

ables affecting speed of play:

- A. Technique
- B. Vision
- C. Pressure from opponent
- D. Options to play (choices)

TOPIC: Including Your Speed of Play

Coch Name:

Concerns:

- A. Improve technique
- B. Improve vision
- C. Improving tactical decision

	ORGANIZATION	KEY COACHING POINTS
<p>(30x20)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="text-align: center;">ACTIVITY 1</p> <pre> X. O X O Z O O O X O X X </pre> </div>	<p>6v3+1</p> <ul style="list-style-type: none"> • X's keep away from the O's. (7v3) • X's don't defend, O's play high pressure • O's upon gaining possession play keep away from Z (3v1). O's only have 1 touch. • X's receive a point when playing into Z • O's receive a point upon gaining possession. 	<ul style="list-style-type: none"> ✓ Keep ball moving ✓ Play front foot ✓ Support on the left and right ✓ Keep shape
<p>(40x20)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="text-align: center;">ACTIVITY 2</p> <pre> X. X O O O Z O O Z O X X </pre> </div>	<p>6v4+2</p> <p>Same as above adding players</p> <ul style="list-style-type: none"> • X's 2 touch (8v4) • O's 1 touch (4v2) • Z's unlimited 	<ul style="list-style-type: none"> ✓ Keep ball moving ✓ Always moving and adjusting ✓ Weight of Pass ✓ Z's dictate play
<p>(40x20)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="text-align: center;">ACTIVITY 3</p> <pre> X. O O X O O Z Z O O Z O X X </pre> </div>	<p>7 v 5</p> <ul style="list-style-type: none"> • Keep away • Receive a point for every 1 touch pass otherwise play unlimited. • Z unlimited touches and still counts points. • Play first team to 40 one touch passes. 	<ul style="list-style-type: none"> ✓ Keep shape ✓ Stay alert ✓ Play heads up and aware of surroundings ✓ Play away from pressure
<p>(60x40)</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p style="text-align: center;">ACTIVITY 4</p> <pre> X X O K X X O X X X O X X O </pre> </div>	<p>6 v 6 including keepers</p> <ul style="list-style-type: none"> • Remove restrictions and observe • Maybe give the teams different scenarios • How do we play when: • Up or down by a goal 	<ul style="list-style-type: none"> ✓ Keep shape ✓ Move ball quickly ✓ Transition

IN & OUT

Organization:

- 4 reds and 4 blues in the rest out
- Pass ball out to player on same team and go out.
- Player on the outside comes into the game with the ball.

Technique:

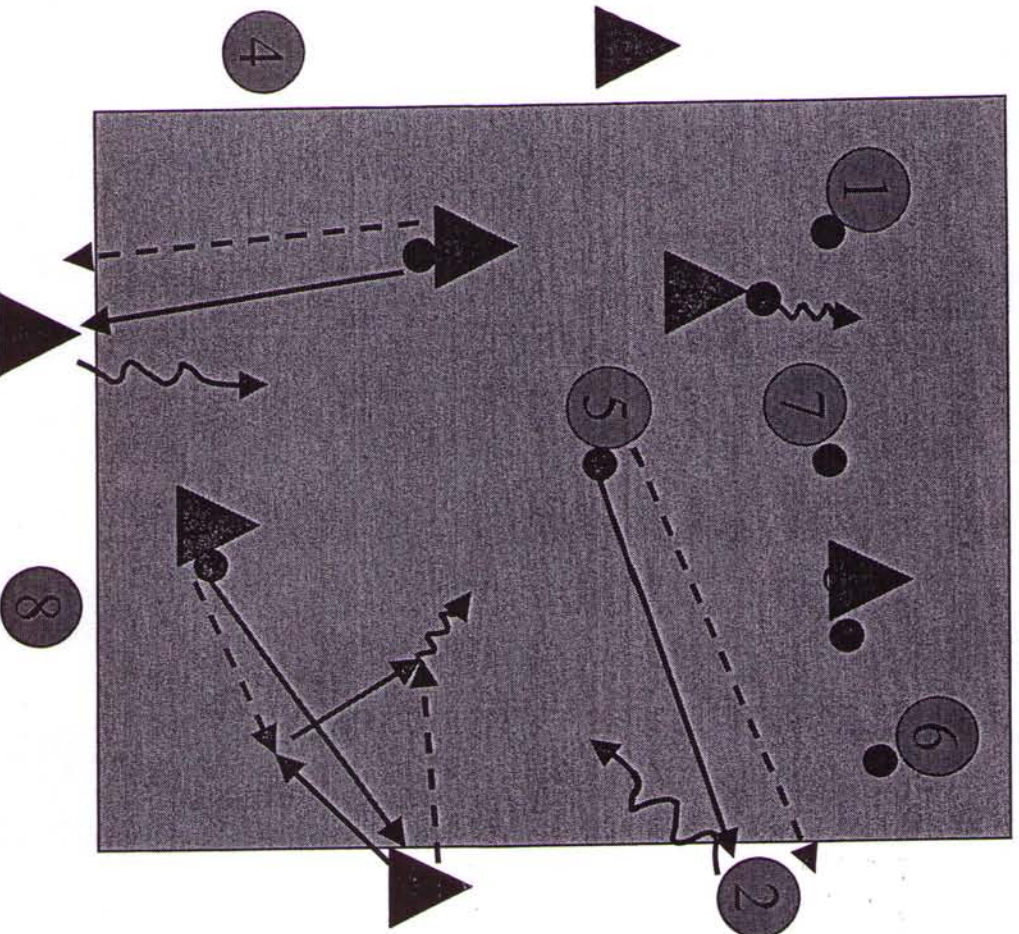
- Receiving – Inside and outside of foot
- Dribbling – Inside, outside and instep of foot.
- Introduce moves to beat an opponent (ie scissors)

Coaching points:

- Relax the controlling surface
- The body and ball are under control
- Movement of body and ball to throw opponents off balance
- Change of pace
- Change of direction
- Head up

Variations:

- Bring the outside player into the game with a combination, i.e. takeover or give & go (see diagram players a and e)
- Do a turn with the ball before play ball out



KEY:

