

Rio Rapids SC In-Service Coaching Clinic – Monday, September 14, 2015
Additional FUNino Games



Keeping Possession in a 3v2 Situation

Each team must initially keep one player in its defensive shooting zone. After keep possession for 6 seconds (or x number of passes) the 3 players may now advance upfield to try to score against the 2 midfielders and covering defender. Each restart or turnover begins with this possession phase.

Variations: before going to goal - use the less favorite foot x number of times, use at least x passes of 8 yards or more, use at least x number of aerial passes, use x number of 1-touch passes

Coaching points:

Secure possession: best ways – avoid unnecessary 1v1's, pass to the feet of a teammate whenever possible, players off the ball finding space where their teammate can see them

Progress up field: preferably with passes into the path of a teammate – to space

Shoot – once inside scoring zone

3 Simultaneous 1v1's

Each of the 3 players from the two teams faces an opponent of similar ability in a 1v1 game. The three duels are played at the same time from the half-way line with defenders starting 3 yards away. If a defender wins the ball they counterattack in the opposite direction. Play to small or cone goals. After each set of duel coach announces score to make competitive. Play 5 duels and then switch roles. Team that scores the most after their 5 duels wins.

Coaching points:

Successful attacking- dribble with speed diagonally toward least defended goal and if defender successfully follows/blocks attack then change direction and attack other goal, move defender towards one side, then get away with an explosive change of direction and speed or by selling a fake/dummy
Successful defending-Defend in a balanced side-on position and channel attacker to your stronger side for tackle, be patient in your defending – don't overcommit, once you win possession change quickly from defense to attack

Varying Goals

Attacking diagonally opposite goals

Attacking goals of a certain color and constantly switching them during the game

Attack any of the 4 goals (goals could be placed on endlines and or/sidelines of field)

Coaching points:

Which of the goals is the best to attack? – the one defended by only 1 defender/ create a 2v1

How can the attacker create a numerical advantage? – by dribbling and drawing defenders and then explosively changing direction and looking for a 2v1

How can the player disguise the direction of their attack? Run in the opposite direction of where you want to go and then suddenly and explosively change directions

What does the player on the ball have to pay attention to? - take eyes off ball and see where the defenders are and his team has numbers up

Attacking Using Width

Add two 6 yard cone goals out wide on the midfield line. Before a team can score in the shooting zone they must dribble or pass through one of the cone goals (least defended one).

Disguise and Intercept Through Passes

Each team has 2 players in the midfield and one player in the defensive shooting zone. Players score by passing into the goals from the midfield zone while the defender in the shooting zone tries to intercept passes and then start the counterattack.

Channeling the Opponents Attack

If a team scores in the goal on the Right they get 3 points but the goal on the left is only worth 1 point. Defenders learn to channel the opponents attack to the lower scoring goal.

Using an Outlet Player on Each Sideline

Each team consists of 5 players with 3 playing inside the FUNino field and 1 wide player outside the field on each sideline. Once the wide player receives the ball they enter play and the player who passed to them takes their place.

Variation: The wide player only has 1 or 2 touches and is switched for a teammate every 3 minutes.

Rugby

No forward or square passes are allowed – only back passes. Requires dribble penetration and support underneath/behind the ball.

Two Balls at the Same Time

Each team starts with a ball and tries to score goals. Play ends when both balls go out of play or are scored. The team which scores the most goals after 5 double attacks wins.

Additional Goalkeepers

Each team plays with a goalkeeper on the endline and can support the attack from there.

