

## U11-U14 Coaches Clinic- Breaking Lines

Date : 14/Sep/2014

Duration : N/A

Session

Breaking Lines in Attack: player

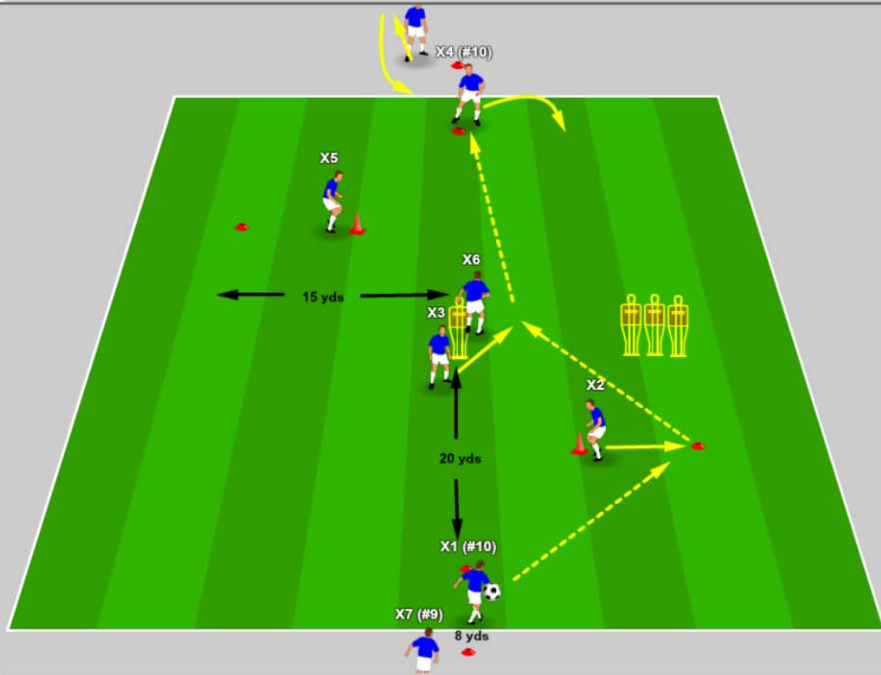
Time : N/A

Age/Level : U11 - U14

Objective:

movement/blind spot/pockets

### Movement-Activity 1\_Dick Bate-English FA\_2013 NSCAA Convention



**Description :**

As X1 receives ball, X2 fades/flares away from tall cone to disc cone to open up and receive pass, X1 passes to X2 and follows pass, as X2 receives ball, X3 makes a strikers movement to receive pass behind mannequin, after receiving pass - X3 passes to X4 and sequence begins again opposite. Coach puts fingers or colored pinnie up to assess players field vision.

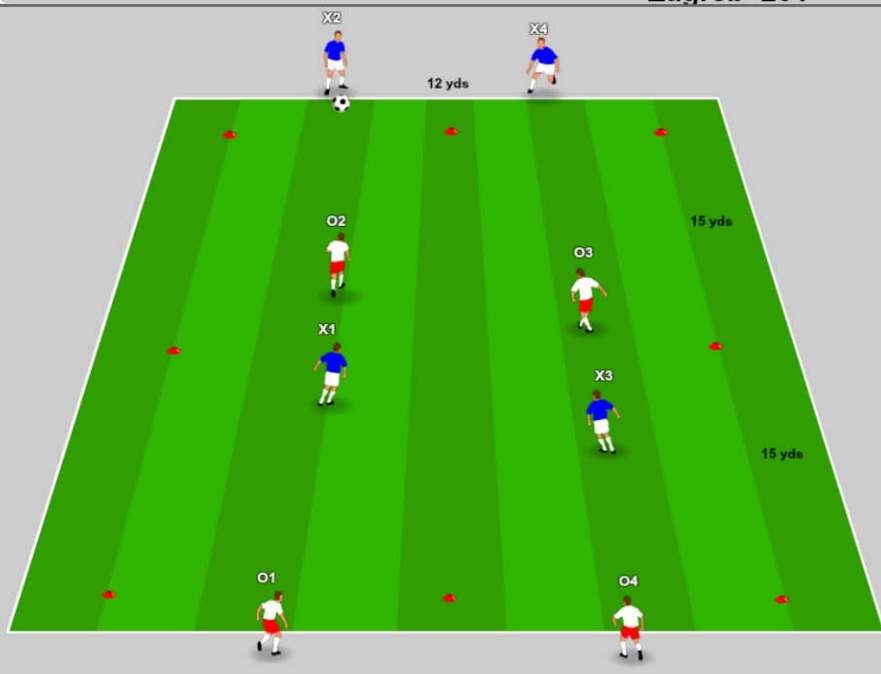
Variation: X2 must chip or play around 3 mannequins to get ball in behind to forward runner- play through passes with under cut or backspin/ add extra player at ends to simulate #9/#10

