

Moments & Areas

WE have the ball

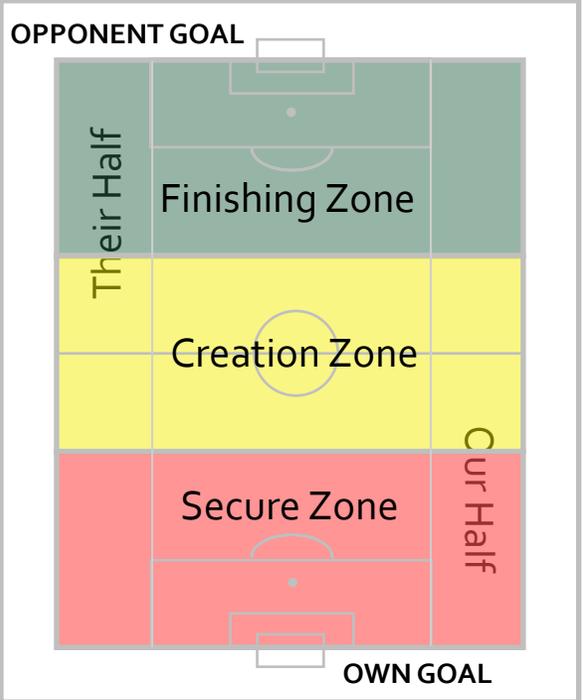
Possession of the ball in the final third near the opponent's goal
Aim: Score goals and create chances

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

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



Tactical Principles: THEY have the ball

THEY have the ball

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

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



9v9 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	Overlapping runs—and defensive coverage
Intelligence	Decision making: offense, defense, transition (WE/THEY)
Possession	Positioning & repositioning
Dynamic Attack	Creativity, vision, adaptability
High-Pressure Defense	Recovery, shifting
Love of Game	Team fundraising; player-driven practices



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



Position Specific Profiles

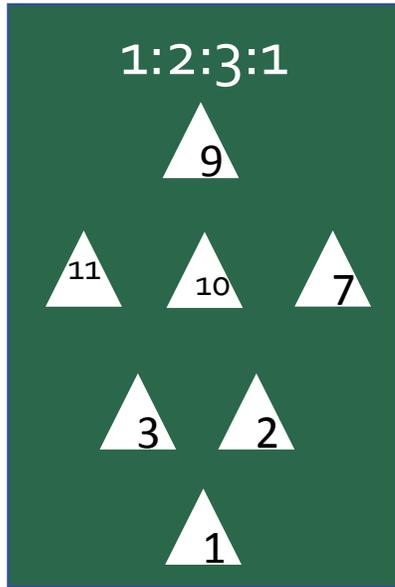


Position	8 / Central Midfielder	7 & 11 / Outside Mid-Wingers	10 / Attacking Midfielder	9 / Central Attacker- Striker
Technical Roles/Attributes	<ul style="list-style-type: none"> WE: Collect, turn, re-direct to all regions of field (360) Creative decision making in attack and under pressure THEY: Marking,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



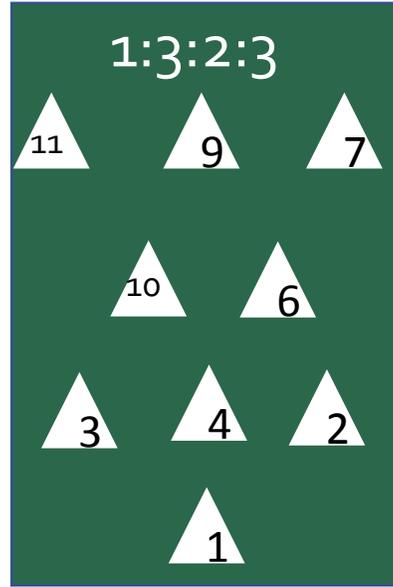
Systems of Play

7 v 7



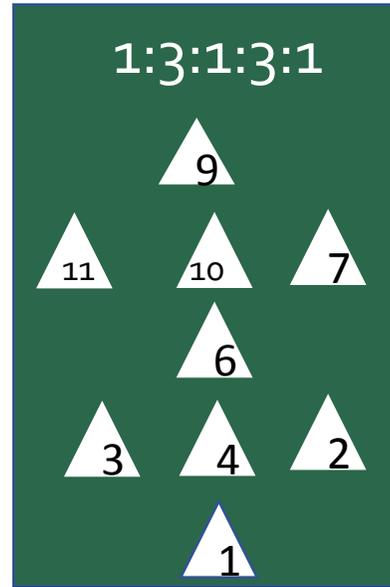
- Strong in Attack with wide players
- Midfield must give support while in They

