

# Moments & Areas

**WE have the ball**

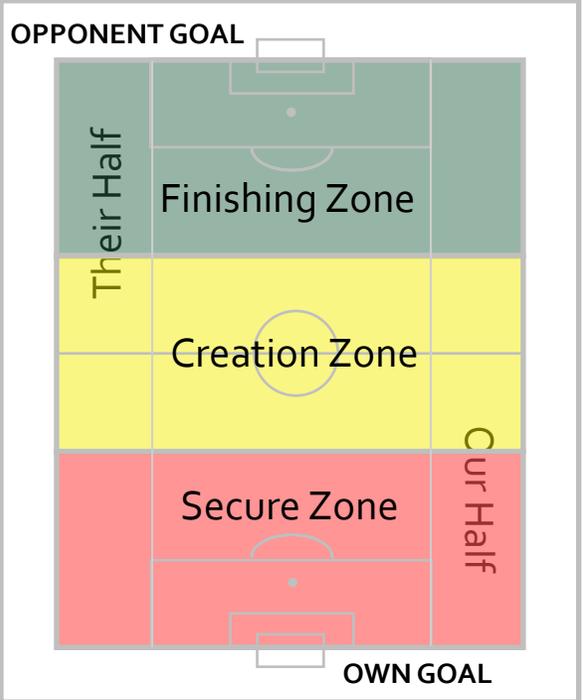
Possession of the ball in the final third near the opponent's goal  
**Aim:** Score goals and create chances

Possession of the ball in the middle third of the field  
**Aim:** To advance into the finishing zone while keeping the ball

Possession of the ball in the third near our goal  
**Aim:** To advance into the creation or finishing zone while keeping the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE



Outside Left      Center Channel      Outside Right

**THEY have the ball**

Opponent possession of the ball in their secure zone  
**Aim:** Win the ball back, prevent the opponent from advancing

Opponent in possession of the ball in their creation zone  
**Aim:** Win the ball back, prevent the opponent from advancing to the finishing zone

Possession of the ball in the third near our own goal  
**Aim:** Win the ball back and prevent the opponent from creating chances or scoring goals

Transition from WE to THEY

- DENY Play From Back
- DENY Possession
- DENY Attack
- DENY Scoring



# Tactical Principles: WE have the ball

WE have the ball

- Play From Back
- Possession
- Attack
- Score

WE	AIM	WE	AIM
<b>PLAY FROM BACK</b>	<ul style="list-style-type: none"> <li>• Players to get in position to support play from the back per player roles</li> <li>• Looking forward first</li> <li>• Make it big and create many lines horizontal and vertical &amp; Create triangles to support passing</li> <li>• Go forward when possible or keep the ball</li> <li>• Playing, short, long, or in the depth passes (break lines of pressure)</li> </ul>	<b>ATTACK</b>	<ul style="list-style-type: none"> <li>• Combination play &amp; 3rd man run</li> <li>• Recognize and use the 2v1 or 1v1 (dribble &amp; speed mismatch)</li> <li>• Using either a cross, through ball, or combination when there is space behind the defensive line</li> <li>• Create a situation with numerical superiority with movement by ball carrier, player movement, and ball movement</li> <li>• As many players forward as needed as fast as needed</li> <li>• Play the early ball where there is space behind the defense</li> <li>• Support point of attack by positioning players in box or finishing zone to maximize scoring opportunity</li> </ul>
<b>POSSESSION</b>	<ul style="list-style-type: none"> <li>• Utilize space and create triangles and passing options Moving to be an option for a teammate</li> <li>• Angle of support, body position</li> <li>• As many triangles as possible</li> <li>• Find and use the free player and 3<sup>rd</sup> man</li> <li>• Maintain balance in secure and creation zone to be positioned in transition</li> </ul>	<b>SCORE</b>	<ul style="list-style-type: none"> <li>• Occupation in front of the goal</li> <li>• Finishing (anticipate, adjust, or re-adjust to shoot)</li> <li>• Collective movement to occupy the spaces (near post, far post, cut back) in combination with the player on the ball at the right moment</li> <li>• Before shooting, players must look, think and decide on where/how to shoot based on the situation</li> <li>• Maintain defensive balance in creation zone</li> </ul>