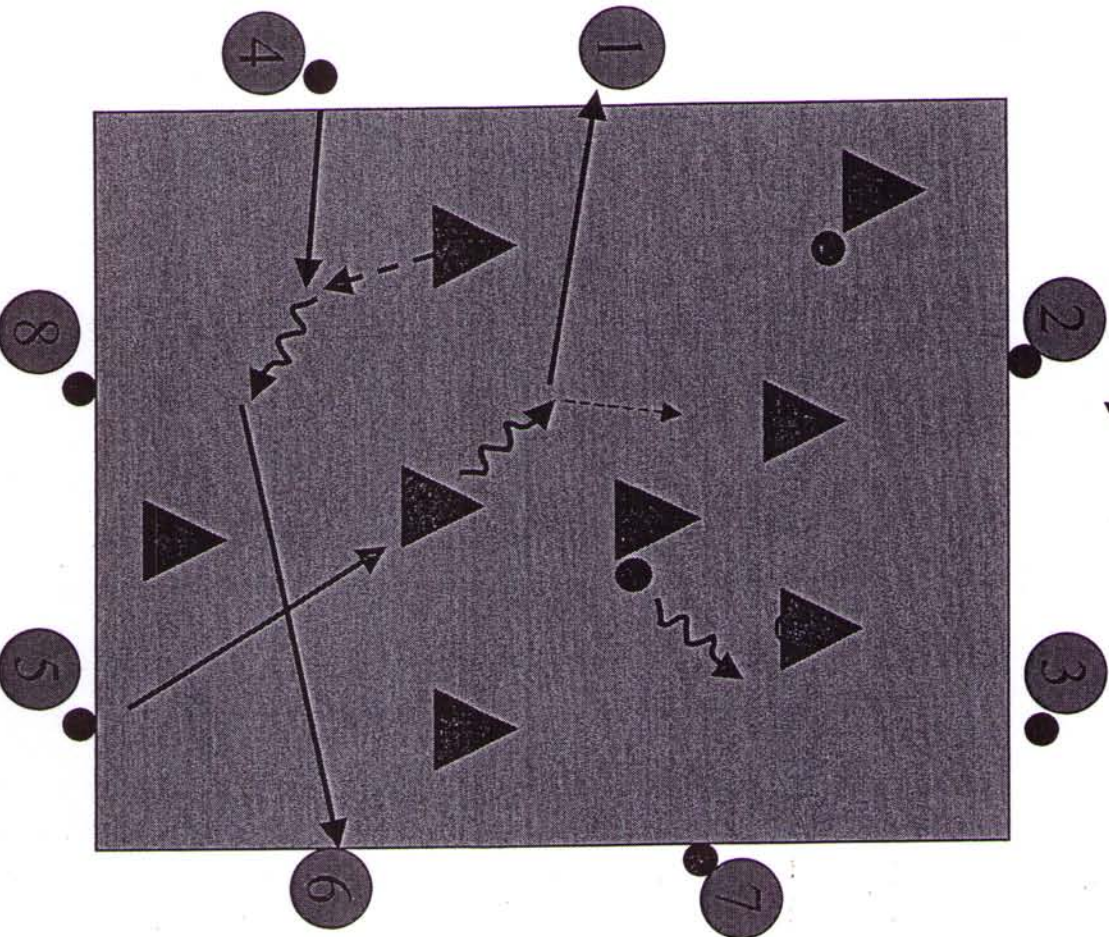
Run



Pass



Dribble



RECEIVE & TURN

Organization:

- Balls start on the outside
- Players on inside move to receive a ball from a player on the outside, then give the ball to a different player on the outside.

Technique:

- Receiving – Inside and outside of foot, thigh and chest
- Turning – introduce different turns (i.e. shielding turn)

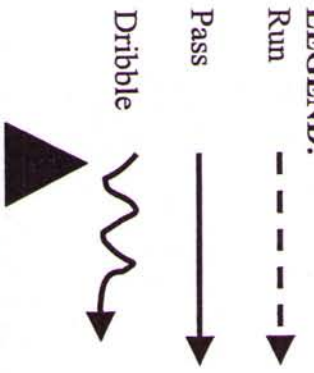