9 v 9



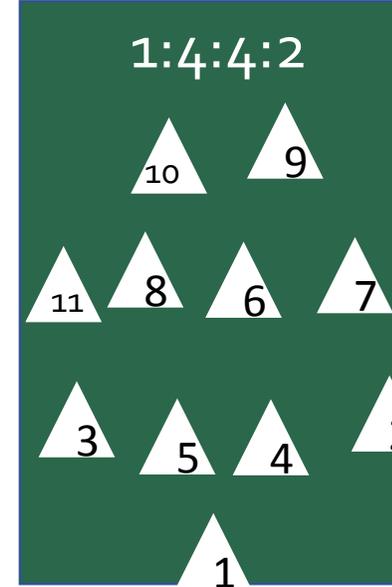
- Strong for play from back
- Midfield involved in We and They
- Def to make runs on attack

9 v 9



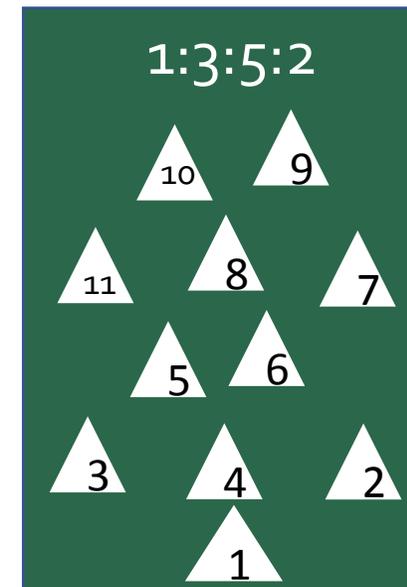
- Great for play from back
- (2) Diamonds give full field coverage
- High Press game with one lone sweeper
- Mid must support lone striker

11 v 11



- Good to play wide
- Simple and well known
- Strong defensively
- Gaps between lines
- Predictable

11 v 11



- Two attackers create chances
- Ideal for def mid to involve in attack
- Risky if 2/3 are not quick or out of position

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.



U11 & U12 / 9v9 – Boys & Girls: Season Plan

Playing Together – working with 2-3 players towards a line

- Move to 9v9
- Continued mastery of the ball - may need to encourage outside of training
- Play and understand the system 9v9 (structure, shape, movement = how to play together - creating and using space, scanning/shaping). Encourage, reinforce player communication
- Use small-sided games to develop basic attacking and defensive principles, more emphasis on Insight
- Tactical training focus with possession, combination play, transition and finishing in the final third, as well as zonal defending.
- Players should rotate in two or three different positions to avoid early specialization.
- Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
- When WE have the ball WE get BIG - team shape, Main emphasis for U11/12 is still WE have the ball
- Begin to train in THEY - WE get SMALL, shape, pressure, cover
- WE to THEY - get it back where we lost it, defensive shape, setting a defensive line



Learn to TRAIN



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.



9v9 TRAINING RESOURCES

The activities that follow can be used at 9v9 training sessions to emphasize elements of the Club's "Style of Play." Intentionally brief, coaches can quickly implement.

Each session explains the activity, highlights objectives, and provides coaches guiding questions they can ask players to facilitate soccer development.



ONE TRAINING METHOD

STAGE 1: Technical Warm Up

When players arrive to practice, the first responsibility of the coach is to create an environment that is safe, engaging and fun. In the first phase, players engage in small-sided games with the primary focus on having fun. It is important that the technical warm up are led by the players and facilitated by the coaches. During this first *warm-up* stage, players have the opportunity to experience the game while the coach observes and guides them towards developing their own solutions rather than being directed what to do.