# Tactical Principles: THEY have the ball

THEY have the ball

- DENY Play From Back
- DENY Possession
- DENY Attack
- DENY Scoring

WE	AIM	WE	AIM
<b>DENY PLAY FROM BACK</b>	<ul style="list-style-type: none"> <li>• Make it small &amp; keep it small</li> <li>• Whoever is closest attack</li> <li>• Press the player with ball, teammates create cover and balance</li> <li>• Force ball to the strength of your formation</li> <li>• Isolate the players with the ball</li> </ul>	<b>DENY ATTACK</b>	<ul style="list-style-type: none"> <li>• Delay the opponents attack when outnumbered</li> <li>• Players must recognize when we are outnumbered, and then slow down the attackers enough to allow teammates to recover</li> <li>• Teammates must recover fast and attempt to outnumber opponent until we are organized</li> <li>• Stay in your defensive zone when the opponent changes position</li> <li>• Being able to pass players on to another defender, or recognize when not to follow a player</li> <li>• When necessary switch between zonal and player marking</li> <li>• Players can switch their position based on game situation</li> </ul>
<b>DENY POSSESSION</b>	<ul style="list-style-type: none"> <li>• Make it small / Keep it small</li> <li>• When the ball moves, all players must move to a new position based on where the ball is going</li> <li>• Press the player with the ball, teammates cover &amp; balance</li> <li>• Outnumber the opponent</li> </ul>	<b>DENY SCORING</b>	<ul style="list-style-type: none"> <li>• Anticipate the long ball played behind the defensive line</li> <li>• Be able to recognize/predict when opponent may try to play behind our defensive line</li> <li>• Choose correctly between dropping back, or stepping up to use the offside trap (based on cues)</li> <li>• Keeper covers behind the defense</li> <li>• The team moves as a collective unit</li> <li>• Support Goalkeeper &amp; teammates if out of position</li> </ul>



## 7v7 Club Style of Play

Team-based soccer that emphasizes player intelligence, possession, dynamic attack, and high-pressure defense.

### General Principles

We build from the back—organized but adaptive. Players know their position—and when to leave it. Players move on and off the ball to provide support and play high-pressure defense to recover the ball.

### Key Qualities

Technically skilled, tactically & positionally aware, dedicated, tenacious, hard-working, passionate, healthy, fit, love of the game, and superlative sportsmanship.

