



**Rio Rapids Soccer Club
U11 – U14 Coaches Clinic
Sunday, September 14, 2014**

The clinic today focuses on how to coach some key attacking coaching ideas within the Rio Rapids SC Age Group Objectives (provided to you at the fall coaches meeting in August) that are important across the U11-U14 age groups. We will discuss three broad coaching topics, the age group objectives that they encompass and then give examples of what and how to train your players in these areas.

I. Attacking Phases

1. Possession to Progress

Concept: Maintaining possession and building the ball from line to line.

Key Technical Components: body shape to see ball and goal, receiving – across body/away from pressure, passing weight/accuracy with multiple surfaces and both feet

Key Tactical Components: peeking/peripheral awareness, playing the way you face, support in front and underneath the ball, breaking lines, playing in between the lines

2. Possession to Unbalance/Overload and Penetrate

Concept: Using possession to create spaces to attack, to outnumber or get behind the defense

Key Technical Components: all under Item 1 plus penetrating passes – weight/texture/spin/bend

Key Tactical Components: all under Item 1 plus penetrating runs (fade, diagonal, flat, etc.), movement off ball, creating and exploiting numbers up situations – combination play

3. Final Third - Finishing

Concept: Creating scoring opportunities and goals in the final third

Key Technical Components: shooting/ball striking with both feet and head/different surfaces-different types, increased speed of play in tighter spaces, first touch/moves to create shot, service

Key Tactical Components: combining, box organization and service, finishing mentality

Coaching topics covered in this clinic are related to 1) Possession to Progress and 2) Possession to Unbalance/Overload and Penetrate:

A. Key Passing and Receiving Techniques Taught Using Layering (technical activities with sequential decision making and player actions) – focus on details and excellence

Related Age Group Objectives: passing technique – inside of foot/speed and weight (U11-U12-U13-U14), front foot passing (U11-U12), introduce passing – outside of foot/speed and weight (U13-U14), receiving technique – inside of foot/speed and weight (U11-U12-U13-U14), receiving – outside of foot (U12-U13-U14), receiving across body (U11-U12-U13-U14), peripheral awareness of surroundings prior to receiving ball (U11-U12-U13-U14), receiving to turn (U11-U12-U13-U14), disguise in ball receiving (U11-U12-U13-U14), individual confidence in possession (U11-U12-U13-U14), develop positional roles and responsibilities within a team concept (U11-U12-U13-U14)

Activities to Train:

- 1) Game to Knock Balls off Cones
- 2) Celtic Passing and Receiving Activity – 5 Variations
- 3) Montoya Receiving-Passing-Finishing Activity
- 4) Technical-Functional Passing Pattern for a 4-3-3: Breaking Lines

B. Decision Making with the Ball – when to shoot, dribble, pass or change direction

Related Age Group Objectives: all passing and receiving technical objectives listed under A, decision making with the ball (U11), possession to create time and space (U11), possession to switch point of attack (U11), 1v1 and 2v1 concepts with direction (U11), movement ideas in 2v1 and 3v2 situations (U11), 3v1/4v1/5v2 to possess – playing simple/ playing the way you face/playing away from pressure (U11), possession to imbalance – support/overloads/player movement/interchange (U11-U12-U13-U14), transition to attack and defense (U11-U12-U13-U14), using collective play to penetrate (U12-U13-U14), penetration vs. possession (U12-U13-U14)

Activities to Train:

- 1) Blackjack - 21
- 2) 2v1 to Lines
- 3) Numbers up Flying Changes to Small Goals
- 4) Four Goal Game – Numbers Up

C. Breaking Lines in Attack – player movement, blind spots, spaces between lines

Related Age Group Objectives: all passing and receiving technical objectives listed under A (U11-U14), decision making with and without the ball (U11), 2v1/2v2/3v2 concepts with direction (U11), movement ideas – overlapping/fading away/checking to ball (U11), possession to progress – playing through lines (U11-U12-U13-U14), possession to switch the point of attack (U11), possession to imbalance – support/overloads/player movement/interchange (U11-U12-U13-U14), using collective play to penetrate (U12-U13-U14), penetration vs. possession (U12-U13-U14), ability to play through defensive and midfield units (U12-U13-U14), develop positional roles and responsibilities within a team concept (U11-U12-U13-U14)

Activities to Train:

- 1) Movement Activity – Dick Bate, English FA/Cardiff City
- 2) Possession Activity – Romeo Jozak, Croatian Federation
- 3) Bumpers Game 1v1 or 2v2
- 4) 8v6 Zonal Game to Targets
- 5) 7v6 Zonal Game to Full Size Goal

II. Whole-Part-Whole Training

Concept: An approach to training where you first play a game that requires certain technical/tactical abilities, then you break out part of those activities to train in a more isolated way, then you finish with the real game

III. Don't Fix Technique with Tactics

Concept: Don't focus on tactics within your training that are intended to hide the technical deficiencies of your players. Instead, focus on putting players in environments where they need to develop the technical abilities that are required of successful players.

