



Rio 06G- U14_PossessionToAdvance_MovementPlayers to Create Passing Lanes/Options for Teammate

Category: Tactical: Playing out from the back
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
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3v1 (10 mins)

DESCRIPTION/ORGANIZATION: 3v1, player with ball passes through defenders legs and keep away starts. 5v5 space max.
COACHING POINTS: Decision making, angle of support, body shape when receiving, technique of passing, deception in passing.



8v8 (15 mins)

DESCRIPTION/ORGANIZATION: 8(+GK) vs 8. Red plays to the three counter attacking goals. Blue attacks the big goal. Ball always starts at goal keeper hands or goal kick. As game progresses allow normal restarts.
COACHING POINTS: Awareness and recognition of space without the ball. Awareness of defender pressure.



Barca Patterns (25 mins)

DESCRIPTION/ORGANIZATION: Barcelona passing pattern. Shape of team. Extra players in normal positions, rotate every third sequence. Added notion of choice after patterns have been run (let players pick pass which activates movement of forward players). Two patterns drawn any pattern will work.
COACHING POINTS: Move into the line of the ball. Head down toe up on passing. Firm passes. Active to receive. Body shape when receiving.



4v4 flying changes(stay on half) (15 mins)

DESCRIPTION/ORGANIZATION: 4v4 flying changes(cant cross halfway line) Extra players in behind the tree gates. Player look to move ball quickly to find opportunities to penetrate on pass. If ball goes over blue goal line, then 4 new players come on for blue. If ball goes over red goalline, then 4 new red players come on. If it goes over touch line 4 new players for both teams.

COACHING POINTS: Speed of play, movement of players. Width of field and connection to other players. Varied length of passes. Technical execution of passes. how to move ball quickly. Recognition of superior numbers.



Final Game (20 mins)

DESCRIPTION/ORGANIZATION: Final game to counter attacking goals or to target or goal.

COACHING POINTS: focus on movement of players and decision making.

