



# MASSACHUSETTS YOUTH SOCCER

**GOAL** Passing to Create Scoring Opportunities

**Key Qualities** Be Proactive, Take Initiative

**Age Group** 8-U

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

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

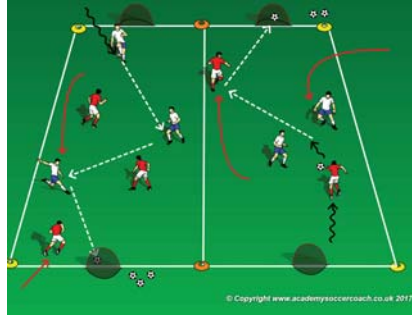
## PLAY - SMALL SIDED GAMES

*Does activity allow for Repetition? Coaching?*

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

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

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



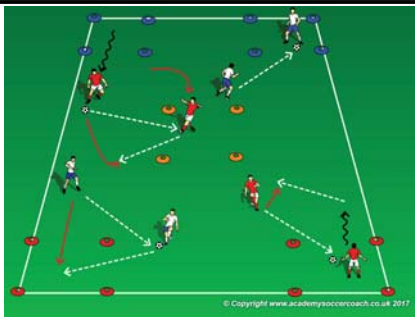
**Coaching Points:** Positively reinforce successful passing to a teammate or dribbling forward with the ball. Spread out.

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

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

## PRACTICE - CORE ACTIVITY

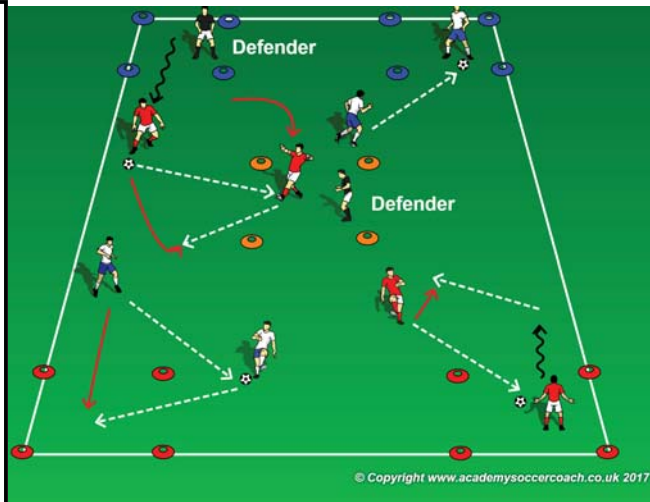
*Does activity allow for Repetition? Coaching?*



### Less Challenging Activity

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

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

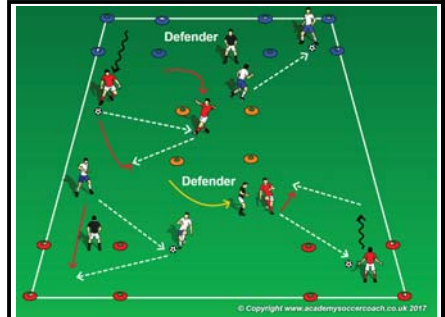


**Activity Duration** 20 min

**# of Intervals** 10

**Time Active** 1 min

**Active Rest** 1 min



### More Challenging Activity

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

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

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

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

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

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

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

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

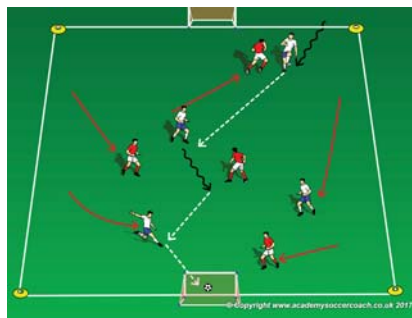
## PLAY - LET THEM PLAY

*Does activity allow for Repetition? Coaching?*

**Objectives:** Pass or dribble forward past opponents to score.

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

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



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

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