answers:** Play the ball wide to exploit the openings on the flanks. Players are finding the openings in the flanks areas to teammates to keep the ball and move it forward.

## PLAY - LET THEM PLAY

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

**Rules:** All FIFA laws apply.



**Key Words:** Get wide quickly, play through safe openings, keep the ball

**Guided Questions:** How can you tell the training session was effective for the players? What can you say to encourage players?

**Answers:** Players are maintaining possession using wide areas to move the ball forward into the attacking half to score goals. Keep feedback positively focused on successful completion of the training objectives.





# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve the team and player in scoring goals - 1

**Key Qualities** Focus, Execute optimal technique

**Age Group** 14-U

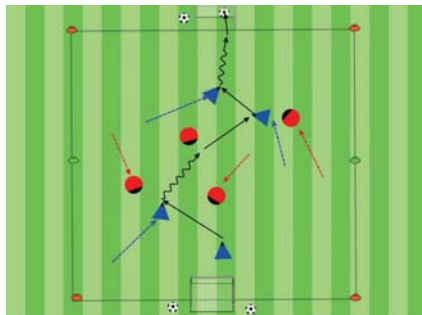
**Team Tactical Principles** Create a 2v1 or a 1v1, Change the pace, Support the attack

## PLAY - SMALL SIDED GAMES

**Objective:** Play the game. Each team is working to outscore the opponent.

**Organization:** On two (2) 25Wx35L fields, a small goal at each end. As players arrive start playing a game. Play games up to 4v4. Play 3 minute games with a 1 minute in between games of active rest with dynamic stretching.

**Rules:** All FIFA laws apply.



**Key Words:** Take a shot (whenever possible), get into a shooting space, shoot first (pass second)

**Guided Questions:** What can you do to get players to talk about their day to help you gauge their mood? When should you encourage players to shoot?

**Answers:** Try asking players to "share a moment" from their day and ask why it was memorable. Encourage players to recognize when there is an opening to shoot (however small) that they should take a shot. Lessen the "sharing" of the ball (passing off the responsibility) and more shooting.

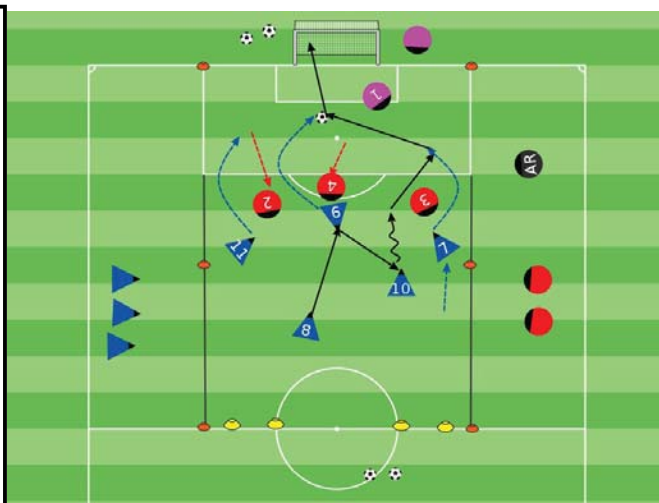
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Make two (2) 44Wx40L fields with a big goal on the endline and 1 small counter goal. Red defends the big goal w/ a GK #1. Blue plays with 3 attackers.

**Rules:** Play 3v3. The 3 Blues score on the big goal, the 3 Reds score on the counter goal. Games are 2 min with 2 min rest.



**Activity Duration** 24 min

**# of Intervals**

4

**Time Active**

4 min

**Active Rest**

2 min



### More Challenging Activity

**Organization:** In a 55Wx50L field with a big goal on the endline and 2 counter goals. Reds #1,2,3,4,6. Blues #6,7,8,9,10,11.

**Rules:** Play 6v5. Blues score on the big goal, the Red score on the counter goals. All FIFA Laws apply.

**Objective:** To create scoring chances to score more goals.

**Organization:** On a 44Wx50L field, a regular goal on one endline and 2 small counter goals at midfield. Make 2 equal teams. Play a 5v4 game to goal. Blue team player #'s 7, 8, 9, 10, 11 vs Red team player #'s 1, 2, 3, 4.

**Rules:** Blue team starts with the ball. Blue team is playing to score in the regular goal. Red scores on the small counter goals. All FIFA Laws apply.

**Key Words:** Find space (quickly) to shoot, create any chances to shoot (2v1, 1v1), look to shoot first, keep the ball until there is a chance to shoot it

**Guided Questions:** What player environment are you trying to develop with this training session? When should players pass to teammates vs shoot?

**Answers:** Work to create a "scoring mentality" among the players on your team. When a chance at goal is there the first priority is to shoot to score. Players should pass to a teammate when the opening to shoot is closed and that teammate has a better chance to shoot like being closer to the goal with a clear opening to score.

## PLAY - LET THEM PLAY

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

**Rules:** All FIFA laws apply.



**Key Words:** Go to goal, Quickly create or find openings to shoot, shoot to score first, pass only to teammates who has a better chance to score

**Guided Questions:** What actions in the scrimmage show you players understood the training? When should you address players shooting technique?