Why **FUNiño** (3v3 with 4 goals) and not 7v7? A comparison between two competitions for 7 to 9 year olds

FUNiño with 4 goals	7-a-side Football
<ul style="list-style-type: none"> ▪ The two wide goals at each end encourage young players to use the wings in attack and open up the play. ▪ Playing with 2 goals stimulates greater reading and understanding of the game, including peripheral vision, perception and decision making skills before executing any actions. ▪ Stimulates, more than any other traditional football game, intelligence, perception, imagination and creativity. 	<ul style="list-style-type: none"> ▪ The single centralized goal causes the familiar swarming for this age-group, which restricts constructive play. ▪ The development of reading, understanding and decision making skills are greatly impeded with so many players around the ball. ▪ Less stimuli are given for developing game intelligence, perception, imagination and creativity.
<ul style="list-style-type: none"> ▪ Sufficient space and time allows children to read the game and play constructive football and to develop basic communication skills. ▪ More time and space, better reading of the game and better decision-making and skill execution means less mistakes. ▪ Due to the fact that the same basic game situations appear again and again (i.e. the 2v1 situation) the young players learn very quickly. 	<ul style="list-style-type: none"> ▪ Especially for 8 and 9 year olds, swarming makes reading the game difficult, the game lacks structure and communication is hindered. ▪ Less time and space to play leads to more mistakes. ▪ With more than twice as many players on the pitch, the game is far more complex than in FUNiño and the basic situations don't appear as frequently.
<ul style="list-style-type: none"> ▪ In FUNiño, 8 and 9 year olds enjoy more touches on the ball, treating it as their best friend. No long clearances or wild and dangerous kicks can be seen in which players "violate the ball". 	<ul style="list-style-type: none"> ▪ As game situations are less orderly, players frequently clear the ball long and wide, away from the danger zone. Often they play „against“ the ball instead of with it.
<ul style="list-style-type: none"> ▪ Players attack and defend in a triangular formation for better communication and collaboration. Positioning in the field is easy. 	<ul style="list-style-type: none"> ▪ Positioning themselves in the 7v7 game is a much more random.
<ul style="list-style-type: none"> ▪ Allows an allround development of all participants as there are no fixed positions in a team which would avoid too early specialization. Everybody has to attack as well as to defend, using the whole pitch. 	<ul style="list-style-type: none"> ▪ The players usually stick more to their assigned positions and roles and don't experience the range of movement and functions as in FUNiño.
<ul style="list-style-type: none"> ▪ Usually there are lots of goals and goalmouth action. 	<ul style="list-style-type: none"> ▪ There are less goals and less goalmouth action.
<ul style="list-style-type: none"> ▪ Each player scores more than one goal per game. ▪ All the players get to experience a starring role in this dynamic game. ▪ All 3 players, including the weaker ones, play a critical role in this game and are involved mentally and physically throughout the game. Nobody can hide! 	<ul style="list-style-type: none"> ▪ Fewer players score. ▪ Usually only the stronger players see much of the ball. ▪ The weaker players are much less involved in the game than the more talented ones and tend to hide