Critical Role as Coach: The club sees your #1 role as a coach of U11-U14 players as developing players that excel at the core technical and tactical concepts appropriate for these ages so that they can move on to become successful players in the next age group. For U11-U14 coaches that means players who can: pass the ball with pace and accuracy using different surfaces and both feet, outstanding receiving skill including with an open body shape and across the body, possess the ball through lines, create and take advantage of numerical superiority in small groups and penetrate defenses, be outstanding 1v1 defenders and understand zonal defending principles in lines. The quality of your players in these areas is what the club considers success at these ages.

U11-U14 Coaches Clinic- Passing and Receiving 1

Date : 14/Sep/2014

Duration : N/A

Session

Teaching Passing and Receiving

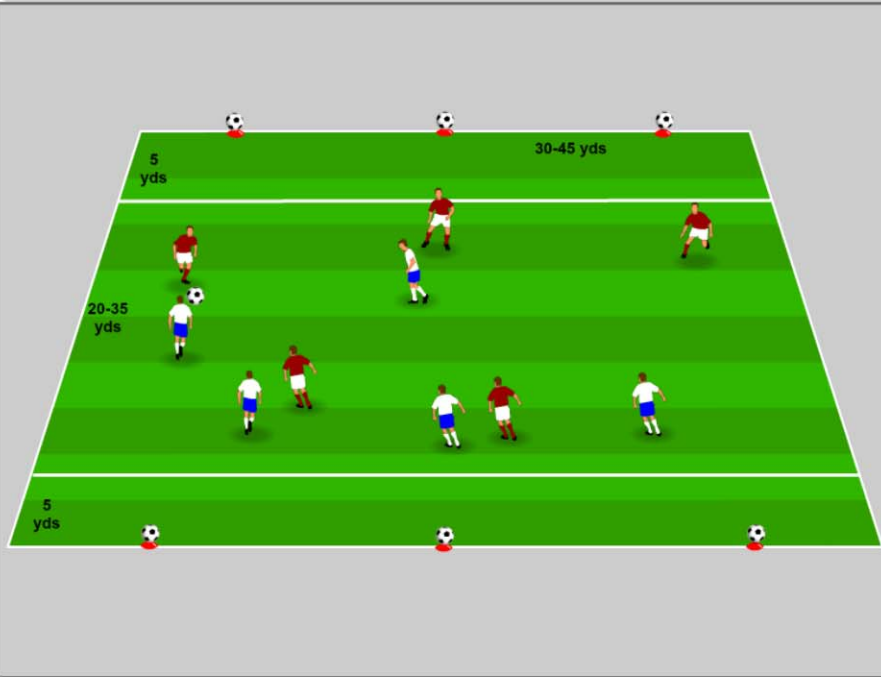
Time : N/A

Age/Level : U11 - U14

Objective:

Technique - Layering

Game to Knock Balls off of Cones



Description :

Two equal size teams - players restricted to center grid
First team to knock all three balls off of the cones behind their opponents win

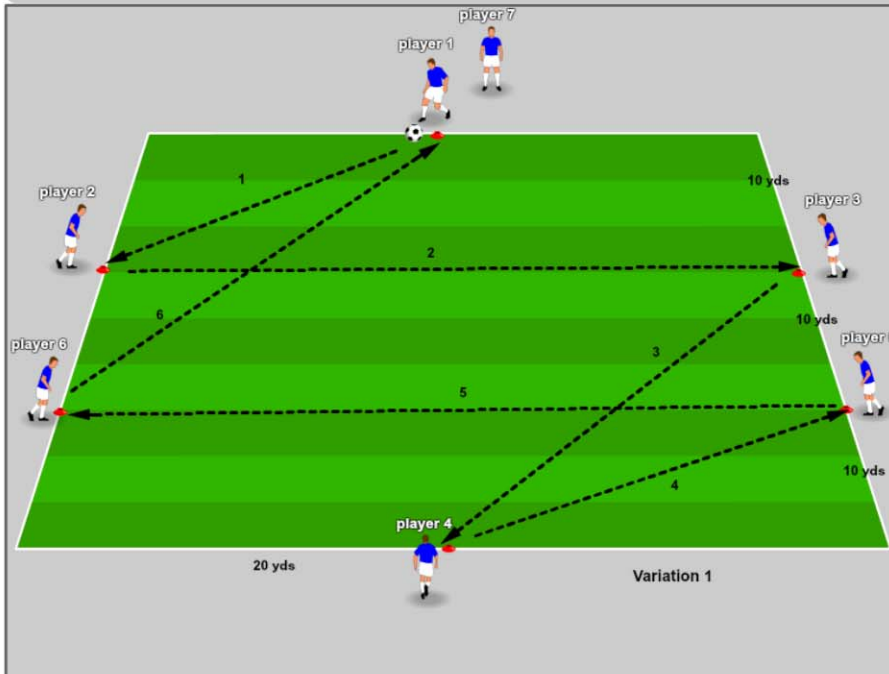
Variations:

- 1) play with one line of players (3v3 or 4v4)
- 2) play with 2 lines of players
- 3) add one or two neutral players

Coaching Points :

- *Quality passing: accuracy, fast and friendly - hit with pace and smooth on the ground
- *Quality receiving: open body shape to see player with ball and the goal, peaking, receive across body and face up with 1st touch whenever possible, playing the way you face in as few touches as possible when you don't face up
- *Ball and player movement to create passing lanes to break defensive lines and score

Celtic Passing and Receiving Activity - Variation 1



Description :

*Players pass in numerical sequence shown and follow their pass.

*Solid lines - player movement, Dashed lines - pass. Zig-zag line - dribble

Variation 1: pass and follow pass

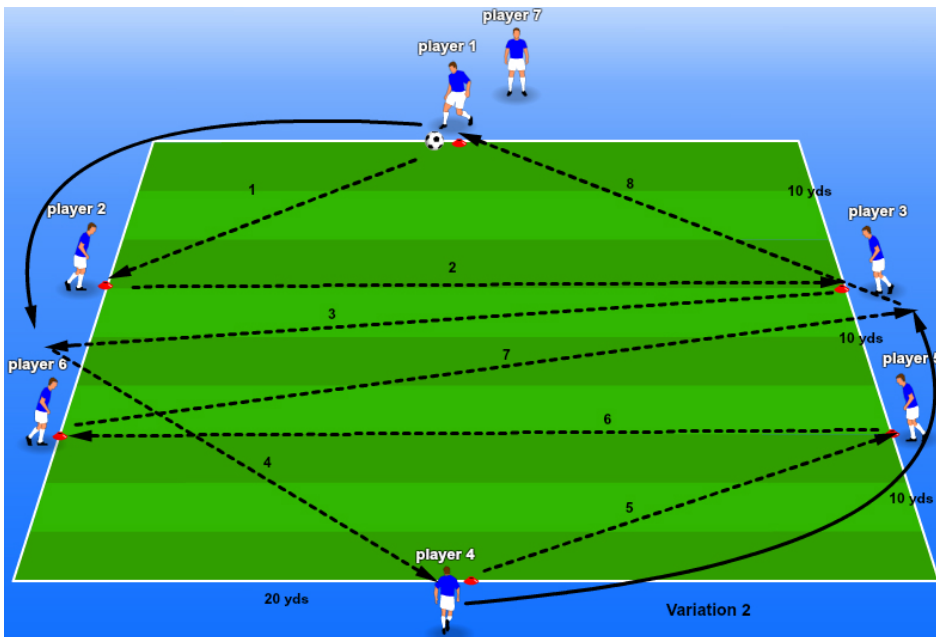
Variation 2: add overlap of Player 1 who receives pass from Player 3

Variation 3: break a line with first touch and then lay ball off to player underneath

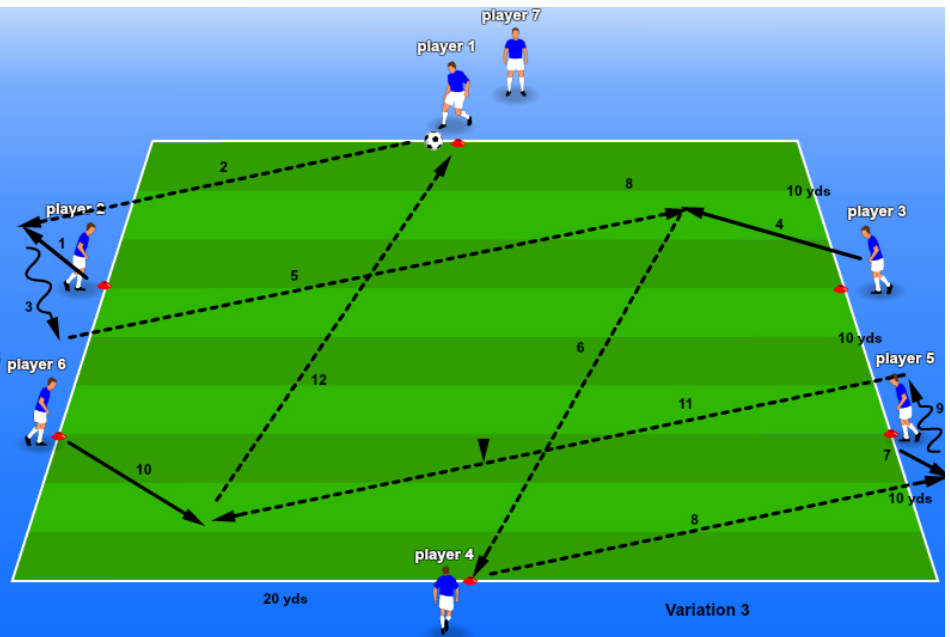
Variation 4: pass/set and support underneath, Variation 5: add pass to player in pocket