**Answers:** Players are taking every chance they get to shoot to score. Praise the attempt to shoot, but address technique when the attempted shot is not on target.



# MASSACHUSETTS YOUTH SOCCER



**GOAL** Improve the team and player in scoring goals - 2

**Key Qualities** Be proactive, Take initiative

**Age Group** 14-U

**Team Tactical Principles** Shoot, Support the attack, Create passing options

## PLAY - SMALL SIDED GAMES

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

**Organization:** Make 30Wx40L fields with a goal at each end. Play games up to 5v5. Use Gk's. Play games of 3-4 minutes. Have 2 minutes of active rest consisting of dynamic stretching after each game.

**Rules:** All FIFA laws apply.

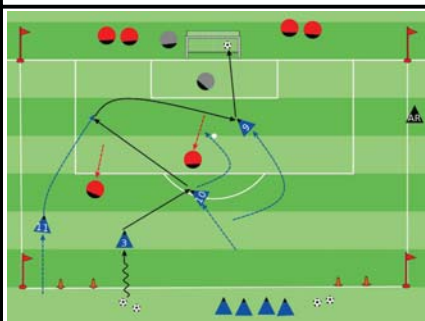


**Key Words:** Take more shots, find or make openings to shoot, score goals

**Guided Questions:** What is a great indicator that players are enthusiastic about practice? When should you introduce the objectives for the practice?

**Answers:** When players come early to training and start preparing to play. Start to bring out the objectives in conversation as players arrive, when they ask you, and during rest periods.

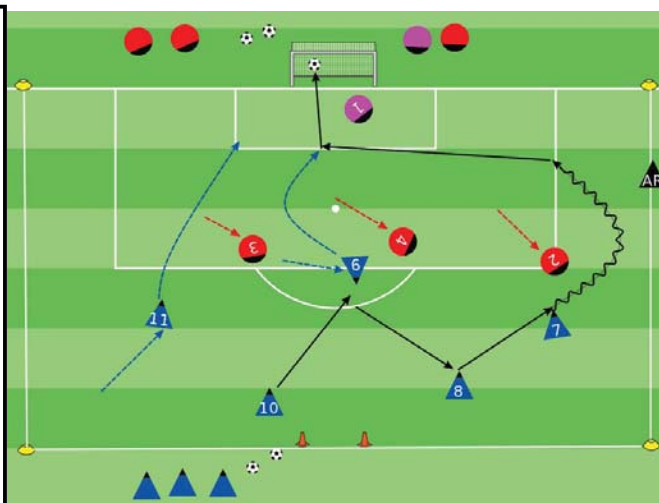
## PRACTICE - CORE ACTIVITY



### Less Challenging Activity

**Organization:** Set up a 50Wx40L field w/ a big goal on the endline and 2 small counter goals. 2 Red players defend the big goal w/ a GK #1. Blue plays with 4 attackers.

**Rules:** Make groups of 4 similar flank attackers, like Blue #'s 3,9,10,11 or #'s 2,7,8,9. Play 4v3. The 4 Blues score on the big goal, the 3 Reds score on the counter goals. All FIFA Laws apply.



**Activity Duration** 24 min

**# of Intervals**

4

**Time Active**

4 min

**Active Rest**

2 min



### More Challenging Activity

**Organization:** In a 55Wx50L field with a big goal on each endline. Reds #'s 1,2,3,4,6,8. Blues #'s 1,2,3,7,9,10,11.

**Rules:** Play 7v6. All FIFA Laws apply.

**Objective:** To create scoring chances using flank areas to score more goals.

**Organization:** On a 50Wx40L field, a regular goal on one endline and 1 small counter goal. Play a 5v4 game to goal. Blue team player #'s 7, 8, 9, 10, 11 vs Red team player #'s 1, 2, 3, 4.

**Rules:** Blue team starts with the ball. Blue team is playing to score in the regular goal. Red scores on the small counter goals. All FIFA Laws apply.

**Key Words:** Get wide to create openings, get forward quickly, find an opening to create chances to shoot to score

**Guided Questions:** What techniques should be repetitive in this activity? Where should attackers without the ball go?

**Answers:** The techniques of Passing (including crossing, long, short, driven, lofted), Shooting, Receiving and redirecting the ball forward toward the goal. Players without the ball need to support the attack by moving (wide, to the side or forward of the ball) to openings where they can be in a position to score. Players should also move to drag defenders to create an opening for a teammate to shoot through.

## PLAY - LET THEM PLAY

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

**Rules:** All FIFA laws apply.



**Key Words:** Get to openings where you can score, shoot when you have an opening, move to make an opening to score

**Guided Questions:** When should you compliment a player's shooting technique? What is one thing you should do before a player leaves practice?

**Answers:** Compliment, encourage, or applaud a player's shooting technique only when they successfully shoot through an opening, the shot is on target (the goal), or the attempt to score results in a goal. Make sure before each player leaves practice that you have made an effort to connect, give feedback, or just talk with them.