



U13-U14 Group Tactics (2) - J. Sells

Category: Tactical: Functional

Difficulty: Difficult

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

Fitness Ladders (15 mins)

DESCRIPTION/ORGANIZATION:

Players increase fitness intervals 60,70,80,90,100% on the way out to each level of cones. Players always jog back to start (recovery). Fitness and activation activity.



Flying Changes 3v2 - 4v3 Counter Goals (20 mins)

DESCRIPTION/ORGANIZATION:

Players work on Technical Functions related to small-sided play to counter goals. in a 3v2 and 4v3. Players focusing on quick transitions, communication and attacking and defensive principles of play. Once attackers attack, they are off and two new defender comes on. Once defender concedes a shot (chance) they receive ball from their end line and player that plays to them joins to create a 3v2 the other way.

Variations:

Attacking goal (in 3v2 scenario is worth 1 Goal)

Defensive goal (in 2v3 scenario is worth 3 Goals)

Games played to 7 points.

*Can coach multiple topics within this game, communication and players being turned on!



8v8 + N to Counter Goals (30 mins)

DESCRIPTION/ORGANIZATION: 40 x 55 YARD GRID

8v8 + N by a combination of passes or an individual action, followed by scoring in one of the opposite goals. After taking possession the defenders may then follow by scoring in one of the opposite goals. Both teams play 3-4-1 vs. 4-3-1 formations.

Variation: Add GK's to one or both sides to defend goals and work on supporting attack. Addition of vertical touch limit zones.

Attention! If the ball goes off the field the coach sends another into the game.

Coaching by attack:

- Spread out when in possession.
- Don't go off-side.- Making choices on the ball(1:1 or pass)
- Taking into account that you switch by loss of possession and taking attacking position.

Coaching by defense:

- tightening position where necessary. Cutting the line off (goals are in wider areas. Defensive rotations and implementing ideas of pressure, cover and balance.
- Make use of off-side rule. Good line with back four players.
- Communication. (the last player should take the initiative)
- Be prepared to switch position after taking possession. Good in transitional moments.



GK+4-3-1 vs. 2-4-1-1 Goal & Counter Goals (30 mins)

DESCRIPTION/ORGANIZATION:

8 (2-4-1-1) attackers/mid fielders create chances by team-play. The 7 defenders/mid fielders + keeper (GK-4-3-1) can then score by passing (or dribbling the ball through) one of the small goals. The attackers can then score in the large goal. This drill always starts with build out by GK.

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
- 2-4-1-1 Coach squeezing the lines on square and negative play. Defensive rotations and structure should be discussed.
- Communication (the last player should take the initiative)