Coaching points

- Move with head up
- Communication and awareness (visual & verbal)
- Change speed
- Find options early
- Timing of the run, so your moving when you receive the ball
- Change speed (with and without ball)
- Keep eyes on the ball
- Relax the controlling surface

Variations:

- Players on outside serve from hands
- Inside players receive with foot, thigh, chest, head

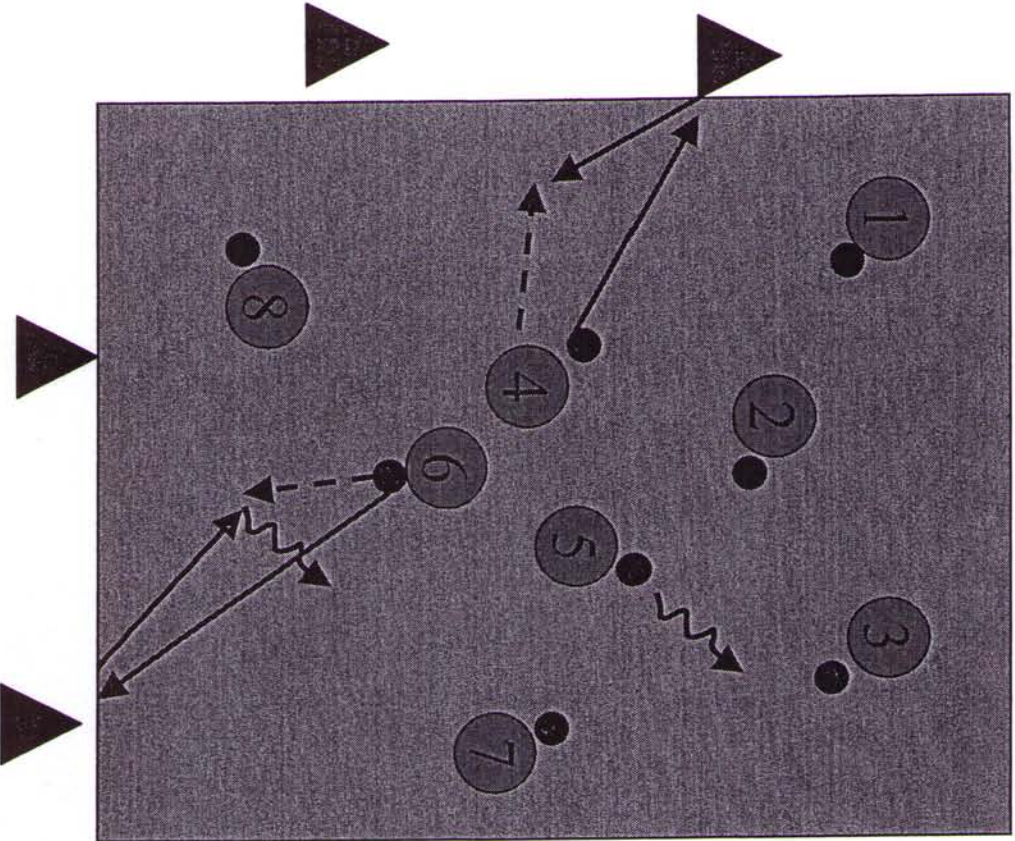
LEGEND:



Recommendations:

Age	Field size
8-12	20x40
12-16	30x50
16-18	50x60

*Field size based on age and ability of players



GIVE & GO

Organization:

- Circles pass ball out to triangles and move on a different line than the ball to get it back.
- Triangles one or two touch

Technique:

- Passing – inside and outside of foot
- Receiving – inside and outside of foot

Coaching points:

- Plant foot next to ball, toe pointed at target
- Kicking foot, to up and ankle locked
- Weight of the pass for easy control
- Communication and awareness (visual & verbal)
- Accuracy of the pass (to feet or space)
- Timing of the run, so your moving when you receive the ball
- Change speed (with and without ball)
- Keep eyes on the ball
- Relax the controlling surface

Variations:

- Long pass out, receive short pass in
- Short pass out, receive long pass in

KEY:



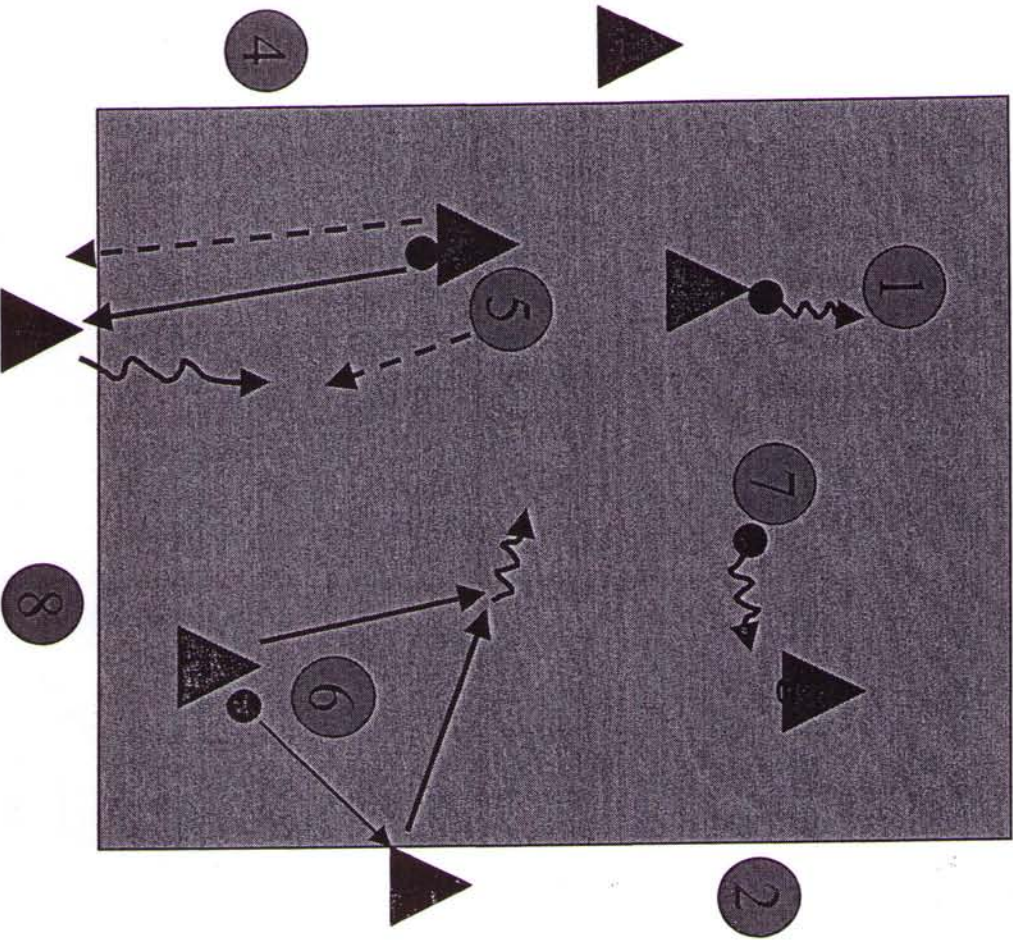
Run



Pass



Dribble



1v1 Keep away

Organization:

- 4 groups of 2 play 1v1 across the grid
- 2 play north/south and 2 play east/west
- Make-it, Take-it

Technique:

- Dribbling – Manipulating the ball from side to side

Tactics:

- 1v1 – Develop a “take-on” mentality

Coaching points:

- Close ball control
- Sideways stance of the body (shielding)
- Body between the ball and the opponent
- To be patient and not give ball away unnecessarily

Variations:

- Play for 1 minute then switch players in and out
- Play with “In and Out” rules

Key:

Run



Pass



Dribble



2 v 2 to Corner Targets

Organization:

- 2v2 with targets in the corners
- Run 2 fields at the same time

Technique:

- Passing and Receiving
- Combination
- 1v1 dribbling

Tactics:

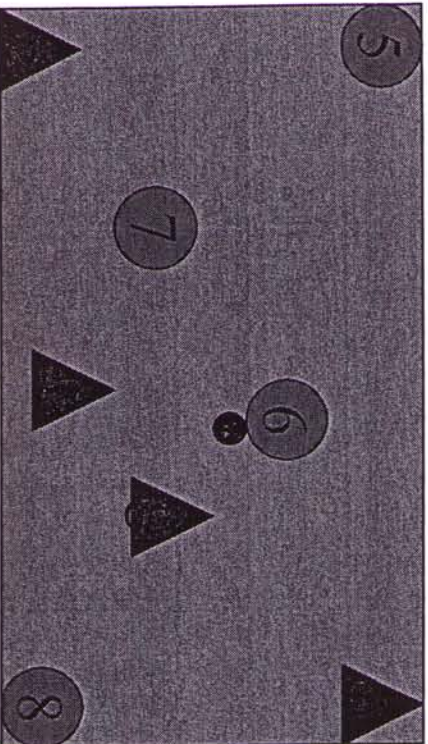
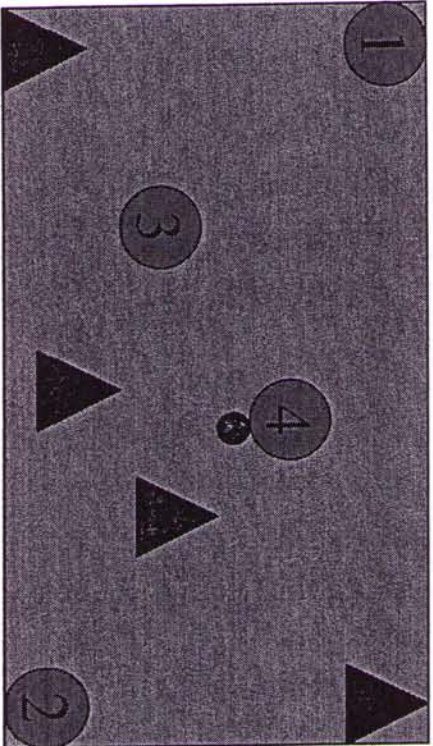
- Decision to play forward

Coaching Points:

- Playing space is bigger in the center
- Try to stretch opponents
- Transition quickly when possession is regained

