



U9/U10 7v7: Shape - Playing Out of the Back Recommendations - Aug 2024

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

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

Description

NM Rapids SC U9-U10 7-a-side

Recommended Shape

Playing Out of the Back Recommendations for Goal Kick and GK Possession

7v7 Recommended Shape

DESCRIPTION/ORGANIZATION:

Club recommended team shape for 7v7 at U9/U10
GK-2-3-1

COACHING POINTS:

- 2 central defenders (4&5)
- 2 wings/outside defenders (2/7 & 3/11)
- 1 central midfielder (6/8)
- 1 forward (9/10)



7v7 Playing out of the Back Shape 1 - Goal Kick

DESCRIPTION/ORGANIZATION:

Recommended team shape for playing out of the back - 7v7 at U9/U10 with build out line **for a team that is confidently playing out of the back**

*GK should take all goal kicks

*4 and 5 need to be a strong players who can make quick decisions and have among the best ability on the team to strike a ball for distance

*play is live when the goalkeeper kicks the ball - opposing players may cross build out line at that time

*open two-sided build-out shape

COACHING POINTS:

Starting positions-

*2 player options for short pass:

-each defender moves between the GK and penalty boxes and slightly in front of the GK (4/5 in diagram)

*center mid moves to the center of the field and just inside the build out line to present a central 2v1 option for 4/5 (6/8 in diagram)

*both wing/outside backs present a wide 2v1 option for 4/5 (3/11 & 2/7 in diagram)

*forward takes up a position around midfield in the middle of the center circle as a penetrating option for when opponent presses with numbers (9/10 in diagram)

When the ball goes over the endline for a goal kick, the GK grabs the ball as quickly as possible, runs to set the ball quickly in front of the goal and in the middle of the GK, and passes to 4 or 5 when they are ready and opposing players are behind build out line. GK should play to the side of the field with the fewest defenders.

When the GK gets possession of the ball they can run quickly to any wide open player and roll/throw them the ball or wait for opponents to get behind the build out line and set up in the same positions and roll ball to 4 or 5 when they are ready for it.

The 4 and 5 read defenders to determine best options:

*When opponent does not defend with numbers and leaves you numbers up:

-look to play a 2v1 with 3/11 or 6/8 to play out of the back

*When opponent defends/presses with 3 or more players:

-make a long pass to 9/10 up the field



7v7 Playing out of the Back Shape 2 - Goal Kick

DESCRIPTION/ORGANIZATION:

Recommended team shape for playing out of the back - 7v7 at U9/U10 with build out line **for a team struggling to play out of the back**

*GK should take all goal kicks

*4 and/or 5 needs to be a strong player who can make quick decisions and have among the best ability on the team to strike a ball for distance

*play is live when the goalkeeper kicks the ball - opposing players may cross build out line at that time

*strong-sided playing shape to build out (different than in previous year due to new goal kick rule)

COACHING POINTS:

Starting positions-

-strong side defender moves to the side of the goal and just to the side and front of the GK (5 in diagram)

-strong side defender takes up a wide position at the top of the penalty box (5 in diagram)

*weak side defender tucks in to the edge of the GK box at about the penalty spot (4 in diagram) to protect goal in case team immediately loses possession

*center mid moves to the center of the field and just inside the build out line to present a central 2v1 option for 5 (6/8 in diagram)

*strong side wing/outside back presents a wide 2v1 option for 5 (3/11 in diagram)

*forward takes up a wide position beyond the build out line for a long passing option or to play with the strong side back if she gets the ball (9/10 in diagram)

*weak side wing/outside back takes up a position around midfield in the middle of the center circle as a penetrating option for when opponent presses with numbers (2/7 in diagram)

When the ball goes over the endline for a goal kick, the GK grabs the ball as quickly as possible, runs to set the ball quickly in front of the goal on the side closest the 5, and passes to 5 when they are ready and opposing players are behind build out line.

When the GK gets possession of the ball they can run quickly to any wide open player and roll/throw them the ball or wait for opponents to get behind the build out line and set up in the same positions and roll ball to 5 when she is ready for it.

The 5 reads defenders to determine best options:

*When opponent does not defend with numbers and leaves you numbers up:

-look to play a 2v1 with 3/11 or 6/8 to play out of the back

*When opponent defends/presses with 3 or more players:

-make a long pass to 9/10 or 2/7 up the field (whichever one has the clearest passing lane)