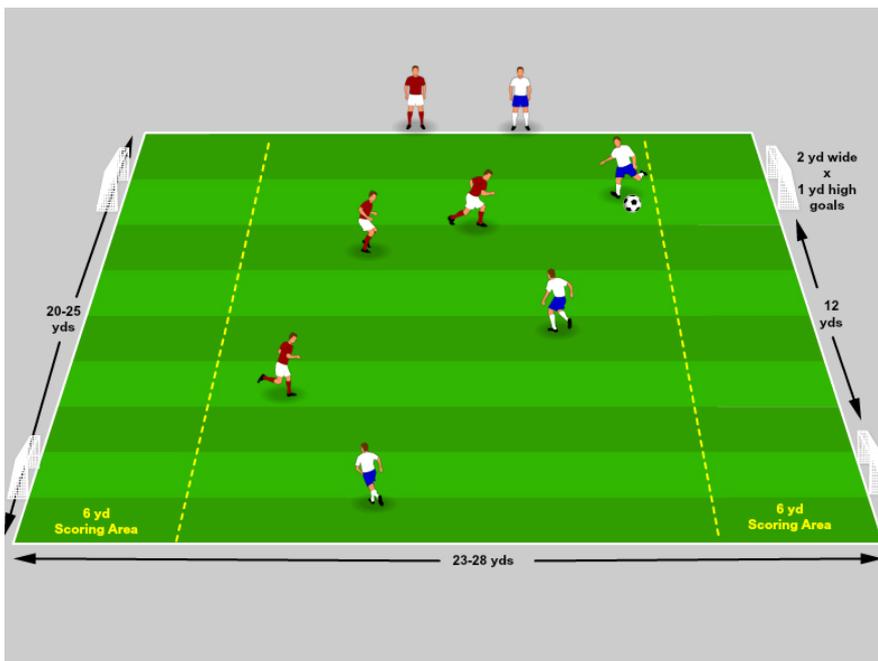
Date: 14/Sep/2015
Time: 05h 30m

Duration: 2:00 hour
Age/Level: U8 - U14

Session Introduce FUNino games, concepts and
Objective: benefits

FUNino Coaching Clinic #1 - 09-14-15

FUNino - Official Rules



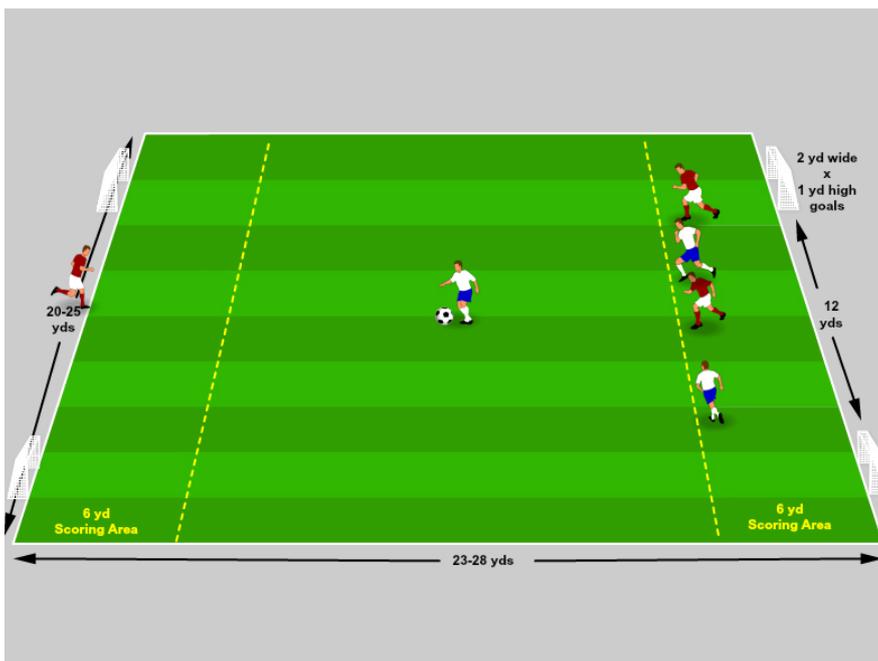
Description:

FUNino - Official Rules: *Game starts with coach throwing ball into middle of field, *Goal can only be scored from inside the scoring zone (6-yard line), *When a goal is scored, one player from each team must be substituted on the fly, *After goal restart game with a pass or dribbling in from 6-yard line, *Infringements: staying inside a goal for more than a second, hand ball, violent play-free pass *Penalty attack for fouls inside shooting zone
*No corner kicks *No offsides *Pass or dribble in when ball goes out on the sidelines

Coaching Points:

Key guided questions for players: *Which of the 2 goals is less defended? *What shape should you attack and defend in? (triangle) Why should I play in a triangle? Why should attackers without the ball keep their distance from the ball-carrier? Should the ball carrier pass early or as the defender gets closer? Should ball-carrier pass or dribble with no defender in front of them? What are the best attacking passes? (forward/space)

FUNino - Penalty Attack



Description:

FUNino - Official Rules:
*A Penalty Attack is given whenever a foul is committed inside of the shooting zone
*Attacker starts with ball in middle of field
*1 Defender starts on the middle of the endline
*All other attackers start at shooting line behind player with the ball
*All players become active once attacker takes first touch to goal