Team-Based

Intelligence

Possession

Dynamic  
Attack

High-  
Pressure  
Defense

Team-Based

Movement off the ball; communication

Intelligence

Where should I be? Share ball and receive it back

Possession

Pass backwards, sideways; space & time awareness

Dynamic Attack

Identifying & finding space; exploiting mistakes

High-Pressure Defense

Immediate pressure + cover on GK, defenders

Love of Game

Fun, team events, birthdays



# Position Specific Profiles

Position	1 / GK	2 & 3 / Outside Backs	4 & 5 / Inside Backs	6 / Def Mid
Technical Roles/Attributes	<ul style="list-style-type: none"> <li>WE: Collecting, handling &amp; serving with hands &amp; feet.</li> <li>THEY: Tackle, regain possession 1 v 1</li> </ul>	<ul style="list-style-type: none"> <li>WE: Full passing range, crosses from flank channel</li> <li>THEY: Tackle, intercept, regain possession of ball</li> </ul>	<ul style="list-style-type: none"> <li>Marking, tracking, intercepting and tackling</li> <li>Heading, Passing to penetrate (all service types)</li> </ul>	<ul style="list-style-type: none"> <li>Marking, tracking, intercepting and tackling</li> <li>Collect, turn, re-direct to all regions of field (360)</li> </ul>
Tactical Roles/Attributes	<ul style="list-style-type: none"> <li>WE: Command, direct team during re-starts</li> <li>Organize, direct team actions in own half</li> <li>THEY: coach defensive players and direct</li> </ul>	<ul style="list-style-type: none"> <li>WE: Recognize, execute penetration on flanks</li> <li>Organize and direct #7, #11 in defending role + Central channel balance, cover for #4, #5</li> <li>THEY: disrupt attack, man/zone coverage on crosses, balance with 4/5</li> </ul>	<ul style="list-style-type: none"> <li>WE: Build-out, possession, tempo in central channel</li> <li>Organize, direct outside backs and c. midfielders</li> <li>Agility- change direction in response to cues</li> <li>THEY: 1v1 defending</li> <li>Positional understanding in relation to the backline (shifting, covering, distances)</li> </ul>	<ul style="list-style-type: none"> <li>WE: Primary option for build out and possession</li> <li>Penetrate- movement, passing or running w/ ball</li> <li>Communication during build out</li> <li>THEY: Defensive control centrally in front of backs</li> <li>Anticipate &amp; intercepting the ball on THEY attack</li> </ul>
Physical Roles/Attributes	<ul style="list-style-type: none"> <li>Aerial mobility maximize height and reach</li> <li>Maximal Speed of Reaction</li> </ul>	<ul style="list-style-type: none"> <li>Speed endurance- repeated explosive runs</li> <li>Acceleration- change speed response to ball</li> </ul>	<ul style="list-style-type: none"> <li>Aerial- max. use of height, explosive movement</li> <li>Rx Speed- adjust to ball, opponent movement</li> </ul>	<ul style="list-style-type: none"> <li>Mobility- multi-directional, box-box, centrally</li> <li>Speed endurance- intermittent, intense actions + Explosive movement- max. acceleration</li> </ul>
Mental Roles/Attributes	<ul style="list-style-type: none"> <li>Alert and focused, constant assessment of play</li> <li>Lead- confident, decisive mentality</li> </ul>	<ul style="list-style-type: none"> <li>Confident competitor in one-one isolation</li> <li>Confident in attacking and defending roles</li> </ul>	<ul style="list-style-type: none"> <li>Decisive leader- command and direct teammates</li> <li>Control and composure under pressure</li> </ul>	<ul style="list-style-type: none"> <li>Game Awareness- control tempo &amp; speed of play</li> <li>Self-less- effort to connect all parts of the team</li> </ul>



