



07 / U11B - Passing and Receiving - 2v1

Category: Tactical: Attacking principles
Difficulty: Moderate

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Description

Open up opponent to attack
Create gaps/space in opponents' shape

Mourinho Boxes (15 mins)

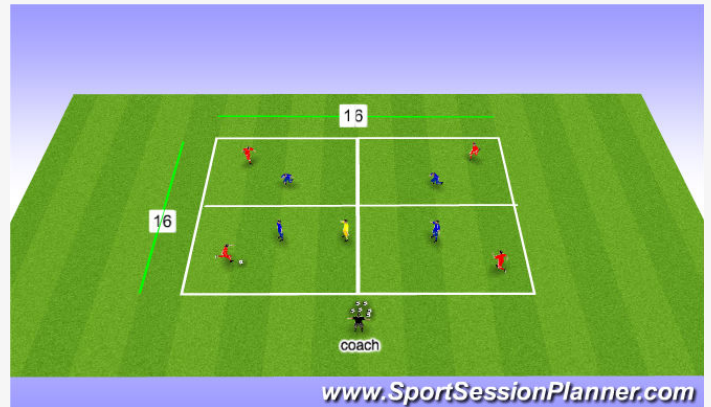
DESCRIPTION/ORGANIZATION:

4v4 plus 1 (yellow). Each red and each white player assigned to one of four quadrants (8x8 yards). Neutral (magic) player can travel in any of the 4 quadrants. Possession game.

Variation: 2v2 in the quadrants (open them up to 10x10 instead of 8x8)

COACHING POINTS:

- * Instruct the playmaker (yellow) to show at right time, correct angle and body shape.
- * In possession, make quadrant as big as possible.
- * 2v1 tactics: if marked, move to open space as teammate gets head up. If not marked, look to find space off of defender's shoulder/behind.
- * If marked, take defender away then check to
- * If defender doesn't mark, work off shoulders of defender to get ball near edges of area
- * Work smarter, not harder
- * Technical--quality of first touch
- * Checking shoulder all the time (yellow)
- * Awareness of situation in other quadrants



Cookie's directional 3-zone game to targets (20 mins)

DESCRIPTION/ORGANIZATION:

33x22 grid, 4v4 (5v5, 6v6) inside, plus target players. Red play west to east, Blue play east to west. Preferred to have GKs or strikers as the targets. To score must advance ball into final third and then connect with target. Target then immediately plays to the team that had been defending to start playing the opposite way.

COACHING POINTS:

- * Find 2v1 situations all over the field. Commit defender, then make decision to pass/dribble.
- * Receive ball facing forward. Chest forward. Play forward pass when possible. Create good passing angles with movement. Find shoulder of defender, play in between the lines.
- * 2v1 situations exist everywhere, just have to observe them.



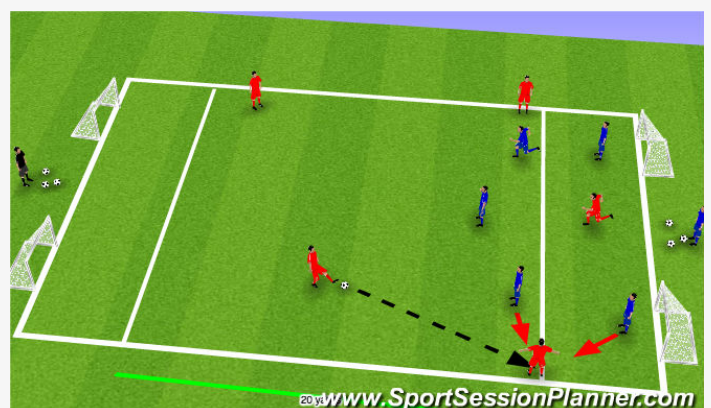
5v5 Formino--Park the bus (20 mins)

DESCRIPTION/ORGANIZATION:

5v5, rules exact same as Funino, must cross 6-yard line before scoring. Instruct players that if they cannot win the ball back right away (i.e. opponent breaks initial pressure via pass or dribble), they must recover to defend deep near own goal(s). 2 left sided players defend deep, one inside the 6 yard line, one just in front. Same on right. Central player can move across to help either side.

COACHING POINTS:

- * Read the game, anticipate.
- * Proper angle of approach to put pressure on ball.
- * center of gravity low. weight equally distributed across both feet,
- * push player on ball to side-line or towards cover
- * Once proper distance and body position established, ready to move feet to stay in front of the attacker.
- * If ball is passed, drop into covering position. If ball is dribbled, run with dribbler.
- * Block shot with feet/body.



*Once ball is won, commit 100% to the counter attack (all 5 players)

7v7 (20 mins)

7v7 Free play

Same coaching points. Looking for 2v1 all over the field

