



MASSACHUSETTS YOUTH SOCCER

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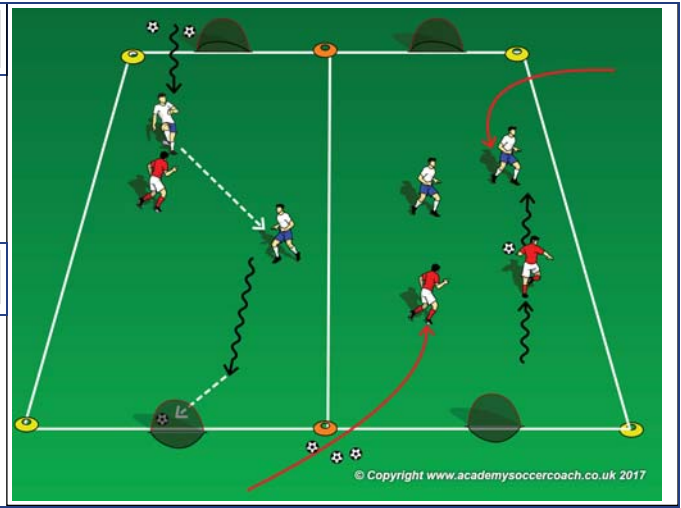
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Age Group **Topic** Dribbling

Who: Attacking players in possession
What: Dribbling, Running with the ball
Where: Attacking half of the field
When: In possession of the ball with space to attack beyond the defender
Why: To dribble past an opponent and create scoring opportunities

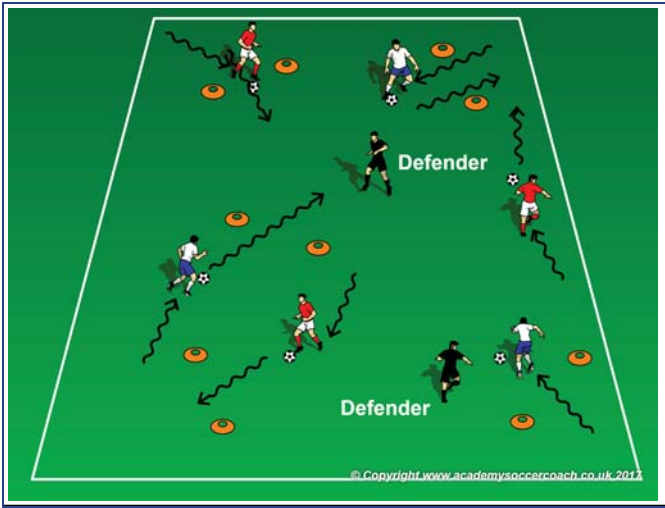
Play The Game Duration

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.



Coaching Points Activity Time Rest Intervals

Is the activity organized? Balls, Cones, Scrimmage vests, Goals
Is it reality-based (is it soccer)? Are players making soccer decisions
Is there repetition? Are players consistently trying to dribble
Is it challenging? Are players engaged, frustrated, or bored
Is there coaching? Positive reinforcement for players to try and dribble when they get the ball



Practice 6 Surfaces - Dribbling Gates Duration

In 15Wx20L yd grid, players have a ball. Players try to use 6 surfaces of their foot in a fluid motion and in order: Outside of the foot (pinky toe), Inside of the foot (big toe,) laces, bottom (sole), toe, and heel, switch feet. Have players talk to their feet. "Outside, Inside, Laces, Bottom, Toe, Heel!". Players then play to dribble through the gates. 1)How many in 1min. 2) Up & back. 3) Add defenders

Coaching Points Activity Time Rest Intervals

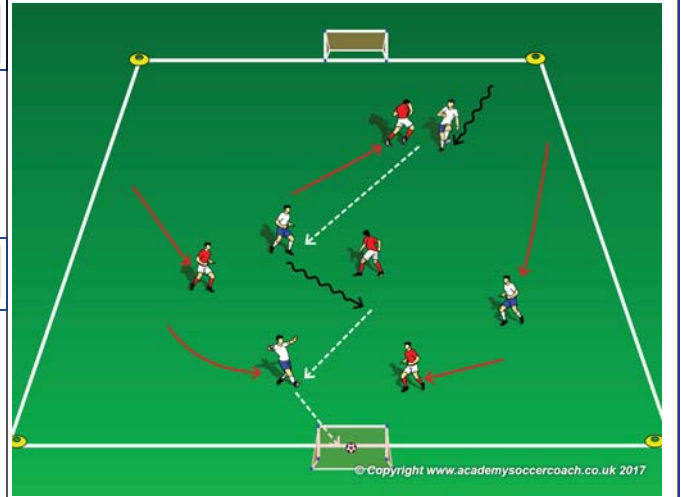
Key Questions: How can you get the ball through the gates quickly? When there's a defender in your way how do you dribble past them?
Answers: Dribbling, running fast w/the ball, using long & short touches, looking around. Keep the ball close, using short touches, moves and fakes to dribble past the defender.

Play 4v4 Game Duration

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points Activity Time Rest Intervals

Key Questions: What are some visual cues for when to dribble? When and why would you try to dribble past a defender?
Answers: There's space in front of you. When there's space beyond a defender. Dribble past a defender when you are near the goal and you can shoot.





