



MASSACHUSETTS YOUTH SOCCER

GOAL Passing to Create Scoring Opportunities

Key Qualities Be Proactive, Take Initiative

Age Group 8-U

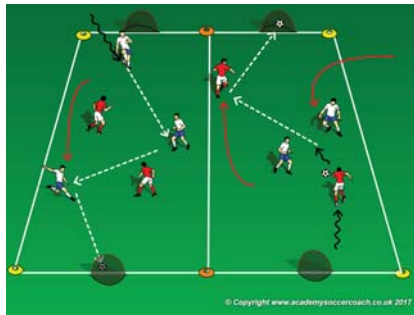
Team Tactical Principles Spread out, Pass or Dribble forward when possible or hold the ball

Is Activity Organized? Game-like? Challenging?

PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Players with the ball attempt to dribble or pass to get past defenders and score.
Organization: Lay out 2-3 fields that are 15W x 20L with a goal at each end. Goals, cones, pinnies, balls.
Rules: Start games with a kick off. Based on local rules play either kick-ins or throw-ins. Monitor infractions. Play 2v1, or 2v2 game, up to a 3v3 game per field. Allow players to have free play.



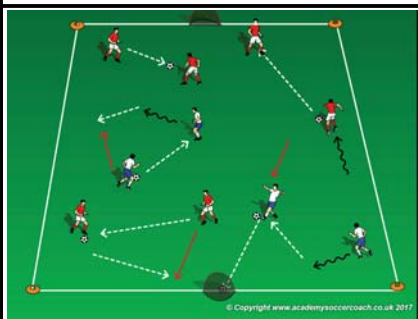
Coaching Points: Encourage players when they dribble forward with the ball and when a pass to a teammate gets to that teammate. Spread out.

Guided Questions: How do you know players understand the rules? They are staying inbounds and trying to score. How can you make the games easier? Play uneven numbered games like 2v1, 3v1 or 3v2.

Is Activity Organized? Game-like? Challenging?

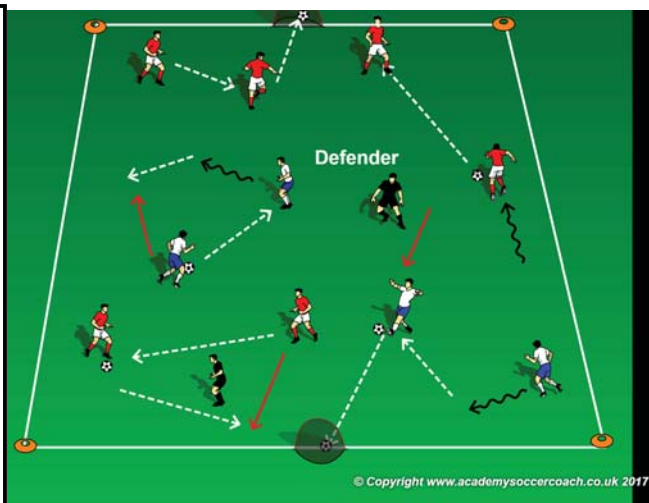
PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?

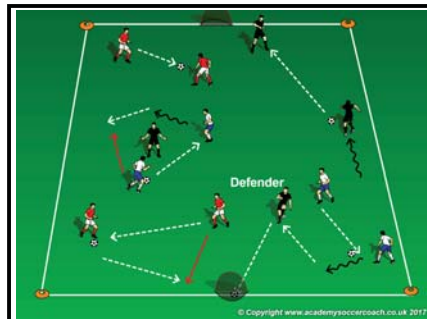


Less Challenging Activity

Pairs Passing no defenders: Pairs pass and move & scores goals.
Rules: Players in pairs w/a ball. Pass & move w/the ball. Score in one goal then pass w/partner & score in other goal, repeat. How many goals 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

Pairs Passing w/ Defenders: Pairs pass, move & scores goals.
Rules: Pairs w/a ball. Designate 2 pairs to be defenders. Pairs pass & move w/ball. Score a goal then pass & score in other goal, repeat. If defenders steal the ball & score it, passers become defenders. Switch roles.

Pairs Passing w/2 Defenders: Pairs pass and move & score goals.
Organization: In a 20Wx25L yd grid, players are in pairs w/a ball. Players start between 5 and 10 yds apart. Designate 2 defenders (can be coaches).
Rules: On coach's command pairs will pass & move w/their partner and ball. Score in one goal then pass w/partner & score in the other goal, repeat. If a defender steals the ball, steal it back. How many goals in 1min. Beat your score. Bonus score: Number of passes equals number of pts. i.e. 10 passes then a goal, equals 10pts.

Coaching Points: Spread out. Pass to a teammate who is spread out and past defenders in open space. Dribble until you need to pass.

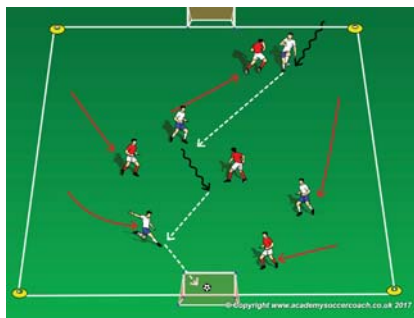
Guided Questions: Where should the player w/out the ball go to help their partner to pass to them? Show players w/out the ball where to Spread Out to, away from defenders, into open space. When is the activity working? When players are making multiple passes that reach their partners.

Is Activity Organized? Game-like? Challenging?

PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Players try to get past opponents to score by dribbling and passing.
Organization: Create a 25W x 35L field with a small goal on each end. Make teams of up to 4 players and manage substitutions, infractions, water breaks and rest periods. Goals, cones, pinnies, ball.
Rules: All modified 4v4 rules apply.



Coaching Points: Recognition of moments in the game when they should dribble, pass, or shoot. Spread out.

Guided Questions: How do you know players understood the practice topic? Players with the ball are trying to pass to teammates more frequently. Players without the ball are trying to Spread Out.