Coaching Points :

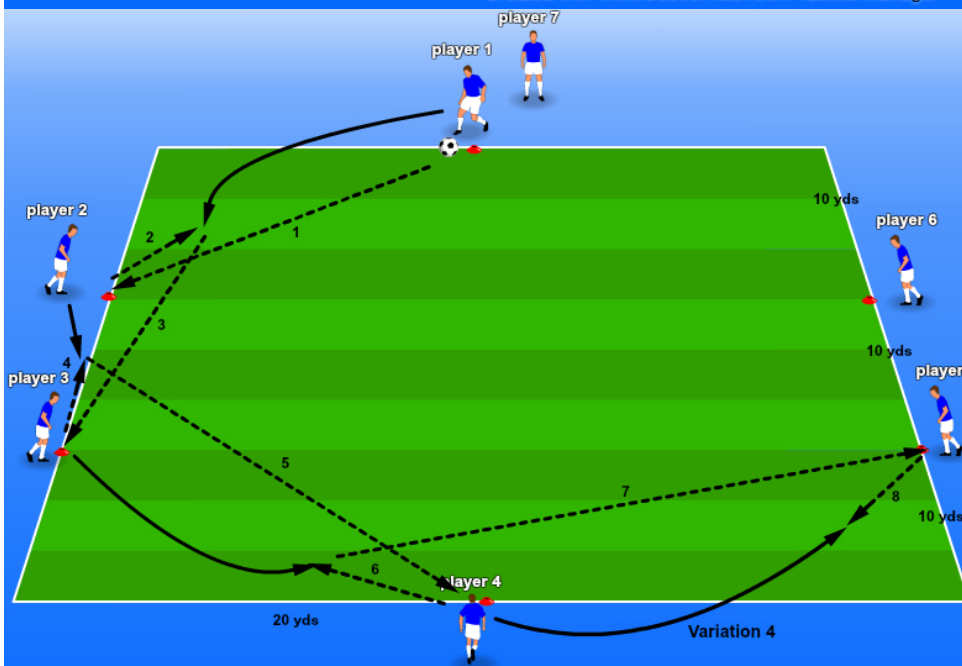
- Pace of pass - weighted crisply for speed of play and smooth on ground- played to proper foot
- Receive across body or with proper foot based on pressure
- First touch leads you to next pass - pass becomes 1st step to follow pass
- Check away and show for ball with proper timing - on the move while you receive the ball



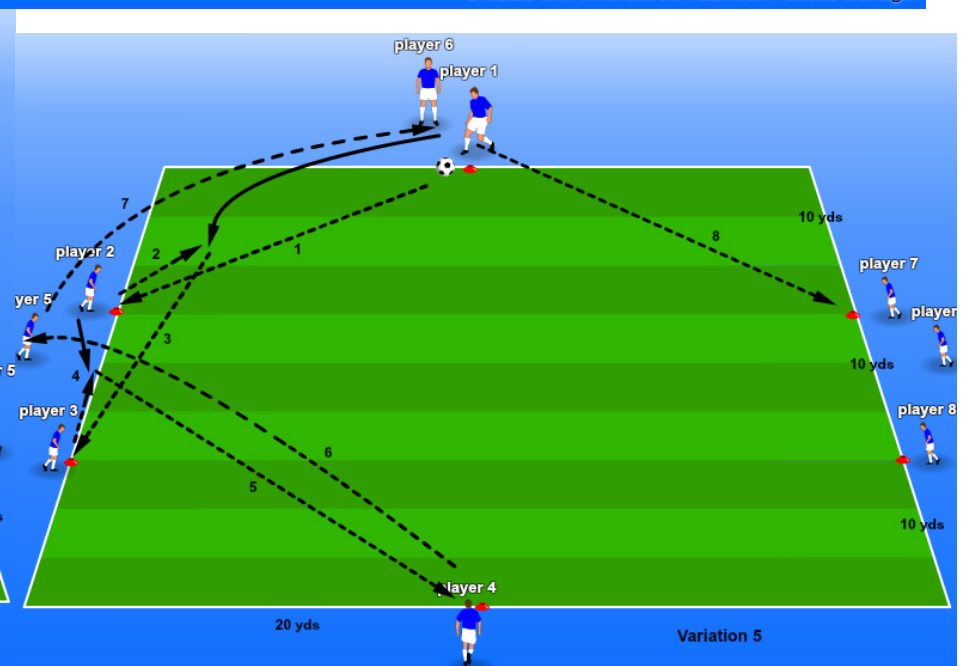
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PASSING & RECEIVING