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Age Group

U8

Topic

Passing

Who: Attacking players with the ball

What: Passing and Receiving, Dribbling

Where: In the central and flank areas of the field

When: In possession of the ball

Why: To pass the ball by defenders and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

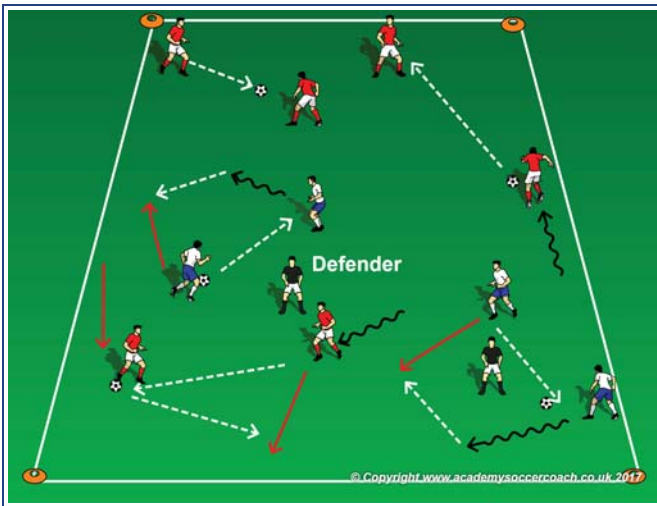
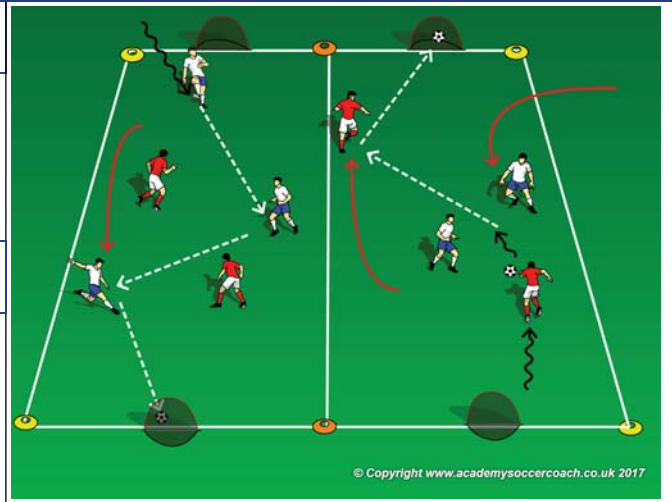
Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to pass to a teammate
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to pass to teammates and are successful, and for successfully receiving a pass



Practice Pairs Passing

Duration 24 min

In a 15Wx20L yd grid, players are in pairs w/a ball. Players start between 5 and 10 yds apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field. **Variations:** 1. How many passes in 1 min, beat your score 2. How many w/your non-favorite foot, 3. Add defender(s), repeat #1 & 2.

Coaching Points

Activity Time 1 min

Rest 30 secs

Intervals 4

Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass?

Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

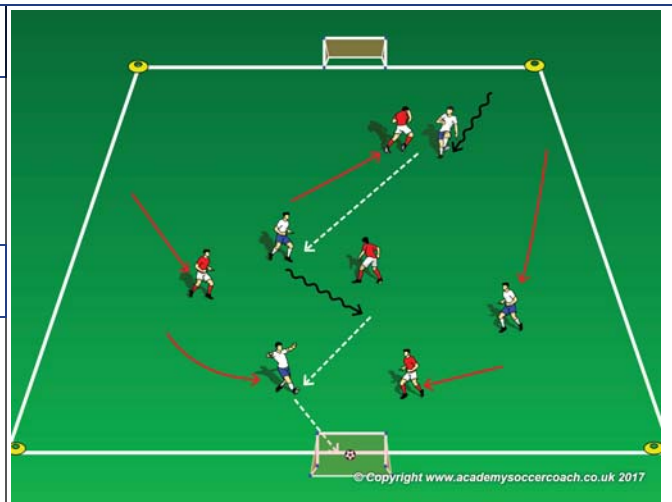
Activity Time 10 min

Rest 2:30min

Intervals 2

Key Questions: What are some visual cues for when to pass? Why would you pass to a teammate?

Answers: When you see a teammate that is past a defender. Pass to a teammate when they have space to dribble and are closer to the goal and can shoot.





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Age Group

U8

Topic

Shooting

Who: Attacking players with the ball

What: Shooting, Dribbling, Running with the ball

Where: In the flank areas or centrally close to the goal

When: In possession of the ball with time and/or space to shoot

Why: To dribble past an opponent and create scoring opportunities

Play The Game

Duration

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

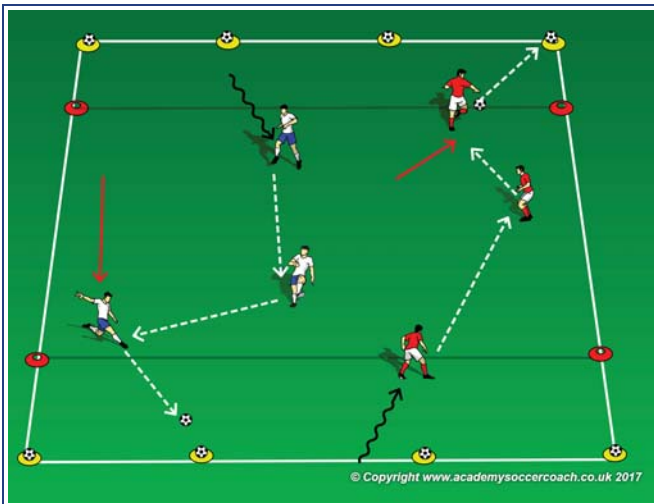
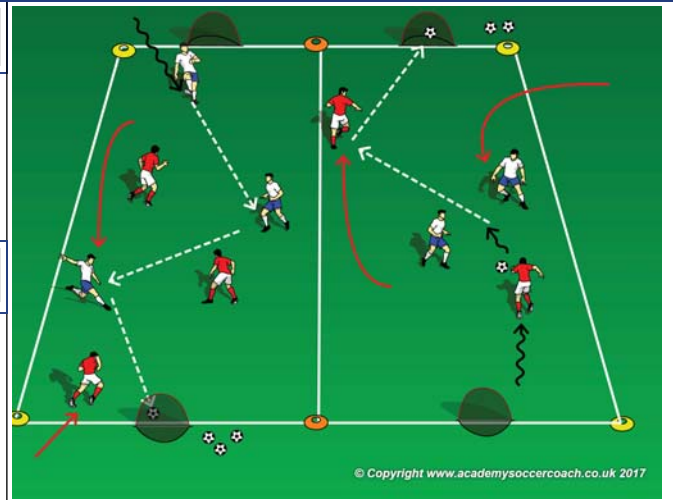
Coaching Points

Activity Time

Rest

Intervals

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to shoot
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to shoot and are successful at shooting and scoring on goal



Practice Shootout

Duration

20Wx30L field with 4 balls placed on top of 4 cones on the end lines w/markers placed 5 yds up the sideline from the corners . Players play and shoot to knock the balls off the cones (score). **Variations:** 1. Groups of 3 try to score the most goals, one end line then go to the other end line, repeat until all balls are knocked off, 2. A goal from past the marker is worth 10pts, 3. Add defender (coach) for players to get around, 4. Play 3v3.