STAGE 2: Core Activity / PRACTICE

In the second phase, players are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the Core Activity/*Practice* phase is to create an environment filled with opportunities for players to experience and learn about the goal of the training session through repetition. *Practice* activities should be of appropriate challenge (striking a balance between success and failure), resemble the game, involve the players making decisions and allow for creative problem solving. The role of the coach during this phase is to guide players while using teaching actions. While it is during this phase that targeted learning takes place, there should always be an emphasis on keeping the atmosphere fun and enjoyable for the players.

STAGE 3: Scrimmage/ Reinforce Core Lesson

The final stage of is the game. This phase offers players the opportunity and freedom to play, without interruption, in an environment that mirrors the actual game. The focus of the final *scrimmage* phase is to encourage players to express themselves and demonstrate what they learned during the Core Activity/*Practice* phase. A coach should observe and guide using minimal dialogue if possible. By silently observing the application, the coach is able to check each player's understanding and ability to execute the goal of the training session. This also is a time for 'teaching moments', quick freeze moments where Q&A can be done to correct a tactical decision or technical execution.



Week 1

Description

MOMENT: WE have the ball

AREA: Finishing Zone

GOAL: Improve scoring goals #1

PLAYER ACTIONS Shoot, Pass or Dribble forward, Create a 2v1 or 1v1

KEY QUALITIES Make decisions, Take initiative, Optimal technical abilities

PRINCIPAL: ATTACK

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v5 to goal - two counter goals

MOMENT: WE have the ball

OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward create 2v1 or 1v1.

ORGANIZATION: In a 9v9 field, set up a 44Wx28L playing area with a regular goal and two counter goals. The 5 Blue players: 1 midfielder 2 winger and 2 strikers against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by passing to one of two counter goals. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we are in front of an opening what should we do to connect with a teammate? 3. What can we do to combine?

ANSWERS: 1. When we have an opening to goal - 2. We should pass forward through the opening to connect. - 3. Create a 2v1 to wall pass around the defender.



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Week 2

Description

MOMENT: WE have the ball

AREA: Finishing Zone

GOAL: Improve Scoring Goals # 2

PLAYER ACTIONS Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1

KEY QUALITIES Read the game, Be proactive, Optimal technical abilities

PRINCIPAL:ATTACK

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy– **Receiving:** Body, position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

Typical Flow of practice

Technical Warm- up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v5 to goal

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or Dribble forward, Create passing options, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 36Wx28L field with a regular goal. The 5 Blue players: 1 GK, 1 midfielder, 2 wingers and 1 striker against the Red team: 1GK, 3 defenders and 1 midfielder. Both teams will score in the opponent's goal. All laws of the game in effect. If the one team scores, the other team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, Receiving, Passing and Dribbling.

KEY WORDS: Strike at goal, Pass, Dribble and Opening.

GUIDED QUESTIONS: 1. Where should we strike to score a goal? 2. When is a good time to pass to a teammate? 3. What do we need to do to create a wall pass combination?

ANSWERS: 1. Low and to the corners away from the keeper - 2. When we have an opening and he/she is in a scoring position - 3. We need to create a passing option in a 2v1.



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Week 3

Description

MOMENT: THEY have the ball

AREA: Secure Zone

GOAL: Improve preventing the opponent from scoring goals # 1

PLAYER ACTIONS Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance

KEY QUALITIES Read the game, Take initiative, Focus

PRINCIPAL: Deny Attack

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v4 to goal & 2 small goals

MOMENT: THEY have the ball

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Make it and Keep it SMALL, Pressure, Cover & Balance.

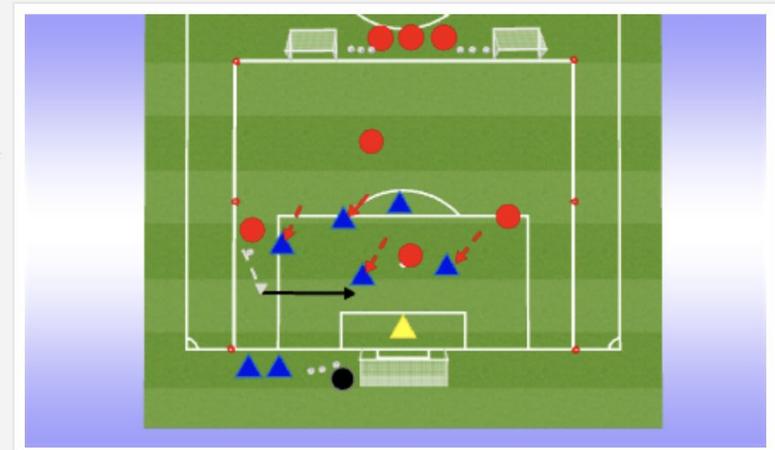
ORGANIZATION: In our secure zone of a 9v9 field, set up a 42Wx28L field with a regular goal and two small goals as shown. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders will try to deny scoring chances and regain the ball and score in one of the two small goals. The 4 Red players: 1 midfielder, 2 wingers and 1 striker will try to score in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance.



