



U15-U16 Group Tactics (1) - J. Sells

Category: Tactical: Functional

Difficulty: Difficult

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

5v3 + 2 Transition Box (15 mins)

Organization:

Five 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 defenders try to keep possession of the ball by combinations of passes without the attackers taking the ball away.

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. Deny splits.
- Coaching each other when defending (the last player should take the initiative)
- Communication



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

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.