Coaching Points

Activity Time

Rest

Intervals

Key Questions: When you're ready to shoot what should you do? What part of your foot do you use to shoot when you are close to the goal, farther away?

Answers: Put your non-shooting foot beside ball pointing to the target, knees bent, head down, lean a little over the ball, lock ankle of kicking foot, toe down, strike center of the ball. Use the inside of your foot to shoot, toe up, when you are close to the goal. When you are farther away use the laces, toe down.

Play 4v4 Game

Duration

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

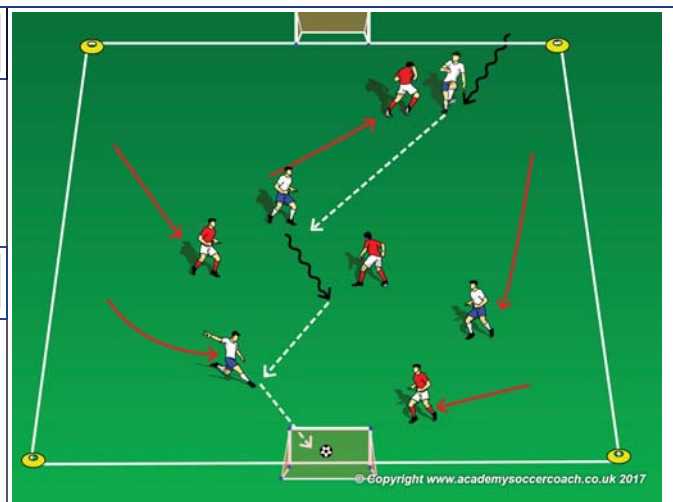
Activity Time

Rest

Intervals

Key Questions: What are some visual cues for when to shoot? When and why would you try to dribble past a defender and shoot?

Answers: Shoot when you're in front of the goal all alone with the ball or you dribble to a space close to the goal. Dribble past a defender when you are near the goal and you can shoot.





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Age Group

U8

Topic

Dribbling

Who: Attacking players in possession

What: Dribbling, Running with the ball, Shooting

Where: Attacking half of the field

When: In possession of the ball with space to attack beyond the defender

Why: To dribble past an opponent and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

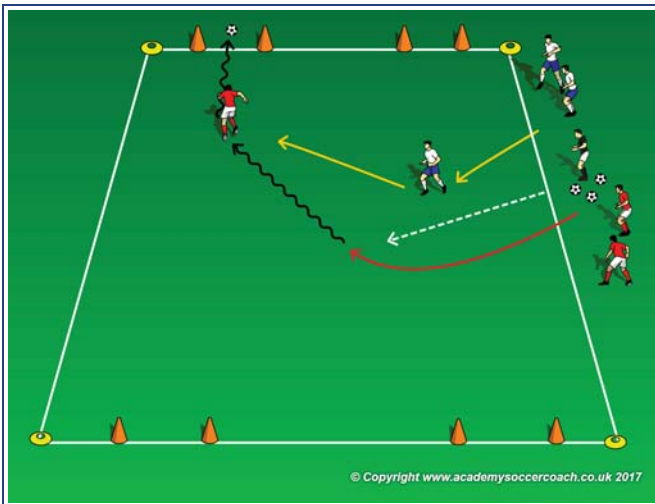
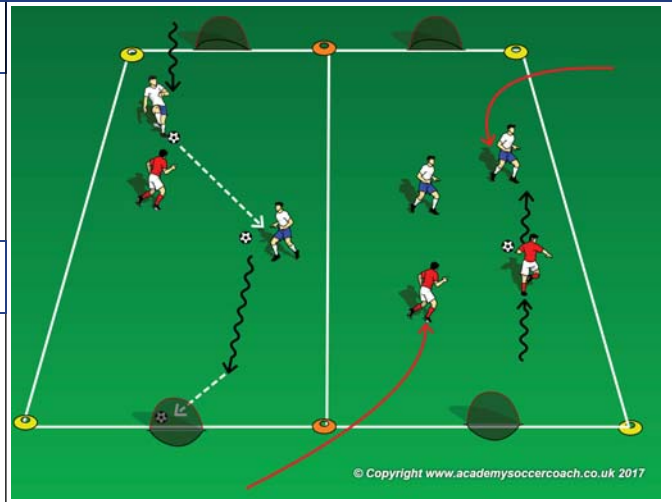
Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to dribble by defenders
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to dribble



Practice 4 Goal Game

Duration 20 min

In a 15Wx20L yd grid w/2 cone goals on each end line. Each team starts next to the coach on the sideline. Coach plays ball onto the field. Play 1v1. The player who wins the ball dribbles and tries to score in one of the opponent's goals. The defender tries to steal it and score in the other goals. Shooting goal = 1pt, Dribbling goal = 10pts. **Variations:** Play 2v1, 2v2, 3v3.

Coaching Points

Activity Time 30 secs

Rest 30 secs

Intervals 5

Key Questions: How can you dribble fast when there is space in front of you? When there's a defender near you how do you dribble past them?