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Week 4

Description

MOMENT: THEY have the ball

AREA: Secure Zone

GOAL: Improve preventing the opponent from scoring goals # 2

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent

KEY QUALITIES: Make decisions, Be proactive, Focus

PRINCIPAL: Deny Attack

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position

Typical Flow of practice

Technical Warm- up with BALL -Opening Activity / 5 min. (high intensity ball dribbling or dribble games, juggling, tag with the ball or similar.

Play - 3v3 - 4v4 (introduce some of the practice concepts during free-play) / 15 min

Practice - Below session / 15 min

Play - 3v3 - 4v4 (reinforce topic of the practice session with SHORT coaching/teaching moments) / 15 min

CORE ACTIVITY: 6v5 to regular goals

OBJECTIVE: Deny Scoring chances.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance and Outnumber the opponent.

ORGANIZATION: In our secure zone of a 9v9 field, set up a 50Wx30L field with two regular goals as shown. The 6 Blue players: 1GK, 3 defenders and 2 midfielders will try to regain the ball and score in the Red's goal. The 5 Red players: 1GK, 1 midfielder, 2 wingers and 1 striker will try to score in the Blue's goal. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the shot, Pressure, Help and Double.

GUIDED QUESTIONS: 1. How can a defender block the shot to goal? 2. Who will hassle the player with the ball? 3. How can the other defenders help the pressing defender? 4. When should we double team?

ANSWERS: 1. Protect the goal by getting in between the ball and goal - 2. The closest defender will pressure the ball - 3. They provide cover and balance - 4. When we outnumber the attacker with the ball.



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Week 5

Description

MOMENT: WE have the ball

AREA: Creative & Secure Zone

GOAL: Improve the build up from our Secure Zone in order to move the ball into the Creative Zone # 1

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options

KEY QUALITIES: Read the game, Take initiative, Demonstrate Focus

PRINCIPAL: Build Up From Back

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy– **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v5 to goal and dribbling gates

OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

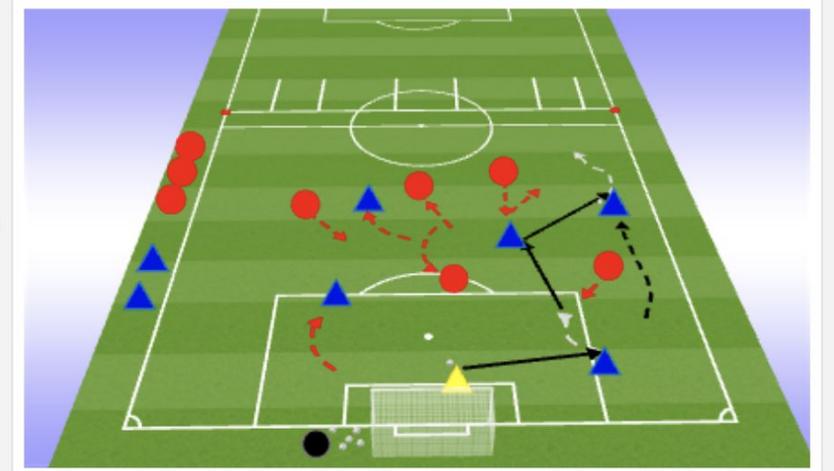
ORGANIZATION: In a 9v9 field, set up a 50Wx45L playing area with a regular goal and three 8-yard dribbling gates. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers, and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game are in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving, and passing.

KEYWORDS: Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening to pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.



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Week 6

Description

MOMENT: WE have the ball

AREA: Creative & Secure Zone

GOAL: Improve the build up from our Secure Zone in order to move the ball into the Creative Zone #2

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack

KEY QUALITIES: Read the game, Take initiative, Optimal technical abilities

PRINCIPAL: Build Up From Back

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy– **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

OBJECTIVE: Pass or dribble to move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack.