Technique broken down:

Receiving - Key Coaching Points:

- While waiting to receive move feet, bounce, both feet - not one
- Move into the line of the ball
- Move down the line of the ball if necessary (slower pass)
- Adjust non-kicking foot and sink at the knee (double hop), open up the body
- Open foot up ankle turned out, pull toes up (inside foot)
- Eyes on the ball all the way into foot
- Quick flowing movement into the ball, solid contact meet the middle of the ball and cushion the touch

Passing - Key Coaching Points:

- Step with the planting foot just to side and just behind the ball, toes in line with back of the ball, moving body weight forwards
- Bend the planting leg
- Open foot up ankle turned out, pull toes up for solid contact
- Firm contact through the middle of the ball – sink and push
- Push through towards target to ensure fast pace and accuracy of pass
- Keep body balanced all the way through pass for accuracy and for next movement to support play

**** Receiving, passing and moving are all part of one flowing motion ****

Passing patterns – Additional Coaching Points:

- Play side on to the ball
- Check shoulders constantly
- Weight of pass, when soft, when firm
- Decision to play 1,2,3 touch etc
- Angled passes whenever possible
- Look to see your pass before playing where possible
- Pass and move to support the pass
- Timing and angle of movement

U11-U14 Coaches Clinic- Decisions with the Ball

Date : 14/Sep/2014

Duration : N/A

Session

Decision making with ball-shoot/pass/

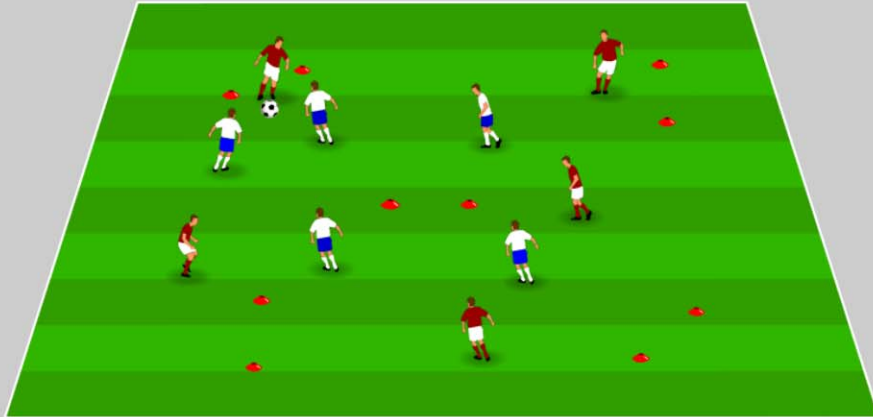
Time : N/A

Age/Level : U11 - U14

Objective:

dribble/change direction

Black Jack - 21



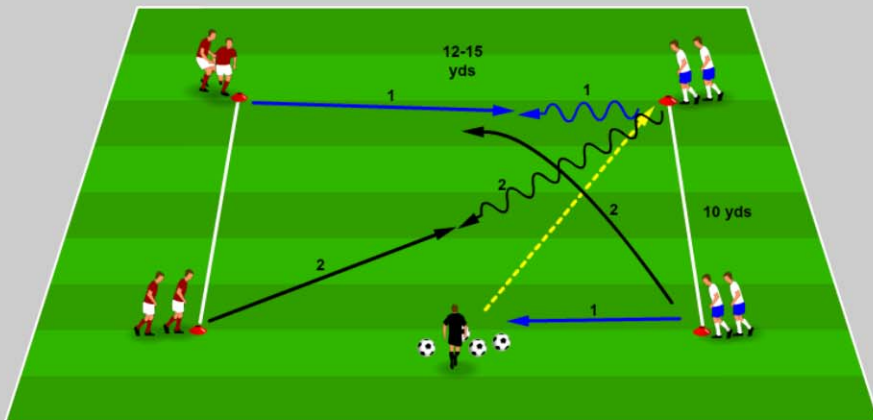
Description :

Two equal size teams
Possibly add a neutral player
Each team scores by either dribbling through or passing through any of the 5 cone goals\
A team may maintain possession when they score if they ball stays in the field of play
First team to 21 wins

Coaching Points :

Aggressive attacking mentality - attack any open goal to score whenever possible
Ball gets to goal faster with the pass than it does on the dribble
Head always up and peaking to decide which goal is least defended - best to score on
Attacking/quick combination play to score when numbers up at a goal
Changing direction to attack a new goal when the defense collapses