Answers: Dribbling, running fast w/the ball, using long & short touches, looking around. Keep the ball close, using short touches, moves and fakes to dribble past the defender.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

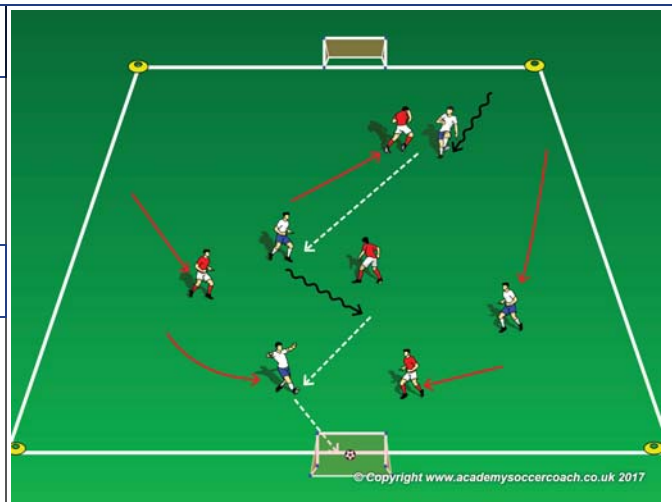
Activity Time 10 min

Rest 2.30 m

Intervals 2

Key Questions: What are some visual cues for when to dribble past a defender? When and why would you try to dribble past a defender?

Answers: Dribble past the defender if he is too close to you and there's space beyond the defender. Dribble past a defender when you are near the goal and you can shoot.





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Age Group

U8

Topic

Passing and Receiving

Who: Attacking players in possession

What: Passing, Receiving, Dribbling

Where: In the central and flank areas of the field

When: In possession of the ball

Why: To pass the ball beyond opponents and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

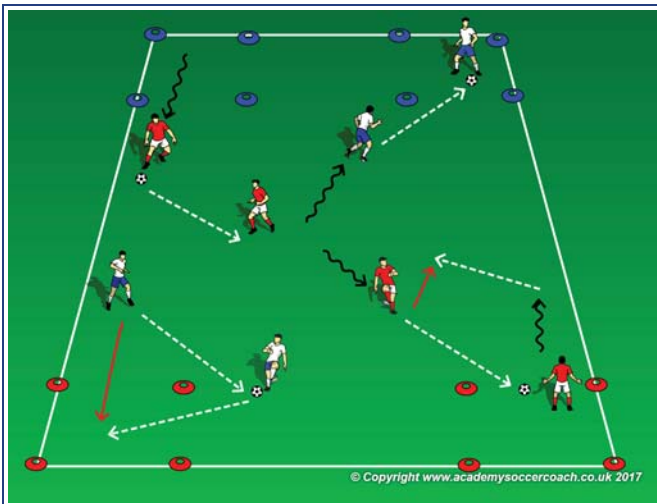
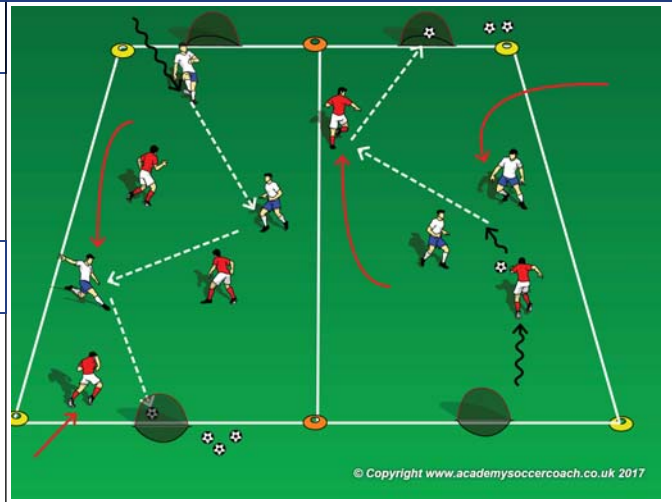
Is the activity organized? Balls, Cones, Players, Scrimmage Vests, Goals

Is it reality-based (is it soccer)? Are they making decisions?

Is there repetition? Are players consistently trying to pass to a teammate

Is it challenging? Are players engaged, frustrated or bored

Is there coaching? Positive reinforcement of passing and receiving, and moving in to a new space



Practice 4 Corner Passing

Duration 24 min

In 15Wx20L yard grid, create 4 5x5 boxes in each corner. Players get in pairs. Players pass to their partner and try to receive the ball in all 4 boxes to score points.

Variations: 1. Start w/all balls in the center of the field. Pairs race to get & pass balls into the corners, 2. Pairs w/a ball work to score in as many boxes as they can in 1min, beat your score, 3. Split pairs into 2 teams, add totals after 1min, 4. Add defender(s).

Coaching Points

Activity Time 1 min

Rest 30 secs

Intervals 4

Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass?

Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

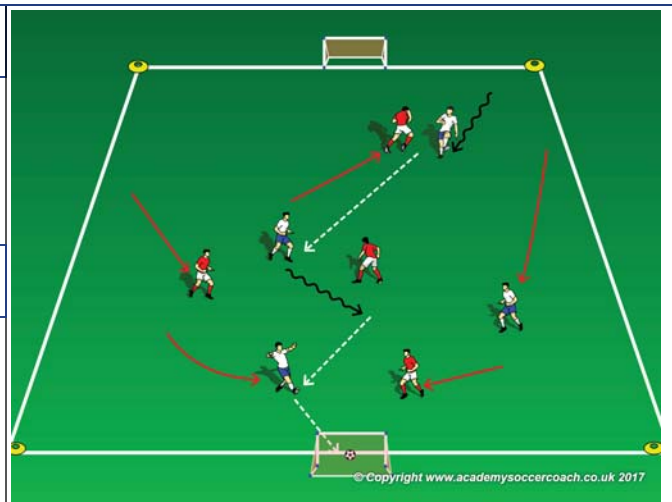
Activity Time 10

Rest 2.30 m

Intervals 2

Key Questions: What are some visual cues for when to pass? Why would you pass to a teammate?

