



08 Premier / U11G - Receive to Face Forward

Category: Tactical: Playing out from the back
Difficulty: Moderate | **Start Time:** 06-Aug-2018 17:00h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Possession to Advance

Principle: Creation and Use of Space

Tactical Situation: Playing Out of the Back

9v9 Recommended Shape (10 mins)

DESCRIPTION/ORGANIZATION:

Recommended team shape for 9v9 at U11/U12: 3-1-3-1

Note hybrid roles as they apply to 11-a-side

COACHING POINTS:



9v9 Playing out of the Back Shape (10 mins)

DESCRIPTION/ORGANIZATION:

Recommended team shape for playing out of the back - 9v9

COACHING POINTS:

Starting positions-

*3 center backs locate with 2 on edge of penalty box and 1 in the center of the D and serve as short passing options - play whenever one of these options is open

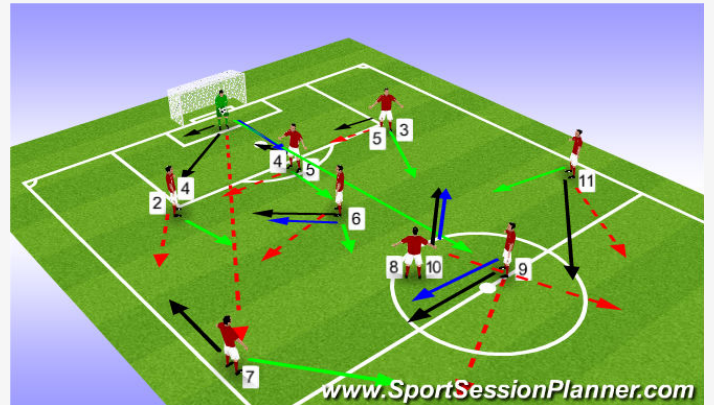
*3 long passing options - wingers 7 & 11 high and wide or ball in central area to be won by 8/10 & 9

Goalkeeper takes all goal kicks - play if 3 short options marked or if opponent has pushed numbers up to press

*When the ball goes over the endline for a goal kick or the GK gets possession, the GK grabs the ball as quickly as possible, sets the ball quickly if a goal kick (in the center of the goal box), and reads defenders to determine best options

Movement when ball is played-

See adjustments on diagram in different colors based on where ball is played



8v4 to Small Goals (20 mins)

DESCRIPTION/ORGANIZATION:

*7 Burgundy Look to Possess into #9 in the 2nd Zone and then Score on 3 Small Goals - #9 must play a teammate in the 2nd zone before score

4 White/Numbers Down Counter to Full Size Goal

*White and burgundy players other than #9 may not enter 2nd zone until the ball does

Variations:

*Add #8/10 to team building out of back with corresponding additions to numbers down team

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

8v4 Functional Target Game (20 mins)

DESCRIPTION/ORGANIZATION:

- *4v4 Inside Field with 4/5 Supporting Behind, 9 as Target Ahead and 2/3 Restricted to Channels
- *Burgundy team scores by playing from #1 to #9 - when they score #4/5 starts again with ball
- *7/11 can enter channel when team is in possession - but defenders may mark them their without the ball - pass can not be made within the same outer channel
- *4 Whites/Numbers Down Team can defend outside area once ball goes there
- *4 Whites/Numbers Down counter to 2 small goals when they win it - 4/5 can tuck in to defend

COACHING POINTS:

- *Coach burgundy team
- *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
- *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



Game to Full Size Goals (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

- *9v9 including GK's to full size goals
- *50 yds wide x 70 yds long (penalty area- 14x36, goal area- 5x16, goal- 6.5x18)
- *whenever the ball goes over a sideline, the game restarts with a goalkick
- *All regular soccer rules

COACHING POINTS:

- *quickly finding playing out of the back starting positions when the goalkeeper has the ball and imprinting movement based on where ball is played
- *focus on receiving the ball faced forward whenever possible - surfer body shape - peeking for ball, defenders and goal - receiving across body
- *player movement to be able to receive the ball faced up - getting away from and out of the shadow of defenders - moving to a place where a pass can be played to you on an angle instead of straight

