



## U13-U14 Group Tactics (1) - J. Sells

**Category:** Tactical: Positional understanding

**Difficulty:** Moderate

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

### Passing/Receiving in Y Shape (10 mins)

#### Y Passing Practice

Pass and follow, on 2-touch

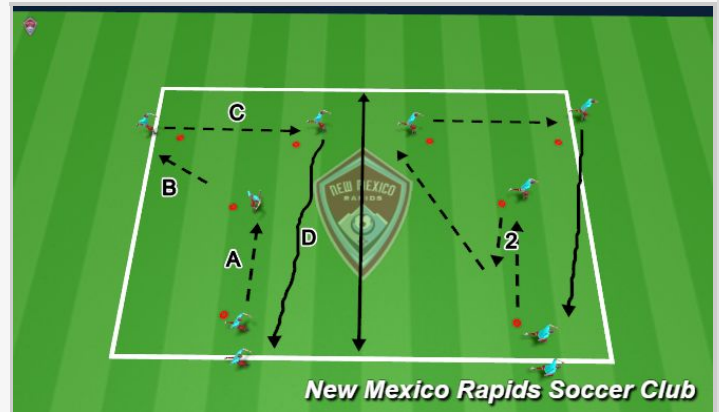
Body shape; Hips open

#### Progression 1

Opposite Direction

#### Progression 2

add some sets (double pass) to be done in one movement



### 6v3 Transition Box w/ Central Goals (20 mins)

#### Organization:

6 players keep possession of the ball by combinations of passes without letting the 3 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. At the same time 3 defenders and 3 attackers follow the ball to the other half. Now the 6 attackers try to keep possession of the ball by combinations of passes without the 3 attackers taking the ball away. Etc.

Variation : The attackers are only allowed to touch the ball twice. Attackers can score in the central goals after they complete 5 passes or w/ one touch finish



### 5v5 - 8v8 + N Dice Game Possession (30 mins)

#### DESCRIPTION/ORGANIZATION:

Possession Exercise in which players score goals by passing to teammates through any of the five gates (sticks gates). Split team into two teams. Game can be played with neutral player if needed. Game can be played 5v5 through 8v8+ N.

#### COACHING POINTS:

- 50 x 40-yard grid (depending on #'s)
- Individual defending principles
- Defending in groups (pressure, cover and balance)
- Technical quality (passing, receiving and dribbling).
- Spacing / Team Shape (4-1 or 3-2)
- Decision making
- Possession and playing out of tight spaces.



## GK+4-3-1 vs. 1-4-1-1 Goal & Counter Goals (30 mins)

### DESCRIPTION/ORGANIZATION:

The 8 attackers/mid fielders through team-play try to score in the large goal. The 7 defenders/mid fielders + keeper must concentrate to keep control of positional defense. After gaining possession the defenders can then score by passing the ball through one of the small counter goals. The attackers can then score in the large goal. This drill always starts with the coach playing an entry ball to attackers.

### COACHING POINTS:

- 60 x 70-yard grid
- Individual/ small group defending principles
- GK+2-4-1 vs. 2-4-2
- Technical quality and speed
- Spacing /Transitional Understanding in and out of possession.
- Decision making
- \*Coach within the flow. Limit coaching stoppages and make competitive.
- Defenders shifting together and rotating where necessary
- Make use of off-side rule for GK-4-3-1
- 1-4-1-1 Coach squeezing the lines on square and negative play. Defensive rotations and structure should be discussed.
- Communication (the last player should take the initiative)