Answers: When you see a teammate that is past a defender. Pass to a teammate when they have space to dribble and are closer to the goal and can shoot.





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Age Group

U8

Topic

Shooting - Striking the Ball

Who: Attacking players with the ball

What: Shooting, Dribbling, Running with the ball

Where: In the flank areas or centrally close to the goal

When: In possession of the ball with time and/or space to shoot

Why: To dribble past an opponent and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

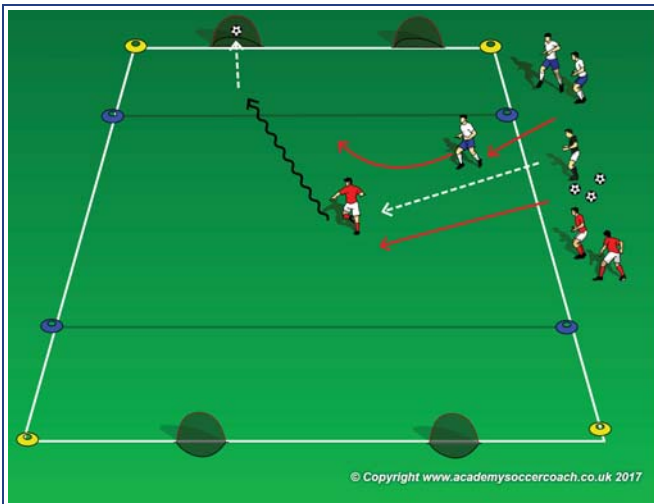
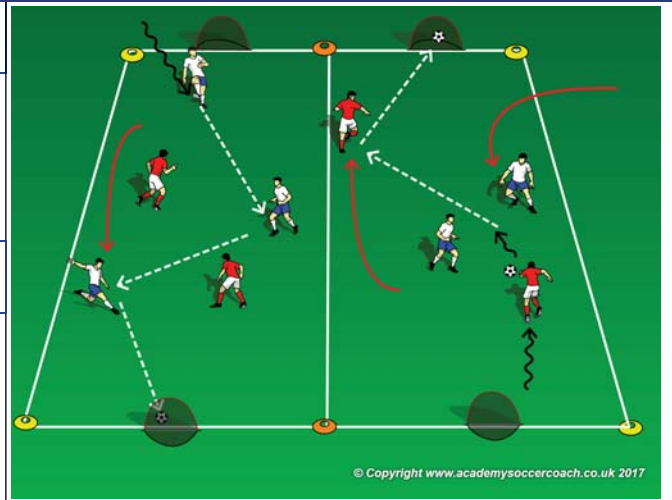
Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to shoot to goal
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to shoot and are successful at shooting and scoring on goal



Practice Shooting Gallery

Duration 24 min

In a 20Wx30L field with 2 goals on each endline. Make two equal teams on either side of the coach. Coach plays a ball on the field and a player from each team enters the field. After a goal, a shot, or out of bounds next players enter the field of play.

Variations: 1) Play 1v1, 2v2. 2) A goal from past the marker is worth 10pts. 3) Play 3v3. 4) Continuous play for 1 min before new group enters field.

Coaching Points

Activity Time 30 secs

Rest 30 secs

Intervals 6

Key Questions: When you're ready to shoot what should you do? What part of your foot do you use to shoot when you are close to the goal, farther away?

Answers: Put your non-shooting foot beside ball pointing to the target, knees bent, head down, lean a little over the ball, lock ankle of kicking foot, toe down, strike center of the ball. Use the inside of your foot to shoot, toe up, when you are close to the goal. When you are farther away use the laces, toe down.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

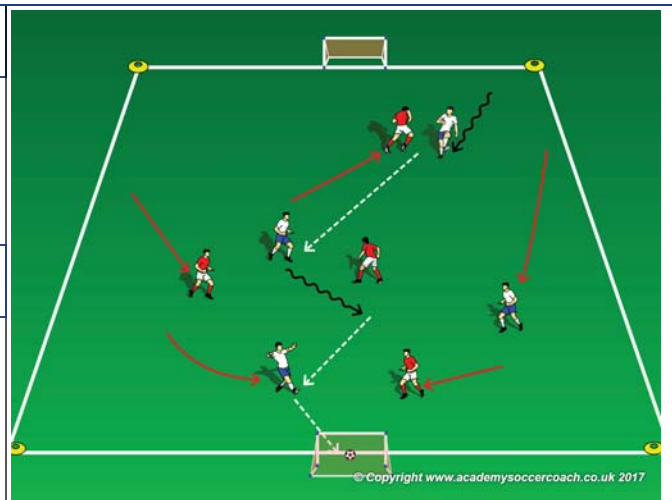
Activity Time 10 min

Rest 2:30min

Intervals 2

Key Questions: What are some visual cues for when to shoot? When and why would you try to dribble past a defender and shoot?

Answers: Shoot when you're in front of the goal all alone with the ball or you dribble to a space close to the goal. Dribble past a defender when you are near the goal and you can shoot.





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Age Group

U8

Topic

Dribbling to Beat an Opponent

Who: Attacking players with the ball

What: Dribbling, Running with the ball, Shooting

Where: In the flank areas or centrally

When: In possession of the ball with space to attack beyond the defender

Why: To dribble past an opponent and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