2v1 to Lines



Description :

*Players equally split between 4 corners of 10 x 12-15 yd grid
*Coach plays ball into one player and that team attacks 2v1
*Score by dribbling ball across opposite endline under control
*If defender wins the ball they can counter-attack to score at opposite endline
Variations: 1) defender comes from corner directly across from player receiving the ball
2) defender comes from corner diagonally across from player receiving the ball

Coaching Points :

*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit
*2nd attacker moves based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward *weight and accuracy of passes *overall speed of play

U11-U14 Coaches Clinic- Decisions with the Ball

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Duration : N/A

Session

Decision making with ball-shoot/pass/

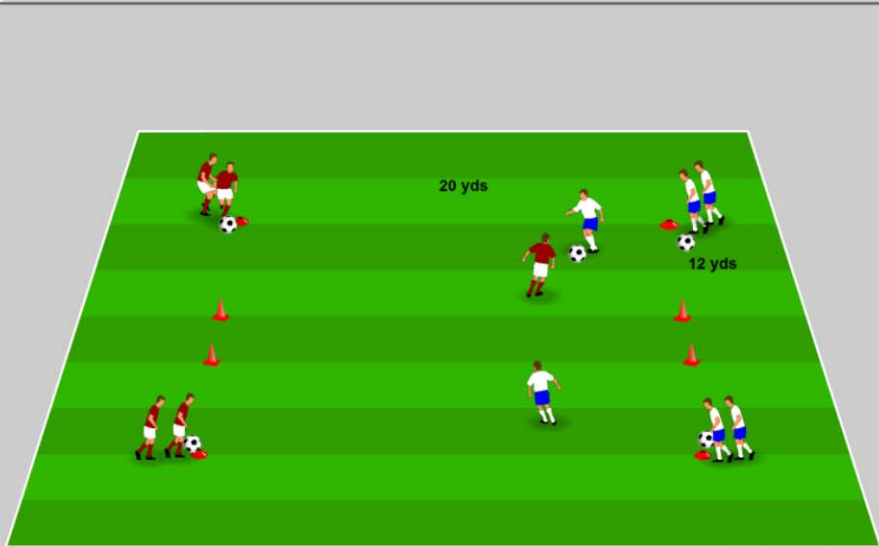
Time : N/A

Age/Level : U11 - U14

Objective:

dribble/change direction

Numbers Up Flying Changes to Small Goals



Description :

*Players equally split between 4 corners of 12 x 20 yd grid
Game starts with 2 attackers from 1 team and 1 defender from the other on the field
When ball leaves field or scores - 2 new attackers fly on with ball to replace defender - only the player who scored or kicked ball off the field remains to defend
Variations: 1) start as 2v2 with only the player who shoots/plays off the field remaining as defender - then start game again from opposite side 2) same as #1 but add 3rd attacker

Coaching Points :

- *Drive at defender on dribble to create 2v1 - don't allow defender to separate you from teammate and make it a 1v1 - does defender deny dribble penetration or pass?
- *Attacking player off the ball takes advantage of the space - fade from defender or overlap
- *When you get behind defender - drive to goal on dribble and cut off their recovery run
- *Emphasize goal scoring mentality and rapid transition

Four Goal Game - Numbers Up



Description :

Two equal sized teams that each score on and defend two cone goals
Team losing possession must have one (or two) players leave the field at that moment
Attacking team has a numerical advantage going to goal

Coaching Points :

- Aggressive attacking mentality - find and attack open goals as quickly as possible
- Head on a swivel and pecking to find defenders and open goals at all times
- Decision making with the ball - better to attack goal with shot, dribble or pass, when to change direction and attack a new goal
- Play off the ball - creating numbers up near open goals, opening up game to attack other area

