



U9-U10 Small 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

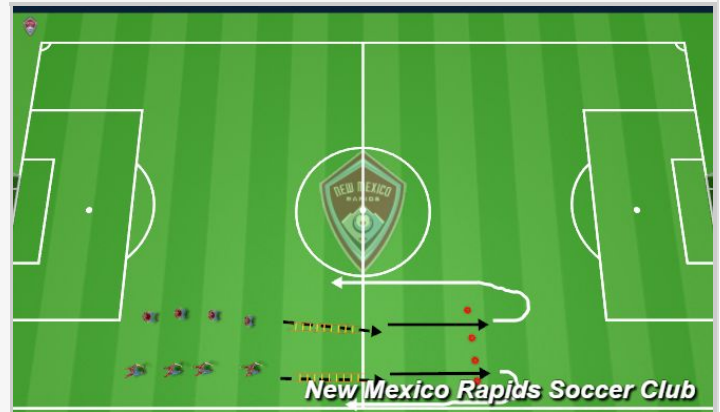
Activation: Agility Ladder (10 mins)

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...



4v1 + 3 Transition Box (20 mins)

Organization:

Four players keep possession (3 passes need to be made by attackers) of the ball by combinations of passes without letting the 1 defender 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 1 defender and 1 attacker follow the ball to the other half to create a 4v1 scenario. Now the 4 attackers try to keep possession of the ball by combinations of passes without the attackers taking the ball away. Coach plays new ball in when ball exits either grid to keep game going.

Variation:

- Implement touch limits.
- Change number of defenders.
- Keep points and make it competitive!



Flying Changes 2v1 and 3v2 Counter Goals (20 mins)

DESCRIPTION/ORGANIZATION:

Players work on Technical Functions related to small-sided play to counter goals. in a 2v1 and 3v2 scenario. Players focusing on quick transitions, communication and attacking and defensive principles of play. Once attackers attack, they are off and 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!



6v6 Counter Goal Soccer (30 mins)

DESCRIPTION/ORGANIZATION

Six attackers keep possession against 6 defenders 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 (recognize negative play)
- Once win ball, look to score quickly or keep the 1st pass (good in transition moments) and open attacking shape.

