



U15-U16 Group Tactics (2) - J. Sells

Category: Tactical: Full game form

Difficulty: Difficult | Start Time: 06-Feb-2025 22:40h

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

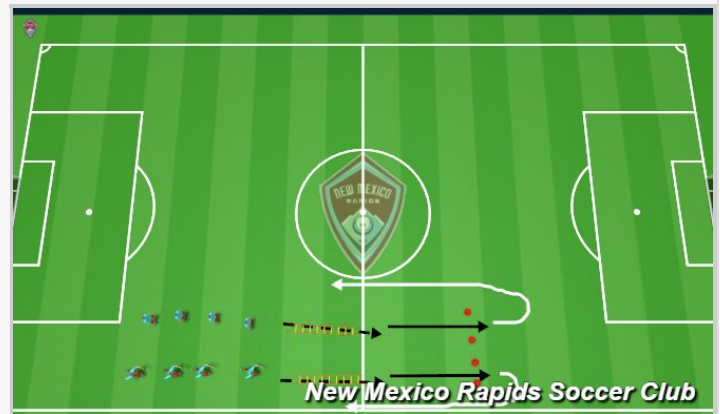
Activation: Agility Ladder (15 mins)

DESCRIPTION/ORGANIZATION: Agility Ladder

COACHING POINTS:

This is a drill, in which the footwork forms are taught in the speed ladder. The drill builds up from coarse motor skills to fine motor skills.

Core Patterns: 1 Foot in Each Straight, 2 Feet in Each Straight, 2 Feet in - One out Zig Zag, 2 Feet in - 2 Feet out Zig Zag, etc...



5v5 or 6v6 + N Counter Goal Soccer (25 mins)

DESCRIPTION/ORGANIZATION

Six attackers keep possession against Six defenders + N (Green) by a combination of passes or an individual action, eventually scoring by passing into counter goals. After taking possession the defenders may then score by passing into opposition counter goals.

Attention! The attackers may not go off-side. The off-side line is stipulated by the last defender (or first line of end zone - applies only to 9v9 and 11v11 teams) If the ball goes off the field the coach send in a new ball. 4-2 vs. 1-4-1.

Variation: Create vertical touch limit zones in various thirds of the field (blue lines)

COACHING POINTS:

- Disciplined shape - Prevent forward passes.
- Recognize pressing moments. Step as a team to recognize negative play)
- Once win ball, look to score quickly or keep the 1st pass (good in transition moments) and open attacking shape.



6v6 - 8v8 Cone Knock-Off (20 mins)

Set-up:

2 Teams play 6v6 possession game to knock opposing teams endline cones down with the game ball. Once ball goes out of play coach plays a new ball in.

Coaching Points:

- Technical quality (passing, shooting and dribbling)
- Team shape and structure both offensively and defensively.
- Communication



DESCRIPTION/ORGANIZATION

7 attackers + N keep possession against 7 defenders + GK's by a combination of passes or an individual action, followed by scoring in the opponent's goal. After taking possession the defenders may then follow by scoring in the opponent's goals.

Attention! If the ball goes off the field the coach plays a new one in. Players are free to move anywhere on the field of play.

*Variation:

- 5 consecutive passes before you can score in either goal
- 1 touch finishes only (advanced).
- Short competitive matches.

Coaching Points:

- Shape
- Technical Quality
- Defensive transition and pressing.
- Speed of Play
- Ect...