# Position Specific Profiles

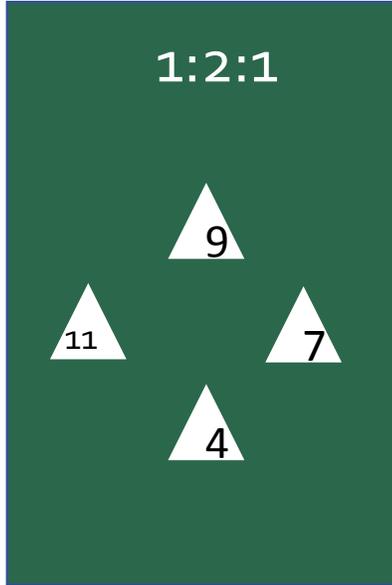


Position	8 / Central Midfielder	7 & 11 / Outside Mid-Wingers	10 / Attacking Midfielder	9 / Central Attacker- Striker
Technical Roles/Attributes	<ul style="list-style-type: none"> <li>WE: Collect, turn, re-direct to all regions of field (360)</li> <li>Creative decision making in attack and under pressure</li> <li>THEY: Marking, tracking, intercepting and tackling</li> </ul>	<ul style="list-style-type: none"> <li>WE: Flank service at high pace w/ either foot</li> <li>Running with the ball, high pace (penetration)</li> <li>Ball preparation, dribbling and ball manipulation</li> <li>THEY: defend 1v1</li> <li>Strong ability to disrupt</li> </ul>	<ul style="list-style-type: none"> <li>WE: Collect and turn under pressure.</li> <li>Passing- penetration and goal-scoring chances + Dribbling or striking to score goals.</li> <li>THEY: defend 1v1</li> <li>Strong ability to disrupt</li> </ul>	<ul style="list-style-type: none"> <li>Scoring- one-touch on demand (head and feet) + Receive, secure ball under pressure</li> <li>Able to turn and face the goal (Penetrate)</li> <li>THEY: defend 1v1</li> <li>Strong ability to disrupt</li> </ul>
Tactical Roles/Attributes	<ul style="list-style-type: none"> <li>WE: Primary option for build out and possession</li> <li>Penetrate- movement, passing or running w/ ball</li> <li>THEY: Defensive control centrally in front of backs</li> <li>Delay and disrupt opponent attack</li> </ul>	<ul style="list-style-type: none"> <li>WE: Mobility to create team crossing opportunities</li> <li>Mobility, timing of runs for central goal scoring</li> <li>THEY: create balance with 6,8 &amp; 10</li> <li>Provide cover /support for 9,10</li> </ul>	<ul style="list-style-type: none"> <li>Mobility- create separation from opponent</li> <li>Create scoring opportunities for teammates</li> <li>THEY: create balance with 6,8 &amp; 10</li> <li>Pressure, contain opponents' build out</li> </ul>	<ul style="list-style-type: none"> <li>Mobility, timing to optimize scoring chances</li> <li>Recognize, attack the spaces behind the defense</li> <li>THEY: create balance with 6,8 &amp; 10</li> <li>Pressure, contain opponents' build out</li> </ul>
Physical Roles/Attributes	<ul style="list-style-type: none"> <li>Mobility- multi-directional, box-box, centrally</li> <li>Speed endurance- intermittent, intense actions</li> <li>Explosive movement- max. acceleration</li> </ul>	<ul style="list-style-type: none"> <li>Speed endurance, high pace, frequent transition + Acceleration- with and without the ball</li> <li>Agility- efficiency in changing direction</li> </ul>	<ul style="list-style-type: none"> <li>Explosive movement- separation from opponent</li> <li>Acceleration- change direction or change speed</li> <li>Strength- shoot from distance, challenge for ball</li> </ul>	<ul style="list-style-type: none"> <li>Speed Endurance- repetitive explosive runs</li> <li>Strength- compete for possession aerial service</li> <li>Creativity</li> </ul>
Mental Roles/Attributes	<ul style="list-style-type: none"> <li>Game Awareness- control tempo &amp; speed of play</li> <li>Self-less- effort to connect all parts of the team</li> </ul>	<ul style="list-style-type: none"> <li>Ambitious penetrating attitude</li> <li>Patience- prepared to max opportunities w/ ball</li> <li>Focus- constant attention to game cues w/o ball</li> </ul>	<ul style="list-style-type: none"> <li>360 degree awareness- mental focus</li> <li>Ambitious attacking mentality</li> </ul>	<ul style="list-style-type: none"> <li>Persistence- remain in advanced position</li> <li>Aggressive attitude to compete for the ball</li> <li>Alert, anticipate positive opportunities</li> </ul>



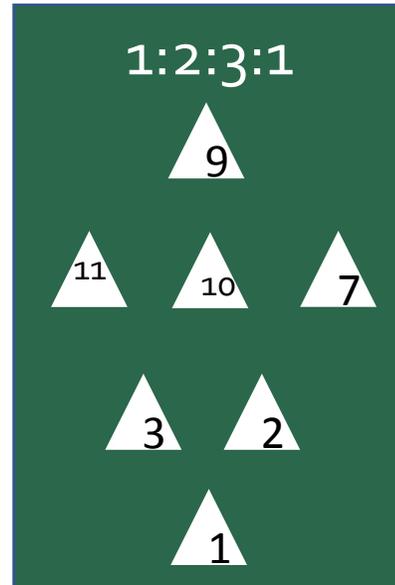
# Systems of Play / Modified Game Formations

4 v 4



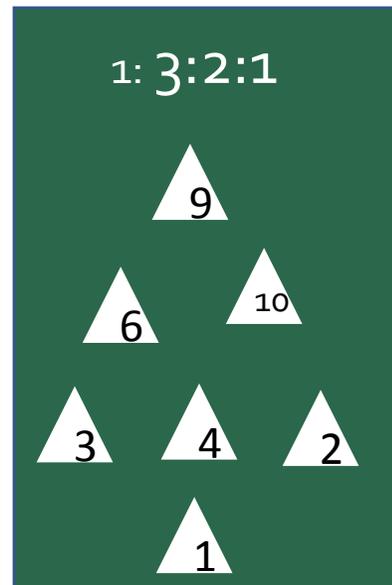
- Creates angles
- Diamond shape give support in We and They