U11-U14 Coaches Clinic- Breaking Lines

Date : 14/Sep/2014

Duration : N/A

Session

Breaking Lines in Attack: player

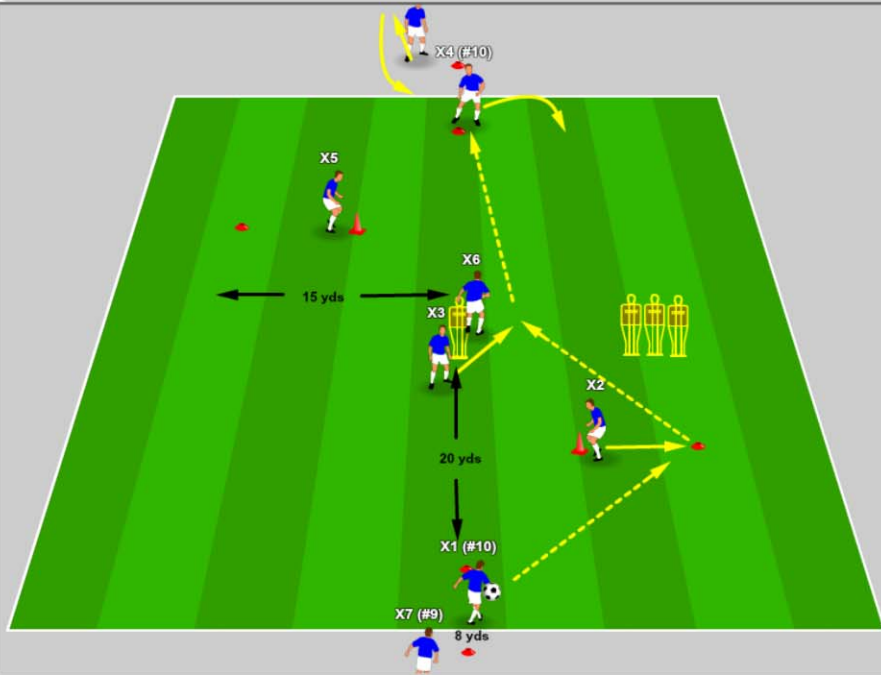
Time : N/A

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.

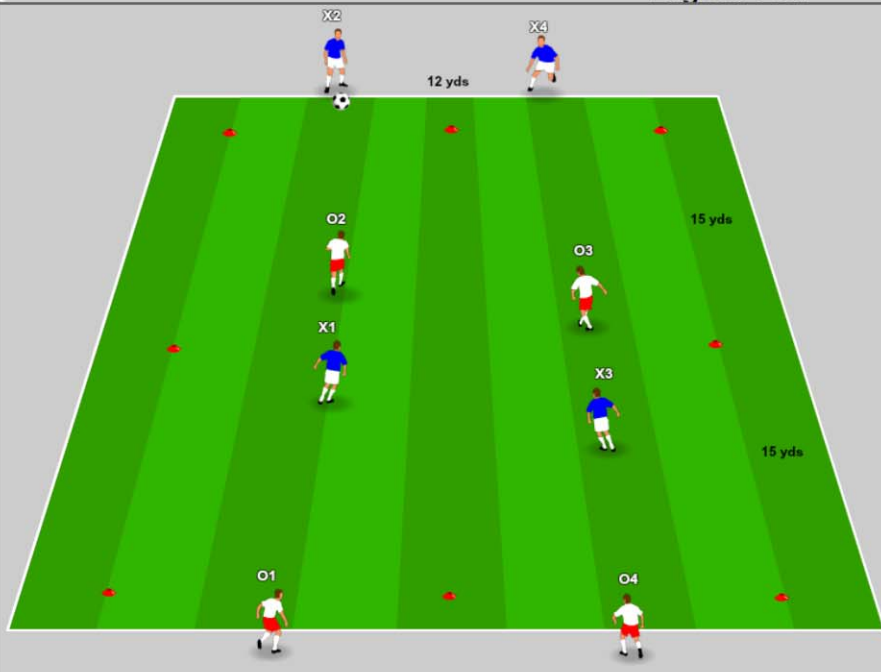
Variation: X2 must chip or play around 3 mannequins to get ball in behind to forward runner- play through passes with under cut or backspin/ add extra player at ends to simulate #9/#10

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

U11-U14 Coaches Clinic- Breaking Lines

Date : 14/Sep/2014

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Session

Breaking Lines in Attack: player

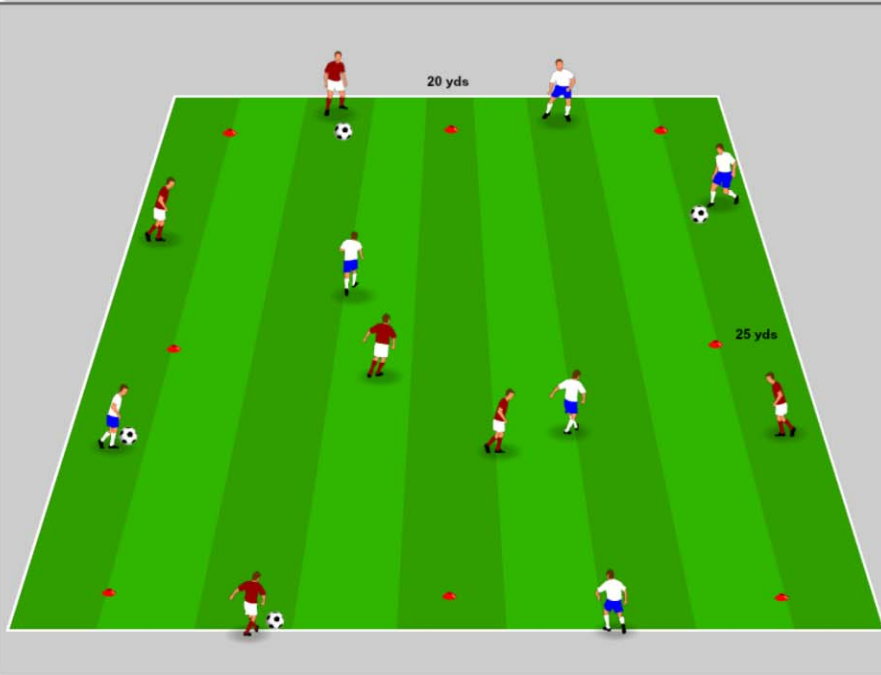
Time : N/A

Age/Level : U11 - U14

Objective:

