



U11-U12 Small Group Tactics (2) - J. Sells

Category: Tactical: Positional understanding

Difficulty: Moderate

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

Four Corners Passing (20 mins)

Organization:

Passing and receiving activity the focuses on first touch, proper passing technique, vision, and decision making. Players follow their pass throughout the activity. Two balls are constantly rotating throughout the activity. Players pass from the outside in to the middle players. Players form the middle receive and pass to the outside lines. Don't want balls being played to the same outside line.

Central players receive pass from outside players and then looks to play a different outside line. The inside players do not want to play their pass to the same line (vision/decision making) outside. Players follow their pass to keep line full and activity going always with two players in the middle and at all times.



5v5-8v8 + N Gates Possession (30 mins)

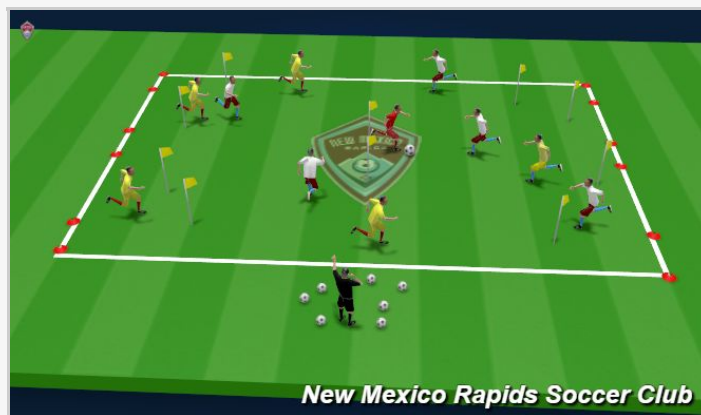
Method

Possession Exercise were two teams of 5 play w/ Neutral and try and score through the five gates.

Directions

Coach players on:

- Shape (attack and defensive concepts)-Spacing / Support & Compactness-Pressure when defending
- Quality in transition moments...importance of "Keeping 1st pass"-Communication. *5 Minute games losing team has extra work. Make it competitive!!!



GK+4-4 vs. 3-4-1 Goal & Counter Goals (35 mins)

DESCRIPTION/ORGANIZATION:

8 defenders/mid fielders and 1 keeper beat the 8 attackers/mid fielders by combining passes and eventually scoring by dribbling the ball through one of the small goals. After taking possession the attackers can then score in the large goal. The set-up always starts with the keeper.

Directions

Defenders/midfielders set-up coaching:- Keep a wide field of defenders. If one defender is threatened then the other defenders close in- Team play from the circle, using the free position of the keeper (extra man)- Keeping the two outside players as wide and deep as possible. (2+5)- Run deep from the central mid fielder and get into the ball by the other mid fielder (6+8)- creating free space for nr's 9 and/or 10- Exploit the extra man situation.

Defenders/midfielders loss of possession coaching:- tightening position where necessary.- Make use of off-side rule.- Coaching each other when defending (the last player should take the initiative



120's Fitness (10 mins)

Organization:

Each group of three players has 30 seconds to go out to 1st line and back to start, 2nd line back to start and then 3rd line and back to start. Lines are 10 yards apart (total 120 yards). Each group starts on coach's whistle. Perform 4-5 sets per group.

Directions:

Fitness / Anaerobic activity

