



U11-U12 Coaching Clinic - Possession to Advance - Playing out of the Back - Whole Activities

Category: Tactical: Playing out from the back
Difficulty: Moderate | Start Time: 22-Mar-2016 17:00h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Rio Rapids SC U11-U12 In-Service Clinic
Possession to Advance - Playing out of the Back
Whole Activities

7v3 Four Goal Game

DESCRIPTION/ORGANIZATION:

6v3 Four Goal Game - 3v3 in Midfield Zone (20 yds), #10/Target in Attacking Zone (10 yds), #4/#2/#3 in Defending Zone with either #2 or #3 pushing on and wide into midfield to create 4v3 (10 yds)

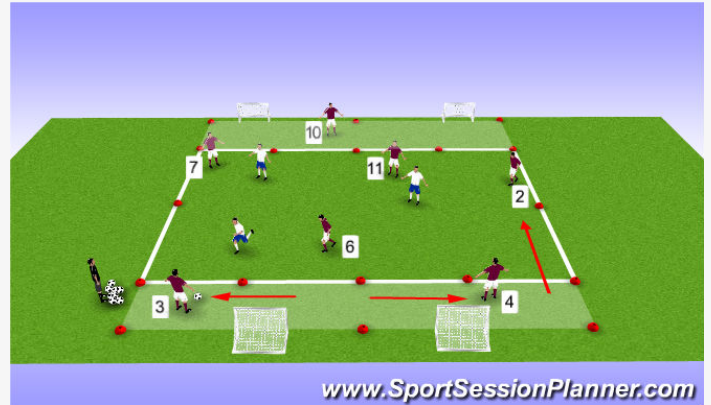
Burgundy/Numbers Up scores by getting ball to target/#10 in attacking zone to connect with player joining from midfield zone to score (defenders can track runner out of midfield zone)

White/numbers down team scores to 2 small goals at edge of defending zone (4, 2 and 3 can block goals within zone)

White can pressure player with ball in defending zone

COACHING POINTS:

- *Use width to build possession out of the back/open up passing lanes to target
- *Open body shape at all times to be able to see ball and target you score to
- *Receive ball across body and faced up whenever possible - take 1st touch to set up next action
- *Movement to create early close support at good angles/distance based on pressure*Play a forward/penetrating pass whenever it is on
- *Support underneath the ball and play the way you face whenever facing away from goal with pressure
- *Be patient- don't force ball forward when well defended, play backwards and change area of attack



Learning Objectives

	Technical (20%)
	Tactical (20%)
	Physical (20%)
	Psychological (20%)
	Social (20%)

Game to Full Size/Counter Goals with Zone Restrictions

DESCRIPTION/ORGANIZATION:

7 Burgundy players + GK play to target and then small goals

4 Yellow/Numbers down team scores to full-size goal (no zonal restriction when in possession)

Team in possession can move into wide zones (defenders can pressure on 1st touch)

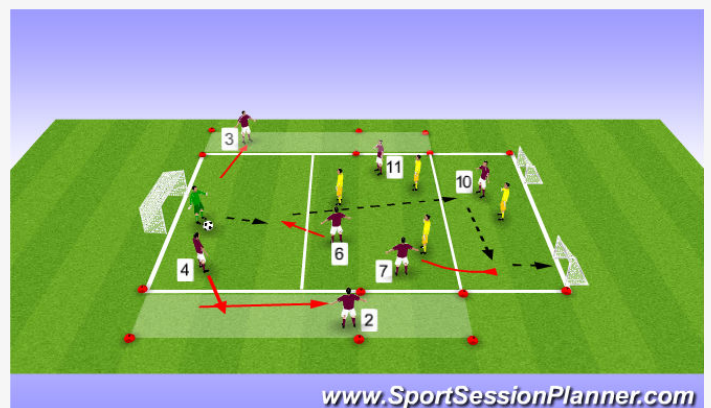
When GK has the ball, defending team must retreat into midfield zone until attacking player receives ball. GK must play to someone in the first zone to begin the attack.

1v1 in Attacking zone until target receives ball - then others can join.

Variation: Remove line separating Defending and Midfield Zones

COACHING POINTS:

- *Use width to build possession out of the back/open up passing lanes to target
- *Open body shape at all times to be able to see ball and target you score to
- *Receive ball across body and faced up whenever possible - take 1st touch to set up next action
- *Movement to create early close support at good angles/distance based on pressure*Play a forward/penetrating pass whenever it is on
- *Support underneath the ball and play the way you face whenever facing away from goal with pressure
- *Be patient- don't force ball forward when well defended, play backwards and change area of attack
- *Safety versus risk near goal you are defending



7v4 to Small Goals

DESCRIPTION/ORGANIZATION:

7 Burgundy Look to Possess into 2nd Zone and then Score on 3 Small Goals - player 1st receiving the ball in the 2nd zone must play a teammate before score

4 White/Numbers Down Counter to Full Size Goal

Variations:

*Add #10 to team building out of back with corresponding additions to numbers down team and increase in field size

*Add #9 to team building out of back with corresponding additions to numbers down team and increase in field size

COACHING POINTS:

*Use width to build possession out of the back/open up passing lanes to target

*Open body shape at all times to be able to see ball and target you score to

*Receive ball across body and faced up whenever possible - take 1st touch to set up next action

*Movement to create early close support at good angles/distance based on pressure*Play a forward/penetrating pass whenever it is on

*Support underneath the ball and play the way you face whenever facing away from goal with pressure

*Be patient- don't force ball forward when well defended, play backwards and change area of attack

*Safety versus risk near goal you are defending