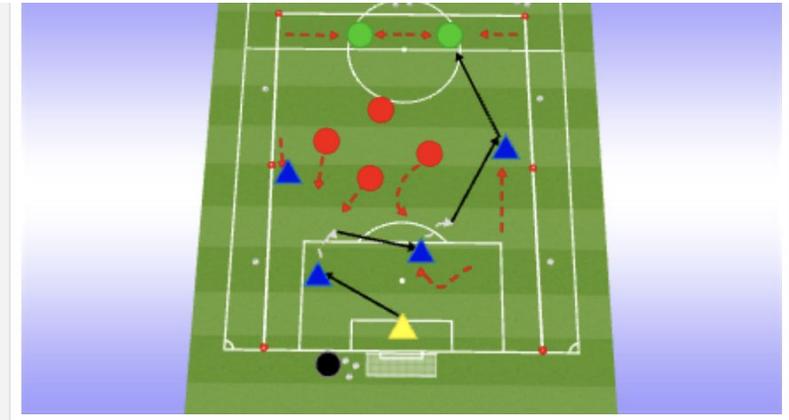
ORGANIZATION: In a 9v9 field, set up a 40Wx45L playing area with a regular goal and two target players. The 5 Blue players: 1 GK, 3 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. Blue team scores by passing to one of the target players. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Disperse, Connect, Take it and Options.

GUIDED QUESTIONS: 1. Where should we go to disperse? 2. When is a good time to connect around the defenders with a teammate? 3. What do we do to take the ball forward if we have space in front? 4. How can we become a passing option?

ANSWERS: 1. To spread out we go up to the boundaries - 2. When we do not have an opening we pass the ball around and away from the defenders - 3. We dribble the ball forward - 4. By being in front, to the sides and behind creating diagonal passing lanes.



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Week 7

Description

MOMENT: THEY have the ball

AREA: Creative Zone

GOAL: Improve preventing the opponent from building up in 'their Secure Zone'

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance

KEY QUALITIES: Make decisions, Focus, Optimal physical abilities

PRINCIPAL: Deny Build Up & Deny Possession

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 6v7 to goals and two targets

OBJECTIVE: To regain the ball in the Creative Zone

PLAYER ACTIONS: Protect the goal, Create Transition moment by stealing the ball, Pressure, Cover & Balance.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 7 Red players: 1GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Prevent, Pinch, Pressure and Help.

GUIDED QUESTIONS: 1. Who and how should we be preventing the forward pass? 2. When is a good time to pressure the attacker with the ball? 3. Who should help the pressing defender?

ANSWERS: 1. The closest defender to the ball should protect the goal by getting in between the ball and goal - 2. Pressure the attacker at the moment of receiving the ball or just before - 3. All the other defenders should provide cover and balance.



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Week 8

Description

MOMENT: THEY have the ball

AREA: Creative & Secure Zone

GOAL: Improve preventing the opponent from building up and creating scoring chances in our Secure Zone

PLAYER ACTIONS Protect the goal, Pressure, Cover & Balance, Make and Keep it Small