movement/blind spot/pockets

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.

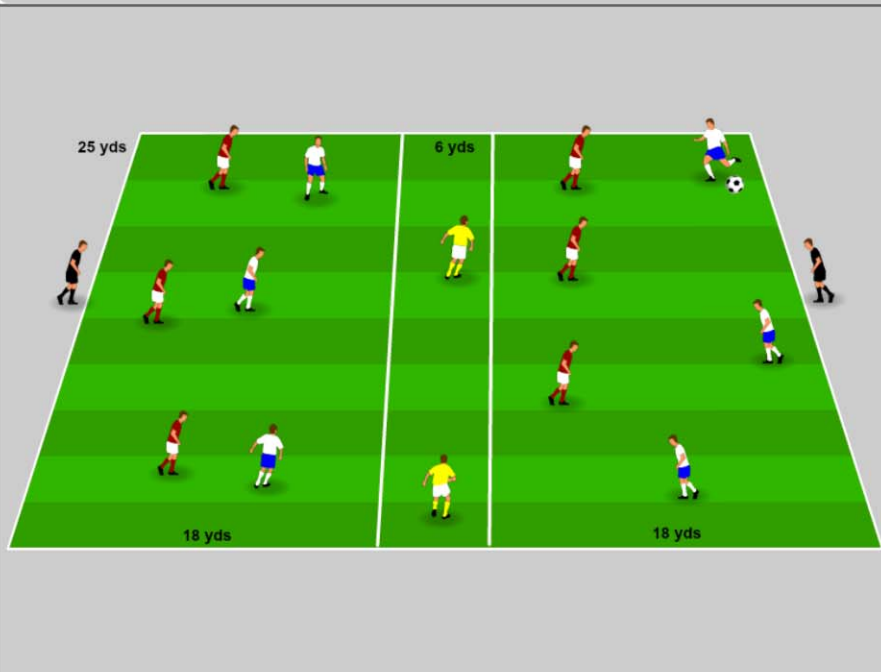
Coaching Points :

*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.

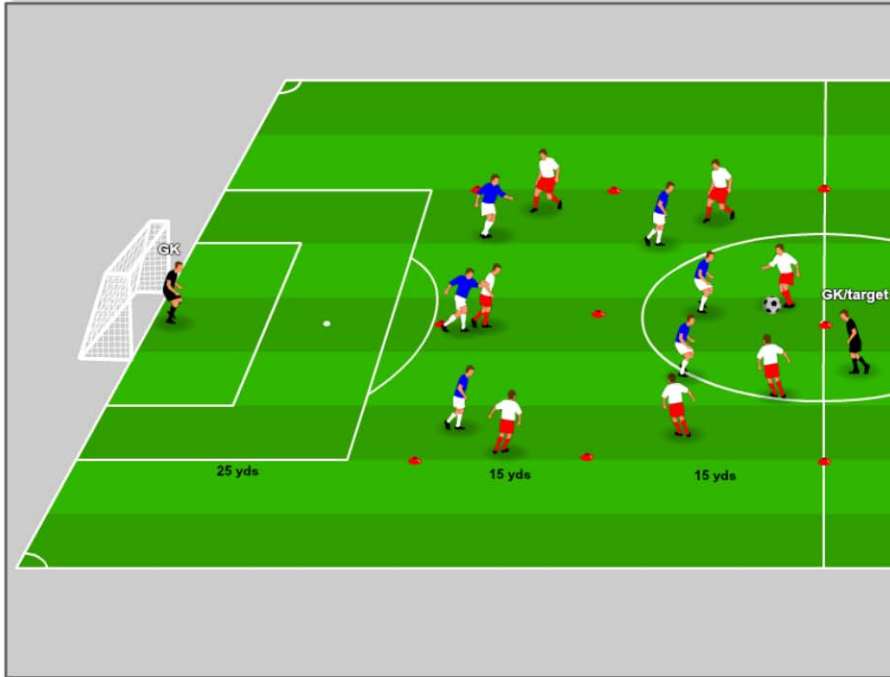
*Move to find space to receive ball or create space.

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

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