Variations:

- Play directionally with one group going North/South and the other group going East/West.
- Play with In and Out rules
- Play with Give and Go rules



KEY:

Run



Pass



Dribble



Movement off the Ball

Organizations:

- Players pair up with one ball. They pass and move amongst themselves. When (g) plays the ball to an outside player (h) moves to get it back

Technique:

- Passing
- Receiving

Tactics:

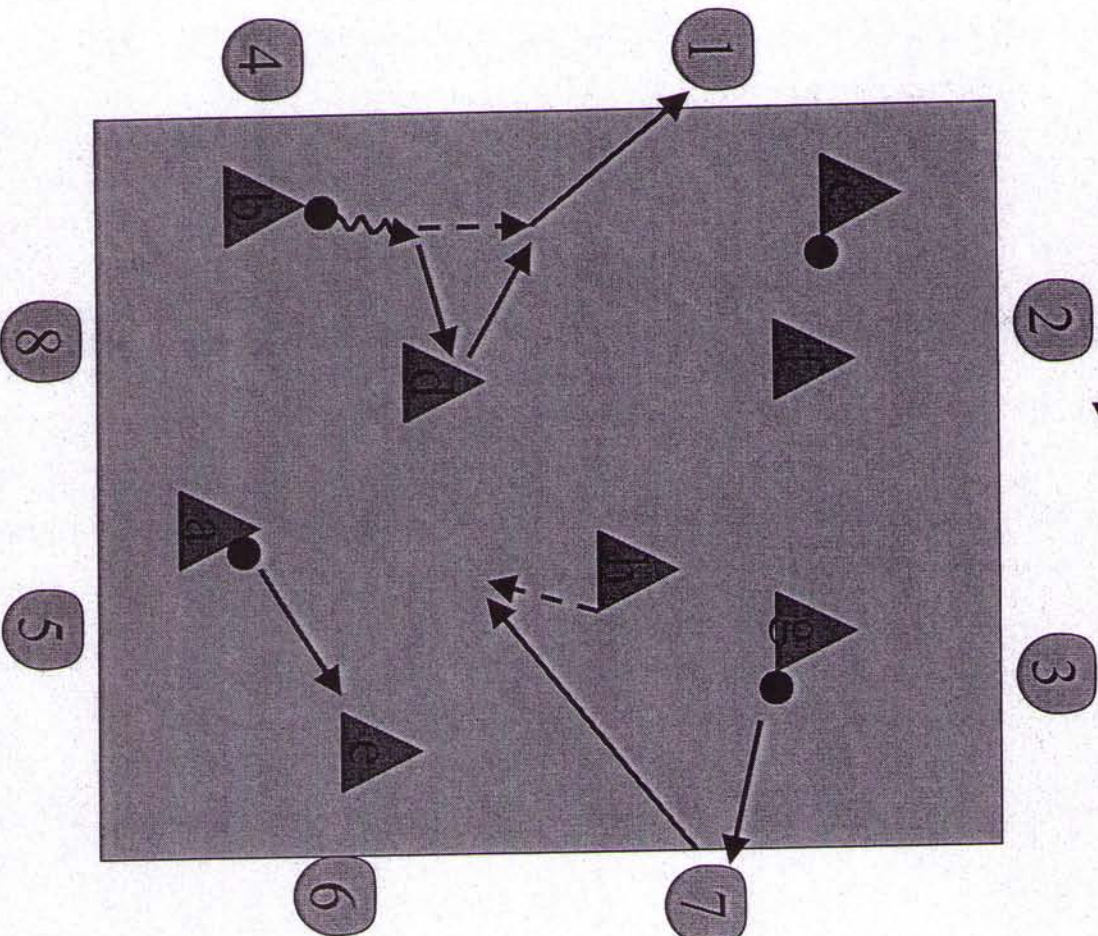
- Finding space off the ball
- Changing the angle of play

Coaching Points:

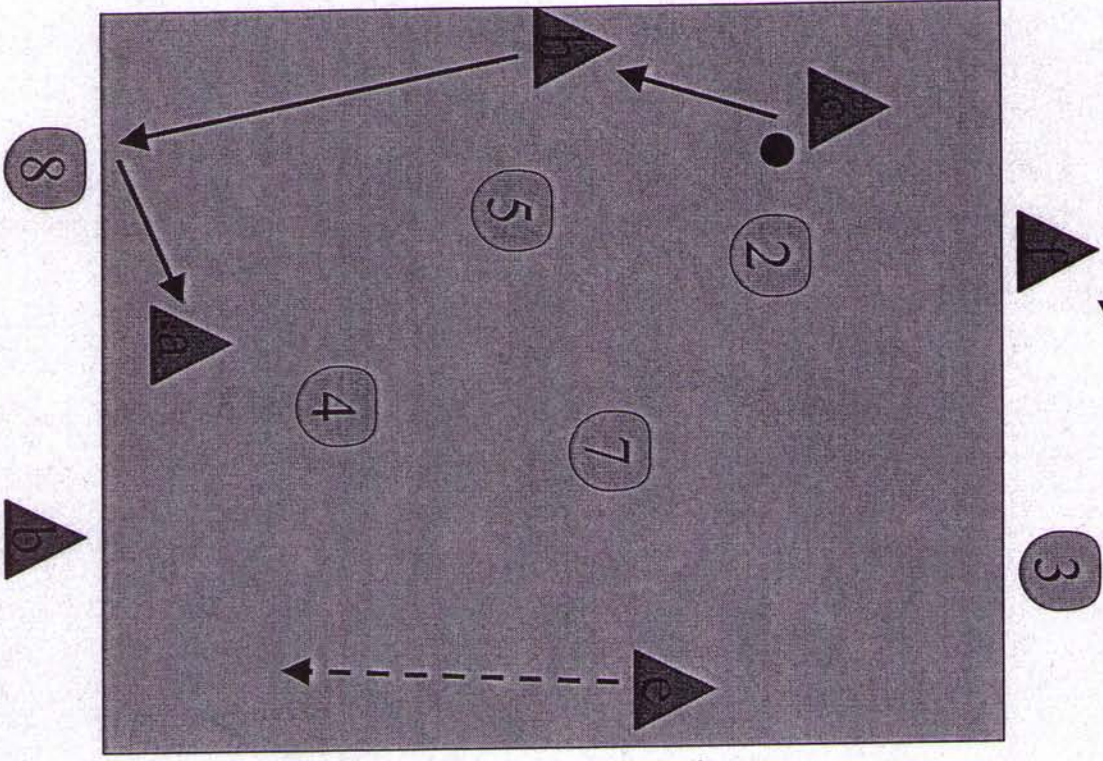
- Timing of run (depending on quality of pass and vision of passer)
- Identify space

Variations:

- When a long pass is played to an outside player his/her teammate needs to move to receive a short pass and visa versa.



KEY:
 Run - - - - -
 Pass - - - - -
 Dribble ~~~~~



4 v 4 to Targets

Organization:

- Play 4v4 to own teams targets. Make it take it.

Technique:

- Passing/Receiving
- Dribbling

Tactics:

- Movement off the ball

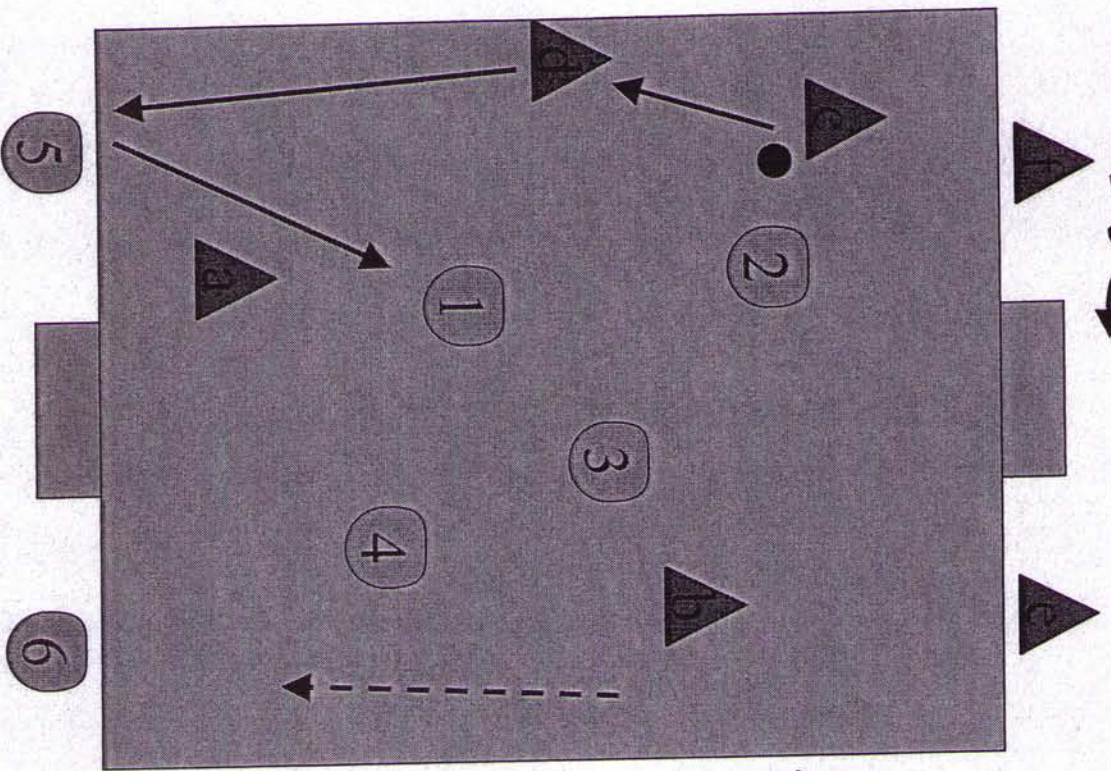
Coaching Points:

- Look to play forward first
- Angle and distance of support

Variations:

- Triangles play North/South, Circles play East/West

KEY:
 Run - - - - ->
 Pass - - - - ->
 Dribble ~~~~~>



4 v 4 with Bumpers to Goal

Organization:

- Play 4v4 to own teams targets. Make it take it.

Technique:

- Passing/Receiving
- Dribbling

Tactics:

- Movement off the ball

Coaching Points:

- Look to play forward first
- Angle and distance of support

Variations:

- Triangles play North/South, Circles play East/West

TOPIC: Basic Zonal Defending for U13/U14 players

Coach Name: Christophe Brown

Key:
Running without the ball

Running with the ball

Pass

	<u>WARM-UP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<ul style="list-style-type: none"> • Passing & Moving • Follow your pass to defend 	<ul style="list-style-type: none"> • Get to ball quickly • Arrive under control • Get close – make player with ball look down • Angle of approach and body shape – to force away from easy option 	
	<p style="text-align: center;">1 v 2</p> <ul style="list-style-type: none"> • Defending as a pair against one attacker <p style="text-align: center;">⇌ 1 v 3 or 1 v 4</p>	<ul style="list-style-type: none"> • Don't cross in front • Spacing and connection • Shape – Achieving Pressure, Cover & Balance as a group of 3 or 4 	
	<p style="text-align: center;">2 v 4</p> <ul style="list-style-type: none"> • Ball served to attackers who play to goal • A's can use S & defenders play to S to score 	<ul style="list-style-type: none"> • When to drop • When to step • Keeping the play in front • Role transition • When to cross behind 	
<p style="text-align: center;"><u>GAME</u></p>	<p style="text-align: center;">4 + 2 v 4 + 2 + GK's</p> <ul style="list-style-type: none"> • Four defenders plus two defenders stay in own half • Finish with small-sided game with no restrictions 	<ul style="list-style-type: none"> • Moving as a unit • Staying connected • Reading the cues 	

References

1. U6 – U8 Kick-Off Coaching Manual, Gavin Spooner
2. MYSA Small Sided Guidelines
3. World of Soccer Guidelines, Online Version
4. USSF Four Phases of Player Development, Soccer Journal, July/August 2003, Vol. 48, No.3.
5. USSF “Y” and “G” coaching module
6. Practice sessions taken from USSF coaching staff
7. NSCAA coaching philosophy, player and coach development