



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Dribbling to Score Goals

**Key Qualities** Take Initiative, Be Proactive

**Age Group** 8-U

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

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

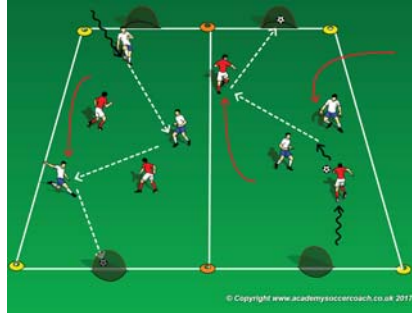
## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

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

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

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



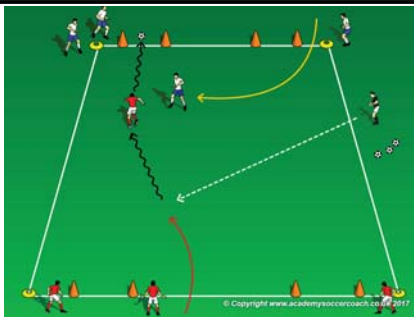
**Coaching Points:** Encourage players to dribble forward w/the ball and challenge a defender when there is space behind the defender and they can score.

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

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

## PRACTICE - CORE ACTIVITY

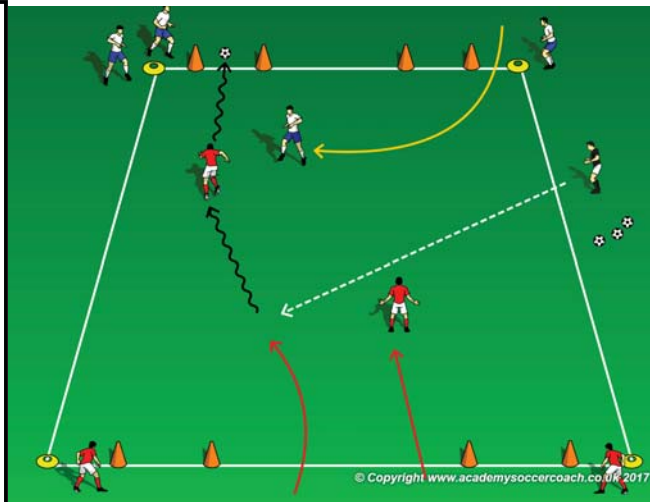
*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

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

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

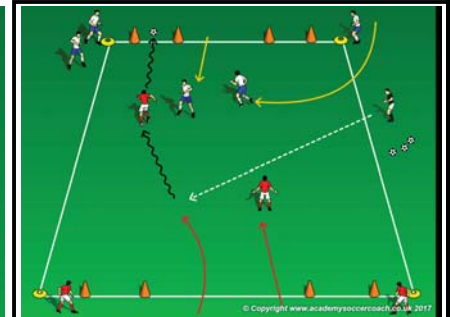


**Activity Duration** 20 min

**Time Active** 1 min

**# of Intervals** 10 min

**Active Rest** 1 min



### More Challenging Activity

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

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

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

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

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

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

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

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

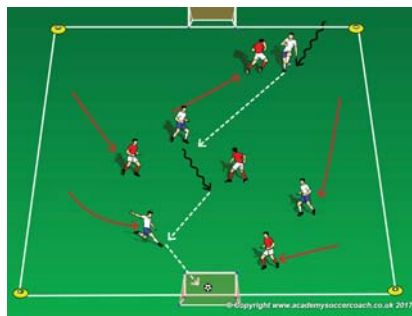
## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

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

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

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



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

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