



MASSACHUSETTS YOUTH SOCCER

GOAL Shooting to score goals

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

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

Is Activity Organized? Game-like? Challenging?

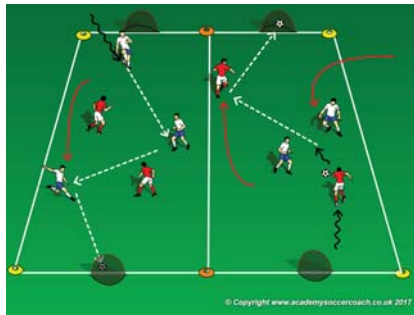
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Improve shooting mentality. Increase scoring opportunities.

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

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



Coaching Points:

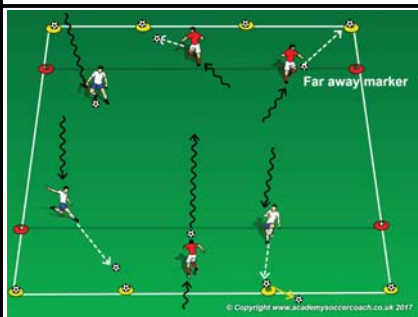
Praise any shot that goes into the goal. Spread out.

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

Is Activity Organized? Game-like? Challenging?

PRACTICE - CORE ACTIVITY

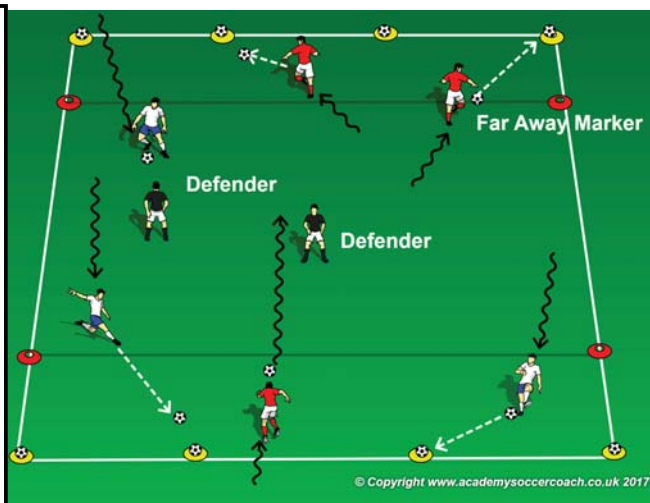
Does activity allow for Repetition? Coaching?



Less Challenging Activity

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

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

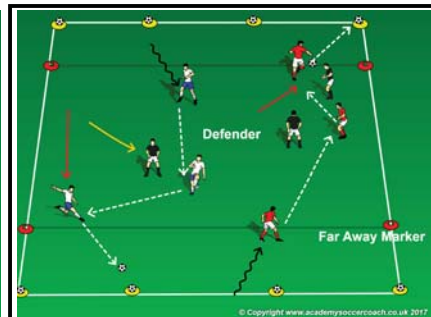


Activity Duration 20 min

of Intervals 10

Time Active 1 min

Active Rest 1 min



More Challenging Activity

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

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

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

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

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

Coaching Points:

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

Guided Questions:

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

Is Activity Organized? Game-like? Challenging?

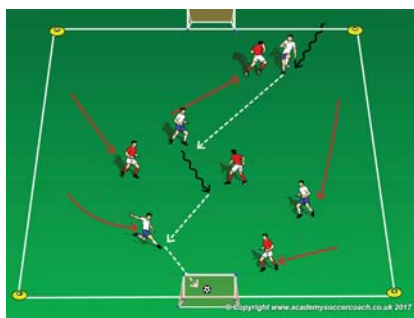
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: To take more shots to score more goals.

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

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



Coaching Points:

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

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