



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?

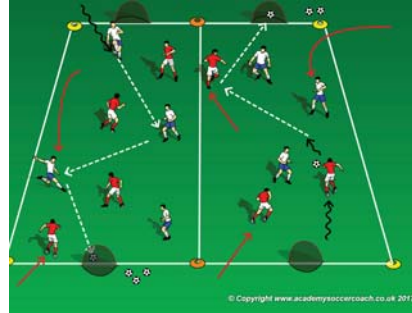
PLAY - SMALL SIDED GAMES

Does activity allow for Repetition? Coaching?

Objectives: Develop a shooting mentality. Maximize scoring opportunities.

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

Rules: Start games with a kick off. Play local rules on restarts. Monitor infractions. Play 2v2, 3v2, 3v3 games, up to a 4v4 game per field. Allow players to have free play.



Coaching Points: Encourage players to shoot the ball and praise shots that are goals. Spread out.

Guided Questions: When is praise and encouragement too much? When you positively cheer on everything players are doing, good or bad. How can you tell if the players enjoy the game? All the players are engaged, no one is standing around.

Is Activity Organized? Game-like? Challenging?

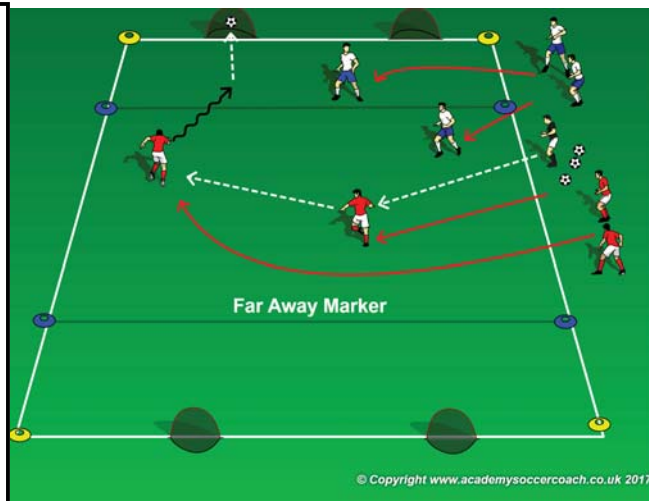
PRACTICE - CORE ACTIVITY

Does activity allow for Repetition? Coaching?

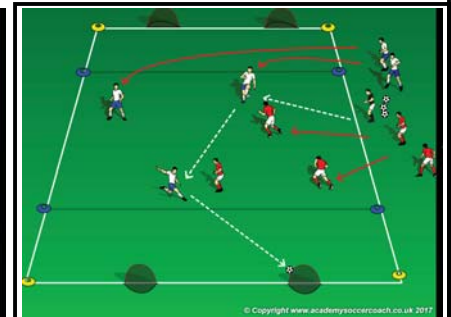


Less Challenging Activity

Shooting Gallery: Play 1v1 to score in opponents goals.
Rules: Players in 2 teams on either side of coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, one player from each team enters the field. Bonus pts for goals outside the far away markers. See diagram.



Activity Duration 20 min **# of Intervals** 10
Time Active 1 min **Active Rest** 1 min



More Challenging Activity

Shooting Gallery: Play 3v3 to score in opponents goals.
Rules: Players in 2 teams on either side of coach at midfield sideline. Coach has all balls. Coach plays ball out onto field, 3 players from each team enter the field. Bonus pts for goals outside the far away markers.

Shooting Gallery: Play 2v2 to score in opponents goals.

Organization: In 20Wx25L yd grid w/2 small goals on each end line w/far away markers placed 3-5yds up the sideline from the corners. See diagram. Players in 2 teams on either side of coach at midfield sideline. Coach has all the balls.

Rules: Coach plays the ball out onto the field, 2 players from each team enter the field. Play to score in the opponents goals. Bonus pts for goals outside the far away markers.

Coaching Points: Shooting. Attacking forward w/the ball by dribbling or passing into a shooting space. Spread out.

Guided Questions: What techniques should you teach with shooting? Show players how to strike and shoot the ball w/different surfaces of their feet. Surfaces such as the inside, outside or toe for shots at close range. Longer range shots use the laces. When should players shoot? Shoot whenever they are near the goal.

Is Activity Organized? Game-like? Challenging?

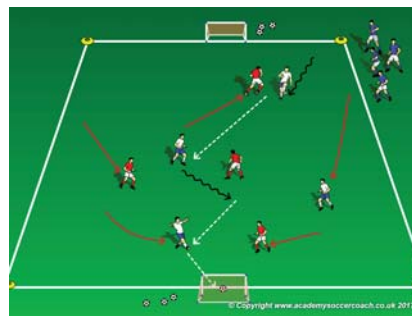
PLAY - LET THEM PLAY

Does activity allow for Repetition? Coaching?

Objectives: Shoot whenever you can. Score lots of goals.

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

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



Coaching Points: Help the players to see moments in the game when they should shoot, dribble, or pass. Spread out.

Guided Questions: How can you tell if players are positively engaged, that the practice worked? They are happy, playing the game, and all of them are trying to go forward and score goals.