



U11-U12 Small Group Tactics (1) - J. Sells

Category: Tactical: Defensive principles

Difficulty: Moderate

Am-Club: New Mexico Rapids Soccer Club
Technical / Coaching Directors, Albuquerque, United States
of America

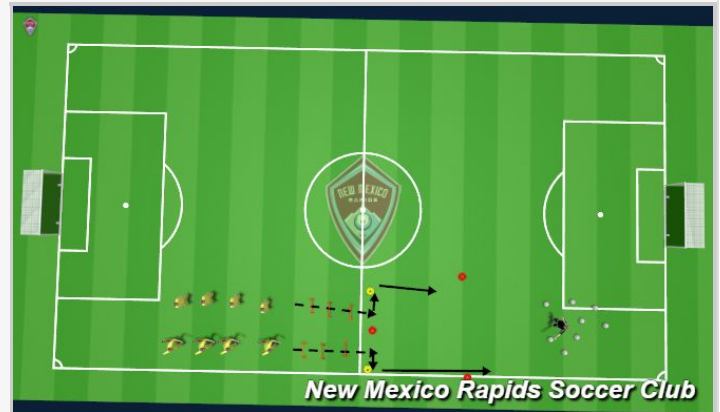
Hurdle Run: Activation (15 mins)

DESCRIPTION/ORGANIZATION: Hurdle Run Race

For this drill the players are divided into 2 groups of 6 players each and stand opposite each other on one side of the "hurdle course". At the end of both courses are two different colored cones, on either side of them another cone at a 10 meters distance. All the players start the stick course at the same time (a faultless run, otherwise they must start again). The one to arrive first touches a cone and then chooses a direction. The one to arrive last must try to catch up with the other player and reach the end cones (red) first.

*Attention! Once the stick run has been mastered, attention can be turned to speed.

*Variation: Coach can call out the color cone players must touch once they have completed the hurdle zone.



Juggle Competition (15 mins)

Organization:

Player work on juggling with various surfaces of the body. All players start at level 20 juggles and work their way around the training grid by 20's (i.e. once a player completes 20 juggles they level up to next cone and try and perform 40, etc...).

Variation: Change juggle levels based on quality of team and players.

*Can be used at beginning of training to warm players up and see who's been working with their ball at home.



4v2 / 1v3 Transition Box (30 mins)

Organization:

Four players keep possession of the ball by combinations of passes without letting the 2 defenders take the ball away. When the defenders intercept the ball they must change the field of play by making a long pass forward to the other end of the field. There is already 1 attacker in this half. If he can intercept the long pass he should return the ball directly to the other half. If he is not successful then 1 defender and 1 attacker go to the other half and the 4 defenders try to keep possession of the ball by combinations of passes without the 2 attackers taking the ball away. Etc.

Variation: The attackers are only allowed to touch the ball twice

Coaching attackers:

- Ensure you are in a free position to receive the ball from the player with possession. Support angles are good.
- To take position without losing an overview of the complete field
- Always keep the player and the ball in motion.
- Reducing the field of play when losing the ball and enlarging when you are in possession.
- pass the ball with a purpose (in an open space or on a particular foot)- ask for the ball.
- follow up coaching on passing

Coaching defenders:

- Switching from possession to losing possession (quick transition)
- Put pressure on the ball and 2nd defender provide cover.
- Coaching each other when defending (the last player should take the initiative)
- Communication-Minimizing splits



5v5 + N Counter Goal Soccer (30 mins)

DESCRIPTION/ORGANIZATION

2 teams play 5v5 + N player.

3-1-1 vs. 4-1

Teams try and score by moving the ball at pace and passing through one of the opposing team's goals.

Variation: Play 6v6 +N and add touch restrictions

Coaching Points:

- Shape / Spacing (Defensive and Offensive)
- Sharp Technique-"Tempo" in Possession
- Communication
- Good defensive shape and lines.

Variation: Add target players to each endline and before a team can pass into opponents' goal(s) they must play their target player and get ball back prior to scoring.