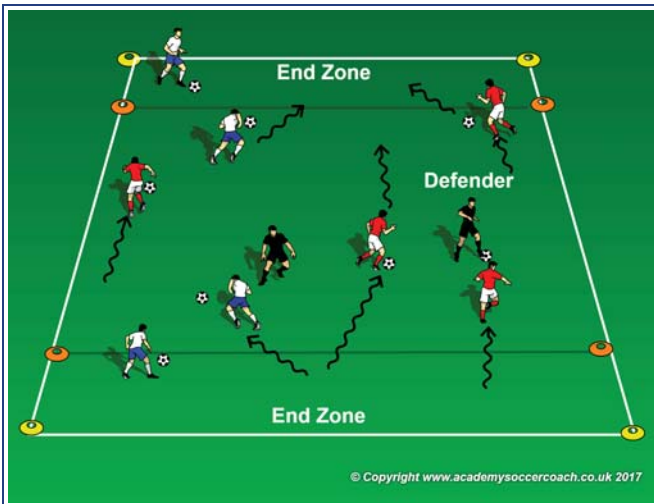
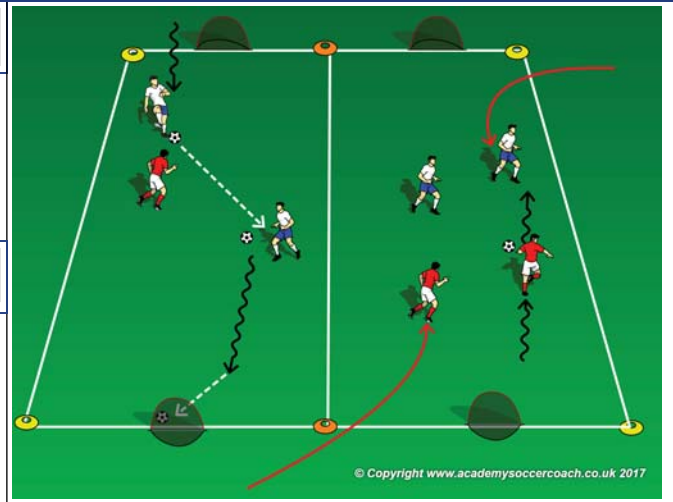
Coaching Points

Activity Time 15 min

Rest 0 min

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to dribble by defenders
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to dribble past defenders



Practice

End Zone Dribble

Duration 20 min

In a 15W x 20L field, a 5 yard end zone at each end. Players have a ball at one end zone. Players(Attackers) dribble their ball into other end zone. Defenders try to steal the ball. If defender steals the ball they become an attacker. Phase 1: 1 defender, 5 min, Phase 2: 2 defenders, 5 min, Phase 3: 3 defenders, Phase 4: 4.

Coaching Points

Activity Time 30 secs

Rest 30 secs

Intervals 5

Key Questions: How can you get the ball into the end zone? When there's only one defender how do you dribble past them?

Answers: Dribbling, running fast w/the ball, using long & short touches, looking around. Keep the ball close, using short touches, moves and fakes to dribble past the defender.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

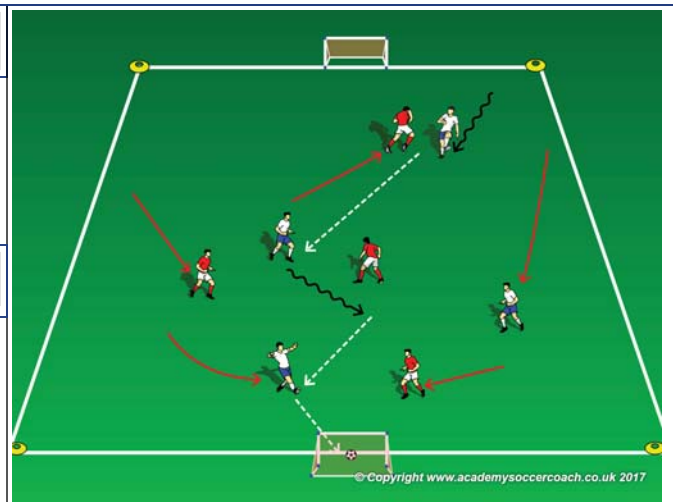
Activity Time 10 min

Rest 2:30min

Intervals 2

Key Questions: What are some visual cues for when to dribble past a defender? When and why would you try to dribble past a defender?

Answers: Dribble past the defender if he is too close to you and there's space beyond the defender. Dribble past a defender when you are near the goal and you can shoot.





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Topic

Passing and Receiving

Who: Attacking players with the ball

What: Passing and Receiving, Dribbling

Where: In the central and flank areas of the field

When: In possession of the ball

Why: To pass the ball by defenders and create scoring opportunities

Play The Game

Duration 15 min

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

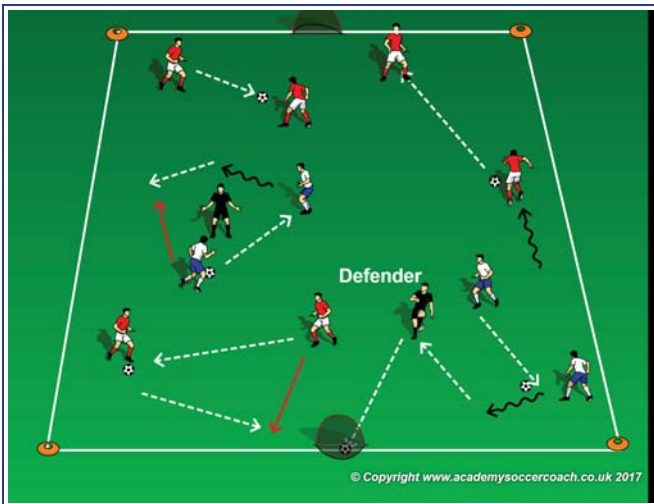
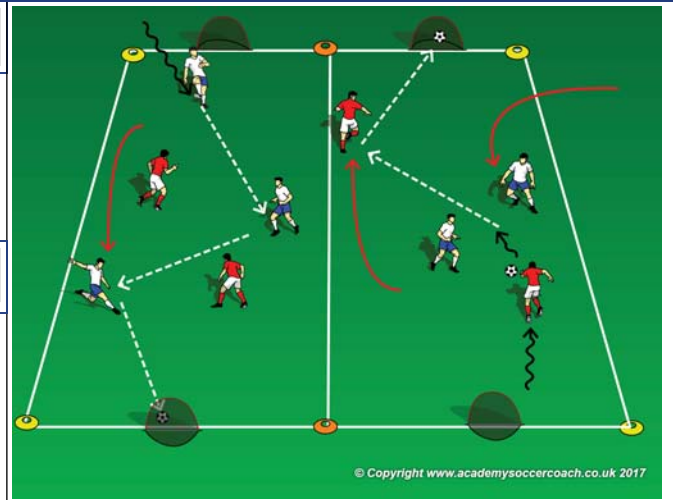
Coaching Points