**Coaching Points :**

Midfielders faced up and fading/flaring/pulling off shoulder of defender

Player field vision - 3 looks: a) when you think you should get ball, b) when you know you will get ball, c) as the pass is on its way Striker Movements: a) long and strong, b) spin in behind, c) seal off defender, d) short and go, e) fade and diagonal behind/in front/flat run Play with different /changing pace of passes: short and sharp

### Technique & Individual Tactics in Maintaining Possession-Activity 4\_Romeo Jozak-FC Dinamo Zagreb 201



**Description :**

Start with X1, X2, O1 and O2

When X2 has ball, X1 is teammate. O2 fronts attacker and is passive to start. X1 finds space in the shadow/gap behind the defender to receive ball with open body shape and passes to O1, then X1 steps in front of O2 and sequence continues in reverse. Increase tightness of defender. Make defender live, but they must front attacker. Variation: Add another player for each team inside and outside of grid. Must be played by both players in center before target.

**Coaching Points :**

Open body shape for attackers

Get out of the shadow of the defenders

Receive with inside of front foot and pass with inside of opposite for speed

2nd attacker fades off first for different angle and to create space - introduce attacking combinations to advance ball: playing underneath, combinations when low player has ball

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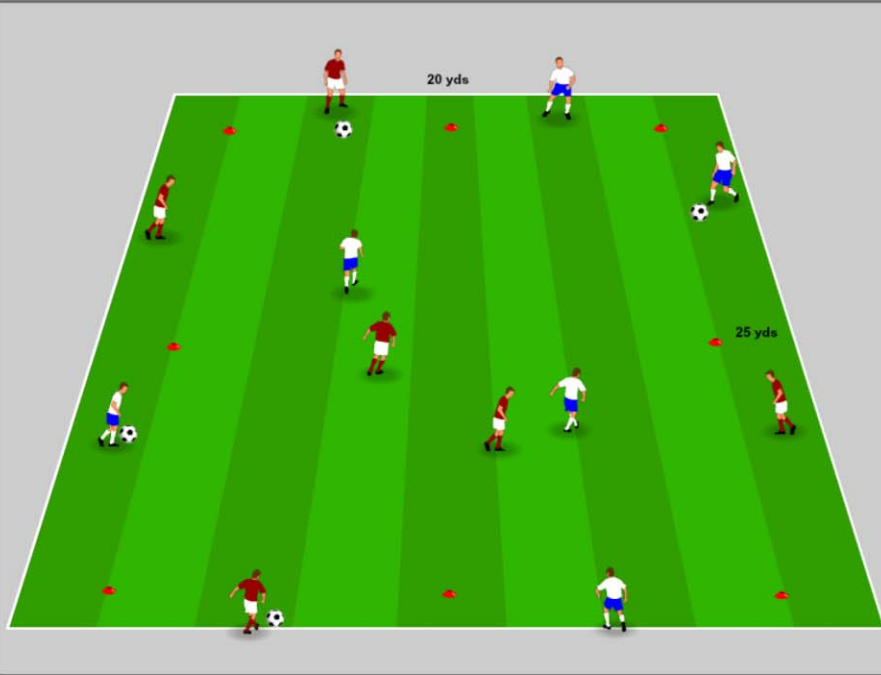
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### Bumpers Game - 1v1 or 2v2



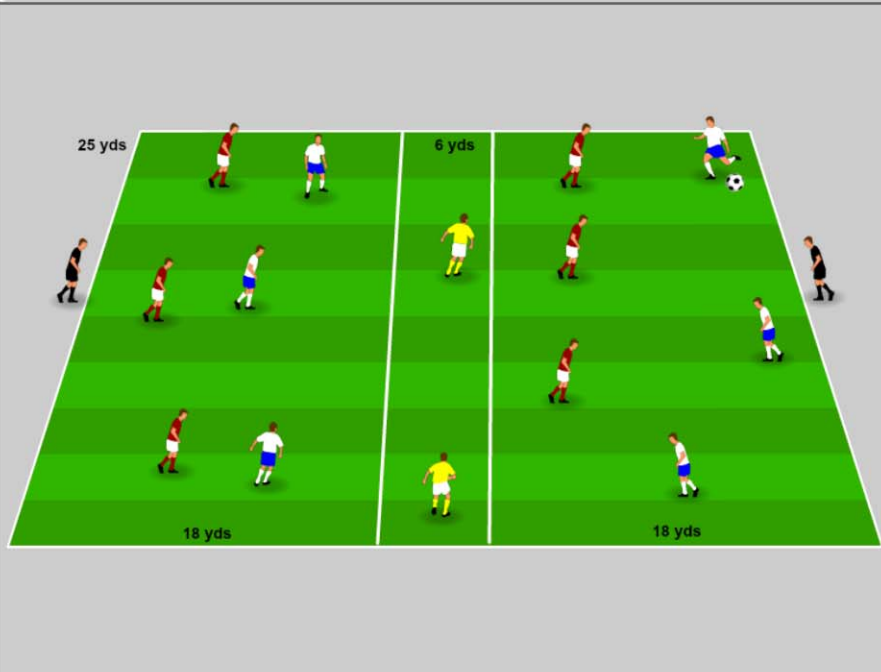
#### Description :

