

Moments & Areas

WE have the ball

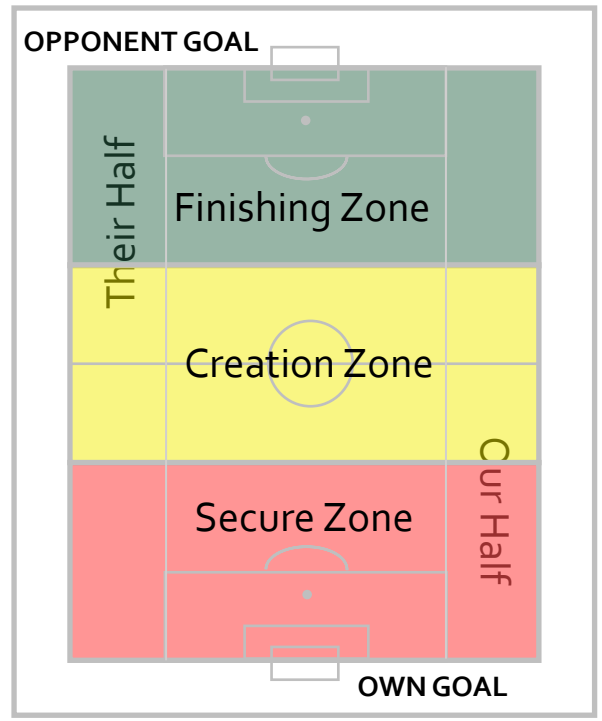
Possession of the ball in the final third near the opponent's goal
Aim: Score goals and create chances

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

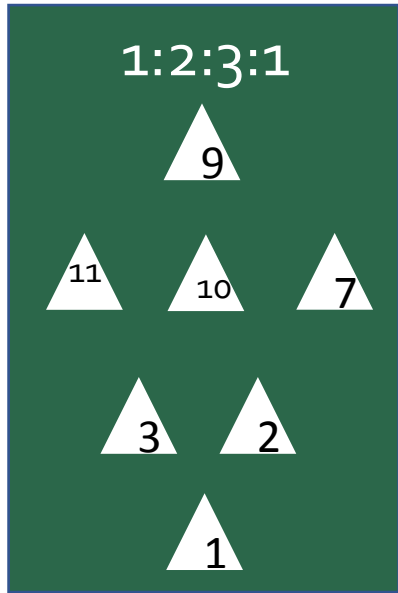


Position	8 / Central Midfielder	7 & 11 / Outside Mid-Wingers	10 / Attacking Midfielder	9 / Central Attacker- Striker
Technical Roles/Attributes	<ul style="list-style-type: none"> WE: Collect, turn, re-direct to all regions of field (360) Creative decision making in attack and under pressure THEY: Marking, 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



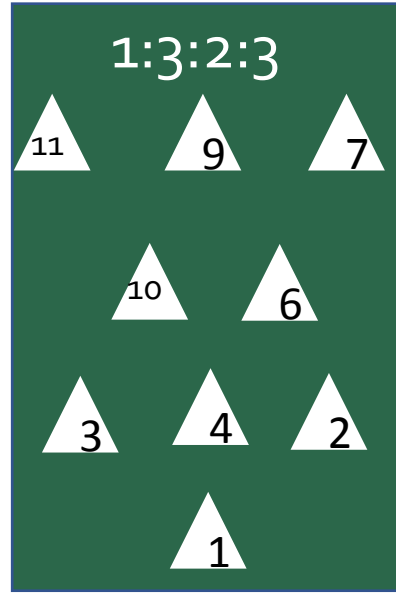
Systems of Play

7 v 7



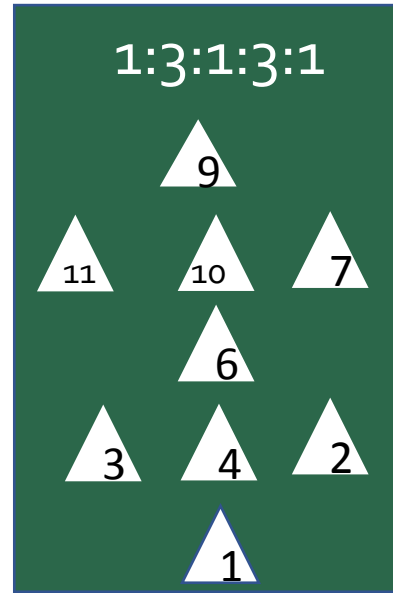
- Strong in Attack with wide players
- Midfield must give support while in They

9 v 9



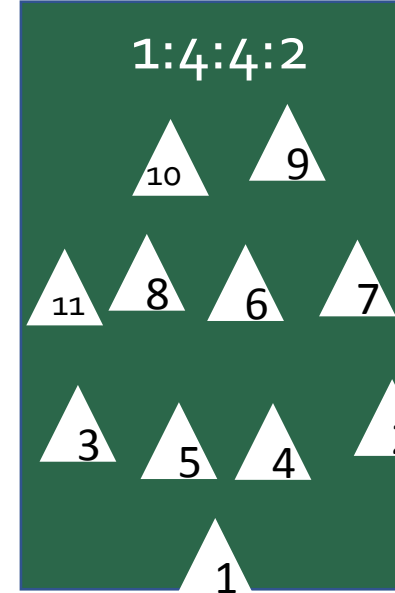
- Strong for play from back
- Midfield involved in We and They
- Def to make runs on attack

9 v 9



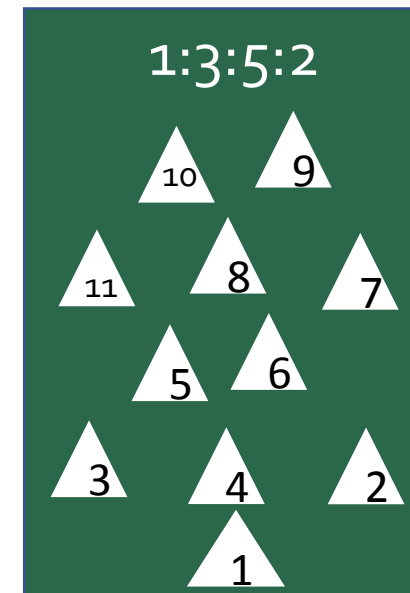
- Great for play from back
- (2) Diamonds give full field coverage
- High Press game with one lone sweeper
- Mid must support lone striker

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.

