



U9-U10 Small Group Tactics (2) - J. Sells

Category: Tactical: Defensive principles

Difficulty: Moderate

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

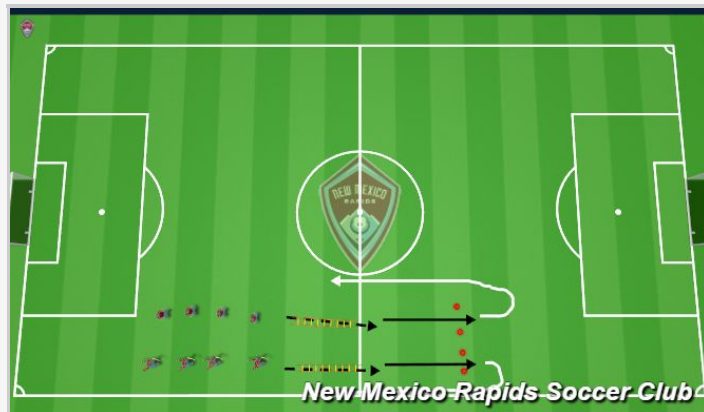
Activation: Agility Ladder (10 mins)

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...



Defensive Shape - Functional (Basic) (25 mins)

Organization:

Training defensive shape in groups of three/four... *Coach calls out red cone numbers 1 through 3/4 and players take shape on called cone in set of 3-4 coach calls. Players focus on quick shifting, communication, wide players cutting the line, central players pressure cover, and non-pressing players establishing good line off the ball, cover and balance.

Variation:

Add GK to focus on communication & organization.



5v5 Possession to Targets (20 mins)

Set-up:

2 teams play directional possession to targets that can move freely on end-lines. 3-2 vs. 4-1

Coach Points:

- Defensive shape, structure and rotations.
 - Cutting off penetrating passes - vertical passes
 - Pressure, Cover and Balance.
 - Squeezing play on negative and square offensive ball movement.
- *All passes to targets need to be played on the ground.



GK+2-3 vs. 1-3-1 Goal & Counter Goals (35 mins)

DESCRIPTION/ORGANIZATION:

5 attackers/mid fielders gain possession by team-play without losing sight of positional defense. The defending team can then score by dribbling the ball through one of the small goals. After taking possession the attackers can then score in the large goal. The set-up always starts with the keeper.

COACHING POINTS:

- 40 x 35-yard grid
 - Individual/ small group defending principles
 - GK+2-3 vs. 1-3-1
 - Technical quality and speed
 - Spacing /Transitional Understanding in and out of possession.
 - Decision making
- *Coach within the flow. Limit coaching stoppages and make competitive.

