



U5-U8 Small Group Tactics (2) - J. Sells

Category: Tactical: Positional understanding

Difficulty: Moderate

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

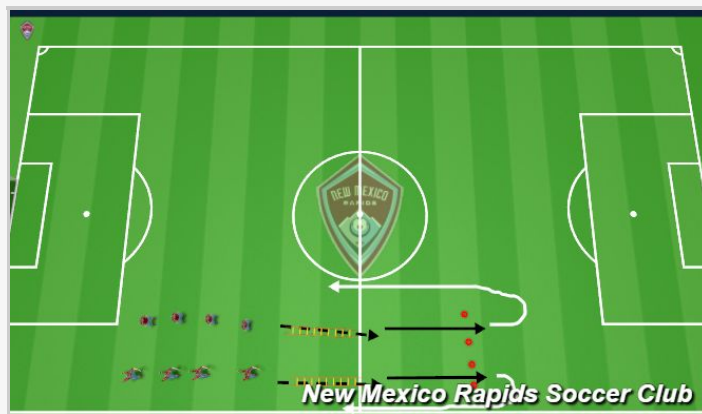
Activation: Agility Ladder (15 mins)

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...



Slalom Dribble (15 mins)

DESCRIPTION/ORGANIZATION:

Technical activity to improve dribbling, 1st touch and passing. Players slalom through sticks and pass to first player in line across from their starting group.

Variation: Relay races to add competition and pressure.

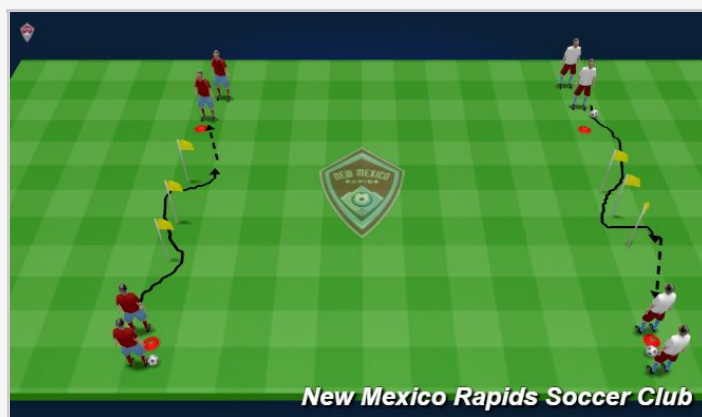
COACHING POINTS:

Timing of movement

Weight of pass

Dribbling technique and speed.

Communication



1v1 - 3v3 Counter Goal Soccer (25 mins)

DESCRIPTION/ORGANIZATION:

- 1v1 grid 20L x 15w

- 2 teams and one team with soccer balls is serving defending team other is attacking team.

- White teams serves and defends for two minutes. Red team is attacking team. Switch roles after 2 minutes. Teams keep track of goals to make activity competitive.

COACHING POINTS:

-Go at speed at defender

-Making a move/change direction as you approach defender. Look to attack defender's front foot.

-Change of pace and finishing after beating defender

-Defender needs to come in at angle (channel) attacker.

-Defender: staggered and low stance

-Also focus is put on cover, pressure, and balance in 2v2 or higher numbers.



Game Form 4v4 + N Counter Goal Soccer (30 mins)

Set up

35 x 40 Grid with 3 small goals on each end line and we play 4v4 + N. Can turn the center goal into a bigger one and include a GK if you choose to and play 5v5 or 6v6.

Drill Instruction

The goal of this drill is to switch the point of attack and find the open goal. Coaches can decide how the points system work and also how players score. For example they can dribble through the goal or pass. short competitive 3-5 min. games.