7 v 7



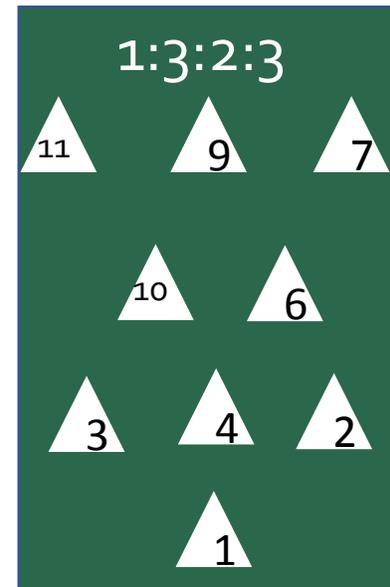
- Strong in Attack with wide players
- Midfield must give support while in They

7 v 7



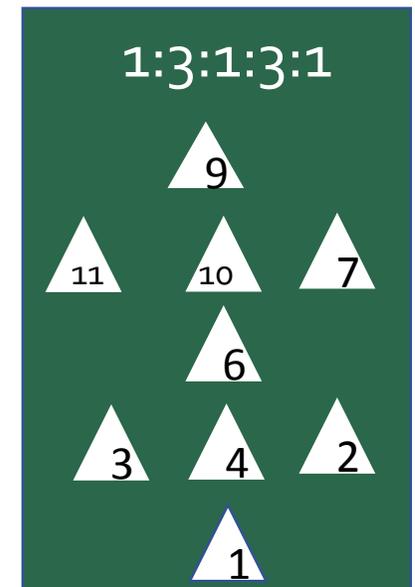
- Strong for play from back
- Midfield must support the attack
- Def to make runs on attack

9 v 9



- Strong for play from back
- Midfield involved in We and They
- Def to make runs on attack

9 v 9



- Great for play from back
- (2) Diamonds give full field coverage
- High Press game with one lone sweeper
- Mid must support lone striker



Formations should be played to ensure consistency and tactical understanding as the game size expands. Players at these stages should be rotated into all positions to maximize a greater understanding of the tactical impact of player positioning and player responsibilities.



# Game Day Expectations

## PRE-GAME

- Be on time
- Wear Premier gear (club polo), look professional
- Review of practice
- Structured warm up
- Understanding of roles & expectations
- Objectives for the game (3)

## DURING THE GAME

- Coach “off” the ball, not on the ball
- Developing decision makers, not “joy- sticking”
- When to coach
- Coaching demeanor
- Treat officials with respect
- The louder you are, the less confidence your team has

## HALF-TIME

- Give players a few moments on their own
- Our issues vs their issues
- Max 3 coaching points/adjustments
- Individual vs. team

## POST-GAME

- Performance first (over result)
- Remain positive
- Have perspective
- Be humble in victory and classy in defeat
- Save your speech until the next practice.

## GENERAL

- Use positive reinforcement, be honest, have belief in your team, and use your knowledge of the game.



At the end of the day, if the opposing players AND the family of the opposing players admire and respect both you the coach and your team and even better yet, wish they played- or were part of your team, then you did your job, representing the club.



# U9 & U10 / 7v7 – Boys & Girls: Season Plan

## FUN with the BALL and the TEAM

- Move to 7v7
- Continued mastery of the ball - may need to encourage outside of training
- Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
- Play and understand the system 7v7 (structure, shape, movement = how to identify 1v1's or 2v1's - creating and using space, scanning/shaping)
- Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
- 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Begin discussing insight
- Encourage, reinforce player communication
- When WE have the ball WE get BIG - team shape
- Main emphasis for U9/10 is still WE have the ball
- WE to THEY - get it back where we lost it



Play to LEARN

