



U17-U19 Group Tactics (1) - J. Sells

Category: Technical: Attacking and Defending Skills

Difficulty: Moderate

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

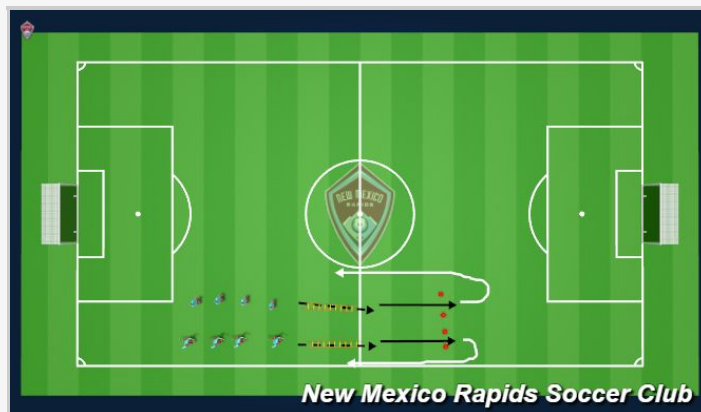
Activation: Agility Ladder (15 mins)

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 + N Four Goal Soccer (25 mins)

DESCRIPTION/ORGANIZATION:

2 Teams + Neutral (N) (Yellow) play possession and try to score in opposing teams two goals. Teams use possession play and technical skills to break opponent down and score in oppositions two goals. Numbers can be altered based on age group and level of players.

COACHING POINTS:

- 45 x 35-yard grid
- Individual defending principles
- Defending in 5's (pressure, cover and balance)
- Technical quality
- Spacing / Team Shape (4-1 or 3-2)
- Decision making



6v6 + N w/ GK's (30 mins)

DESCRIPTION/ORGANIZATION

6 attackers + N keep possession against 6 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. No more zones. Players are free to move anywhere on the field of play.

***Variation:**

- Teams defend one goal each
- 3 consecutive passes before you can score in either goal
- 1 touch finishes only (advanced).
- Short competitive matches.

Coaching Points:

Coaching attack:- Team-play from a 1-3-1-2 formation.- 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 defense:- Tightening position where necessary.- Make use of off-side rule.- Coaching each other. (the last player should take the initiative)- Be prepared to switch position after taking possession. Transition moments critical!- *Enough balls around the field, HARD & SHARP coaching.



Three Is a Crowd (15 mins)

DESCRIPTION/ORGANIZATION:

The players form pairs, standing beside each other. The pairs are spread out over the entire square. Two players, one runner and one who is "it" do not form a pair. The runner tries to avoid "it" and can "free" himself by standing in front of to a pair. The player who is then at the back of the trio becomes the new runner, who must be tagged.

*Variation: Play with group laying on the ground on their stomach. Attention! A tagged player immediately becomes "it".

COACHING POINTS:

-Change of Direction and Speed

-Vision

-Tagger angles of play

-Players need to be turned on!

*Can also be played with player lying on their stomachs in two's.