KEY QUALITIES Read the game, Be Pro-active, Focus

PRINCIPAL: Deny Possession

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

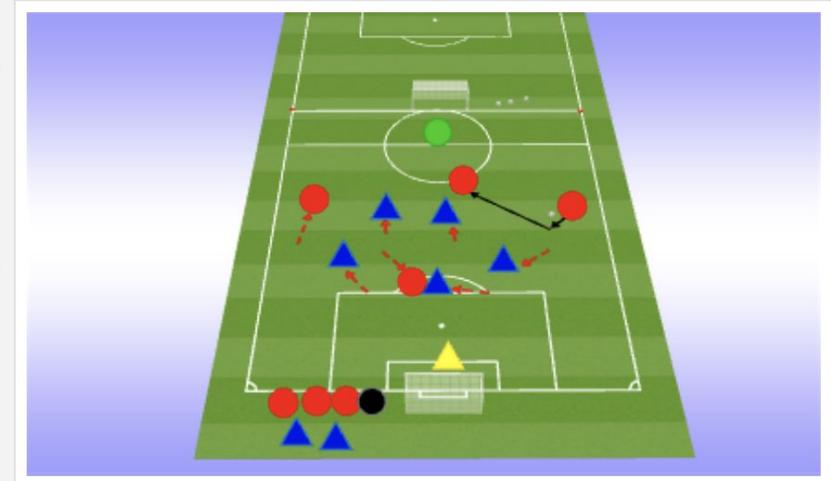
CORE ACTIVITY: 6v5 to regular goals

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In the defensive half of a 9v9 field, set up a 50Wx30L field with 4 small goals as shown. The 5 Blue players: 2 defenders, 1 midfielder and 2 wingers will try to regain the ball and score in one of the two small goals in the midfield. The 4 Red team: 1 midfielder, 2 wingers and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. Rotate players every interval

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.



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Week 9

Description

MOMENT: WE have the ball

AREA: Creative & Finishing Zone

GOAL: Improve the build up in the Creative and Finishing Zone in order to create scoring chances #1

PLAYER ACTIONS Pass or dribble forward, Spread out (GO BIG), Support the attack, Create a 2v1 or 1v1

KEY QUALITIES Read the game, Focus, Optimal technical abilities

PRINCIPAL: Possession & Attack

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v6 to goal - two counter goals

OBJECTIVE: To possess and move the ball forward to create chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out (GO BIG), Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In the Secure and Finishing Zone of a 9v9 field, set up a 50Wx40L field with a regular goal and a small goal as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score in one of the two counter goals. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Get wide (Go BIG), Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. What do we create when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. By spreading out we create an opening to play through - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. We should be creating a 2v1 and a diagonal passing lane.



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Week 10

Description

MOMENT: WE have the ball

AREA: Creative & Finishing Zone

GOAL: Improve the build up in the Creative and Finishing Zone in order to create scoring chances #2

PLAYER ACTIONS Pass or dribble forward, Spread out (GO BIG), Create a 2v1 or 1v1, Change the attack

KEY QUALITIES Read the game, Focus, Optimal technical abilities

PRINCIPAL: Possession & Attack

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy

– **Receiving:** Body, position, surface of the foot and ball, first touch

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v6 to goal and end zone

OBJECTIVE: To pass and dribble forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out (GO BIG), Create a 2v1 or 1v1, Change the attack.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a 3 yards end zone. The 5 Blue players: 1 midfielder, 2 wingers and 2 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score by dribbling or passing to a teammate running into the end zone. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate Overload, Possession, and Switch.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do if we can't penetrate? 3. What should you do in a 1v1? 4. When should we keep possession of the ball? 5. When is a good time to switch fields?

ANSWERS: 1. We spread out (GO BIG) - 2. Possess the ball, pass around the defenders to move the ball forward - 3 Dribble the defender to move the ball forward. - 4. When we can't pass forward through or around an opening - 5. We change fields when we have too many defenders in front.



Week 11

Description

MOMENT: THEY have the ball

AREA: Finishing Zone

GOAL: Improve preventing the opponent from building up in the Secure Zone

PLAYER ACTIONS Pressure, cover and balance, Get and make it compact/'Small', Create Transition Moment

KEY QUALITIES Understand the game, Focus, Take initiative

PRINCIPALS: DENY POSSESSION/DENY BUILD UP

SKILL ACQUISITION: **Pressure:** Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

Typical Flow of practice

Technical Warm-up with BALL - Opening Activity / 10-15 min. (players in large circle, no more than 2 feet from each other. One ball played in a rondo, where all players to be on their toes, move at all times, 1 touch passes if you can, two if you have to, 3 if you must. FOCUS: constant movement that allows players to turn and prepare body position to quickly pass to a new player if ball is passed to him/her. Create two circles for more touches and faster play, use two balls to make it harder or players follow their pass.

Core Activity / 30 min

Scrimmage - full team scrimmage, with SHORT coaching/teaching moments when appropriate) / 20-25 min

CORE ACTIVITY: 5v6 to Goal & Two Counter Goal

OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two counter goals. Select 5 Blue attackers, 5 Red defenders and their goalkeeper. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.



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Any and all questions and related to the curriculum should be directed to the Technical Director or your age appropriate Director of Coaching.

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