Activity Time 15 min

Rest 0

Intervals 1

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to pass to a teammate
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to pass to teammates and for players receiving the pass



Practice Pairs Passing with Defenders

Duration 20 min

In 15Wx20L yd grid w/a goal on each end, players are in pairs w/a ball. Select a pair to be Defenders w/out a ball. Defenders try to steal ball from passers & put it in a goal. Passing pairs can steal the ball back from Defenders. If Defender puts the ball in a goal, passing pair become Defenders. **Variations:** 1. Coach as Defender, 2. # of passes = # of pts, 3. Pass & score in one goal, then the other.

Coaching Points

Activity Time 90 secs

Rest 30 secs

Intervals 10

Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass?

Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.

Play 4v4 Game

Duration 25 min

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

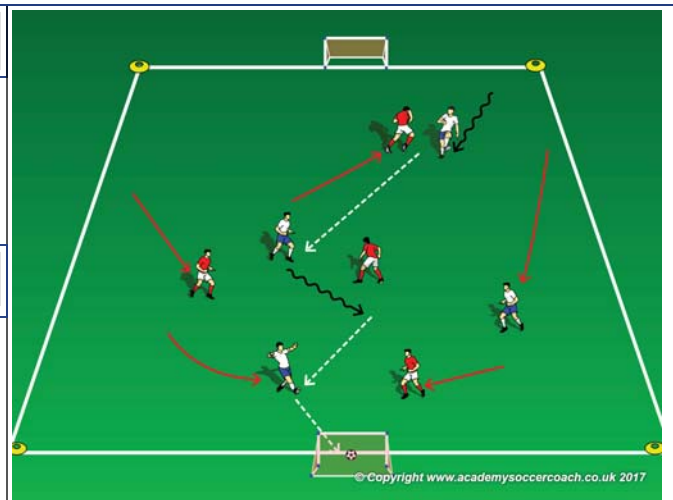
Activity Time 10 min

Rest 2:30min

Intervals 2

Key Questions: What are some visual cues for when to pass? Why would you pass to a teammate?

Answers: When you see a teammate that is past a defender. Pass to a teammate when they have space to dribble and are closer to the goal and can shoot.





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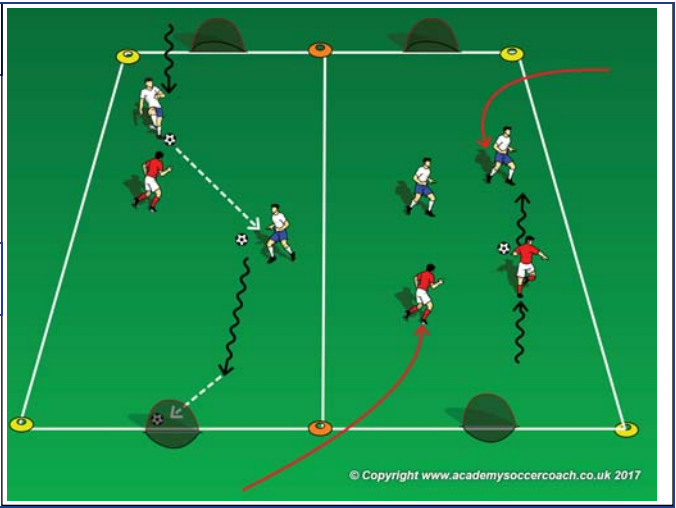
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Age Group Topic Shooting off the Dribble

Who: Attacking players with the ball
What: Shooting, Dribbling, Running with the ball
Where: In the flank areas or centrally close to the goal
When: In possession of the ball with time and/or space to shoot
Why: To dribble past an opponent and create scoring opportunities

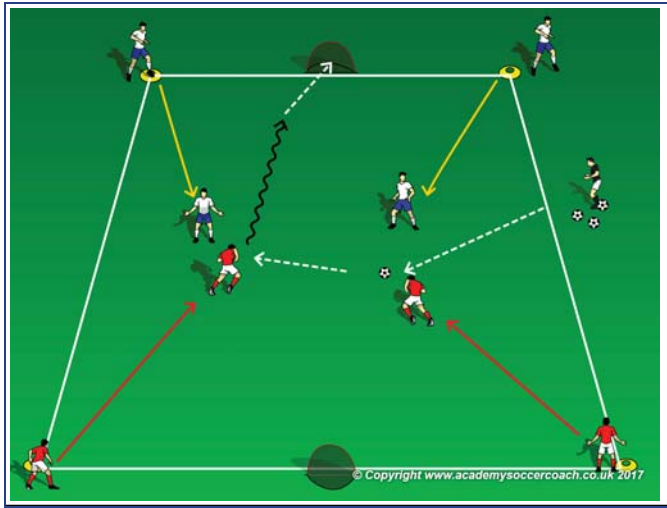
Play The Game Duration

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.



Coaching Points Activity Time Rest Intervals

- 1. Is the activity organized?** Field space, cones, pinnies, goals, players
- 2. Is it reality-based?** Does it look like soccer, are players making decisions
- 3. Is there repetition?** Are players consistently trying to shoot off the dribble
- 4. Is it challenging?** Are players engaged, frustrated or bored
- 5. Is there coaching?** Positive reinforcement when players try to take shots and when they dribble past defenders and shoot at goal



Practice 4 Corner Shooting Duration

In a 15Wx20L yard grid, goals at each end, two teams, players from the same team are evenly placed by the field corners of the goal they are defending. Coach is at midfield with all the balls. Game starts when the coach serves the ball towards one team's corner. The first player at each corner comes onto the field, play 2v2. Players try to score on the opponents goal. Play ends on a goal, a shot, or out of bounds. **Variations:** 1. Increase to a 3v3, 2. Have one team start with the balls, 3. Continuous play until a team reaches 2 goals.

