



U5-U8 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

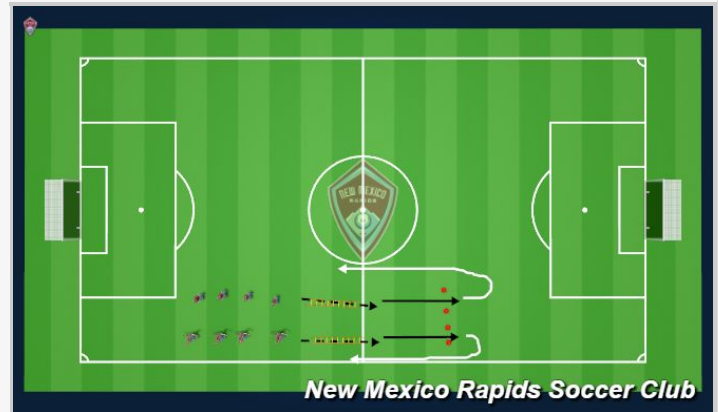
Activation: Agility Ladder (15 mins)

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...



Triangle Passing / Receiving (15 mins)

Set up

- triangle made 15 paces wide and 10 pace high, 4-6 players per triangle with groups on the ends. One line is dribblers, and one line is receiving line. First player on dribble line dribbles out around cone and then passes to first player in receiving line. Receiving player controls ball and dribble back to end of dribbling line. Players simply rotate lines and roles.

coaching points

- technical speed when dribbling and turning.
- concentrate on 1st touch when receiving. Getting players to use their 1st touch.
- Checking away and checking to on reception. Idea of timing.

progression

- Make it a relay race between the two triangle groups.



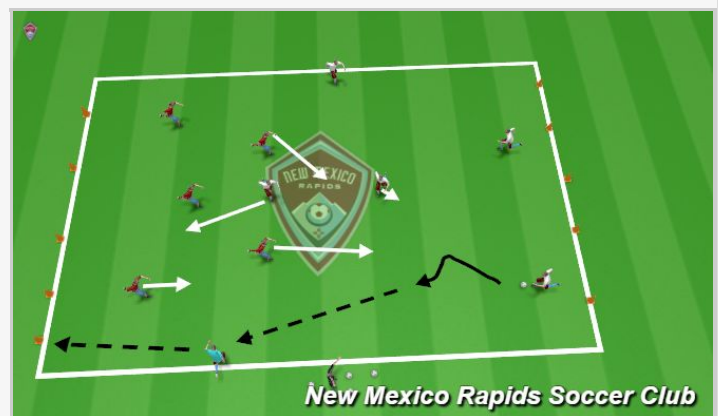
Cone Knock-Off (5v5+N) (20 mins)

Set-up:

2 Teams play 5v5 + N (blue) 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



Playing to Goal w/ Counter Goals (GK+5 vs. 5) (30 mins)

GK +5 vs. 5 to Goal w/ Counter Goals

Description & CP's:

GK + 5 (2-3) v 5 (1-3-1) game, if you score coach restarts another ball from half.

- Focus on quick transitions to score
- Playing shape and team structure.
- Transition moments.
- Technical quality and good decision making.