Two pairs from opposite teams matched up inside grid  
Designate one color as attacking and the other as defending to start  
Attacking player must get ball from player on the outside and pass to another outside player without a ball to score a point  
Variation: 2v2 in middle - both players inside grid must play ball before scoring  
Rotate central players with outside players every 1 or 2 minutes

#### Coaching Points :

- \*Open body shape for attackers - need to be able to see the ball and where you are going to play next.
- \*Play in blind spot of defenders - but get out of their shadow
- \*2nd attacker fades off first for different angle and to create space - introduce attacking combinations to advance ball: playing underneath, combinations when low player has ball

### 8v6 Zonal Game to Targets



#### Description :

3 attackers and 3 defenders restricted to each end zone  
2 neutral players restricted to central zone  
target on each end of the field  
score by getting the ball to your attacking target

#### Coaching Points :

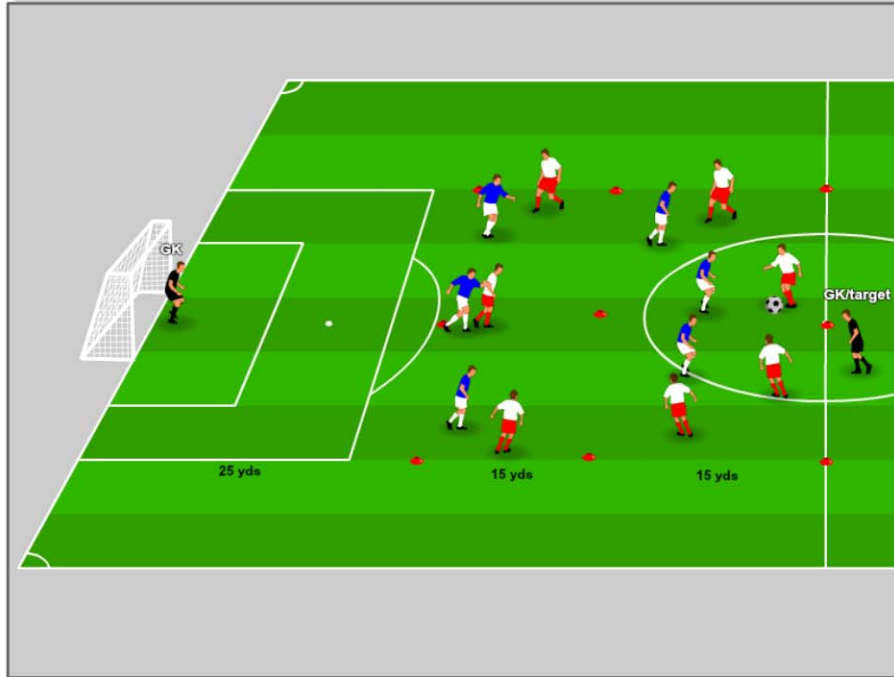
Focus on movement off ball:  
\*Fade to create space for yourself or others - read reaction of the defender  
\*Playing in blind spot of defenders \*supporting underneath the ball  
\*Combination play \*Play and move  
\*Move to find space to receive ball or create space

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**7v6 Zonal Game to Full Size Goal with****Description :**

7 to Big Goal vs 6 to GK Target (goalkeeper uses hands when team of 6 shooting)  
4 Midfielders vs 3 in Midfield Zone with GK target supporting midfield in attack  
3 Attackers vs 3 Defenders in Attacking Zone  
Players restricted to zones - except one midfielder may join attack when passing into that zone  
Midfield must break line to play into attacking zone and attackers must break defensive line to be able to go to goal. Variations: play 3v2 and 2v2 on a narrower field if smaller numbers

**Coaching Points :**

- \*Attacking player movement to create passing lanes to break defending lines - fade off shoulder of defender, runs to move defenders out of position, player interchange to confuse D
- \*Influencing/drawing defenders into one area/out of others by attacking them on the dribble
- \*Playing with open body shape and facing up with ball whenever possible
- \*Play the way you face with as few touches as possible when you don't face up