Coaching Points Activity Time Rest Intervals

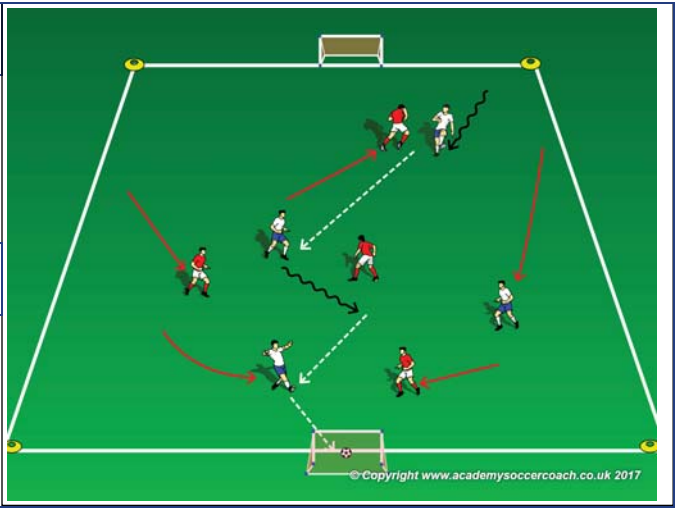
Key Questions: How can you get the ball closer to the goal to shoot? When you're ready to shoot how should you dribble the ball?
Answers: Dribbling, running fast w/the ball, using long & short touches, looking around. Dribble past the defender and touch the ball in the direction of the goal for your shooting foot.

Play 4v4 Game Duration

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points Activity Time Rest Intervals

Key Questions: What are some visual cues for when to shoot? When and why would you try to dribble past a defender and shoot?
Answers: Shoot when you're in front of the goal all alone with the ball or you dribble to a space close to the goal. Dribble past a defender when you are near the goal and you can shoot.





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Age Group

U8

Topic

The 4v4 Festival

Who: Attacking players in possession

What: Passing, Receiving, Dribbling, Shooting

Where: In the attacking half of the field

When: In possession of the ball

Why: To penetrate the defense and create scoring opportunities

Play The Game

Duration

Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

Coaching Points

Activity Time

Rest

Intervals

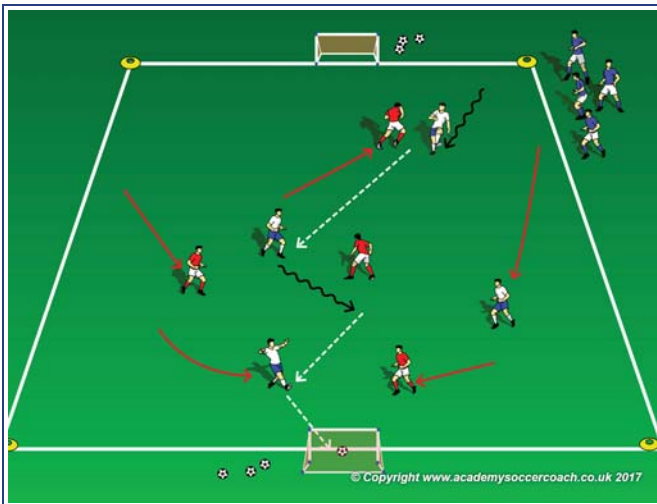
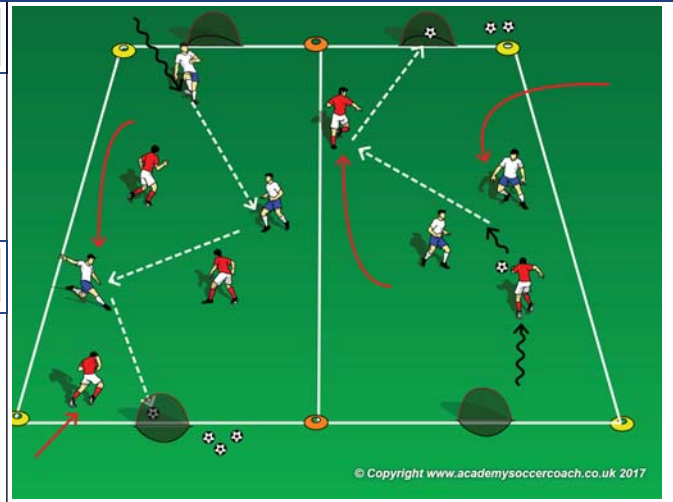
Is the activity organized? Balls, Cones, Players, Scrimmage Vests, Goals

Is it reality-based (is it soccer)? Are they making decisions?

Is there repetition? Are players consistently trying to pass to a teammate

Is it challenging? Are players engaged, frustrated or bored

Is there coaching? Positive reinforcement of passing and receiving, and moving in to a new space



Practice 4v4 Festival

Duration

In a 25W x 35L field with goals at each end separate players into teams of 4 players each (combine w/other groups). Play 3min 4v4 games with incentives. Rotate players & teams after each 3min game.

Variations: 1. Everyone on team must touch ball before scoring, 2. A goal after dribbling by a defender = 10pts. 3. # of passes = # of goals, 4. Coolest goal = 1000pts.

Coaching Points

Activity Time

Rest

Intervals

Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass?

Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.

Play 4v4 Game

Duration

In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

Coaching Points

Activity Time

Rest

Intervals

Key Questions: What are some visual cues for when to dribble, pass, or shoot?

Answers: Dribble past the defender if he is too close to you and there's space beyond the defender. Pass when you see a teammate that is past a defender and they have space to dribble and are closer to the goal and can shoot. Shoot when you're in front of the goal all alone with the ball or you dribble to a space close to the goal.