N/A:

N/A



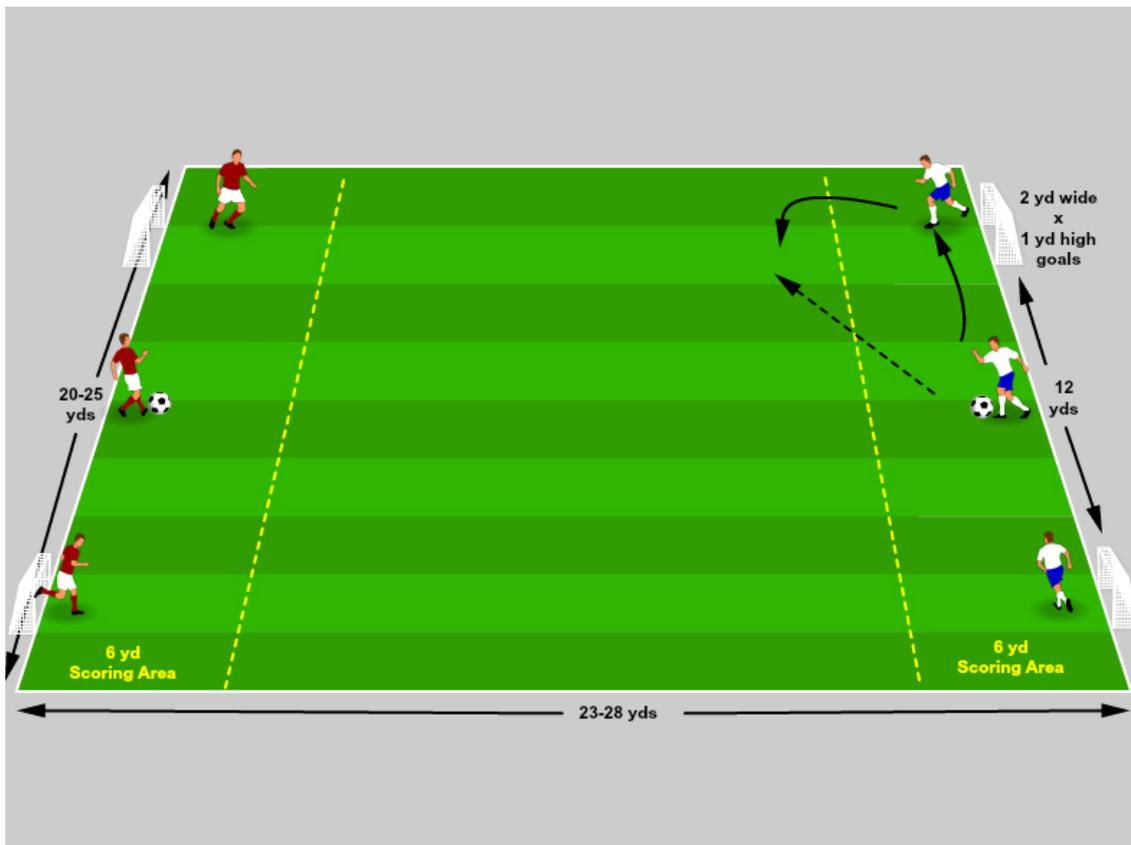
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FUNino Coaching Clinic #2 - 09-14-15

FUNino - 3v0 with no Defense



Description:

FUNino - 3v0 with No Defense: A team of 3 players line up along each end-line, progress up the field using passing and dribbling to try to score without any opposition. Each player must touch the ball at least once before scoring and shots must be from inside shooting zone.

*Winner is the team that scores the most goals in 5 attacks - or - fastest team to score 5 goals

Variations: 1) must attack in a triangle instead of a line, 2) must interchange positions when you make a pass (can't be where you started when goal scored), 3) must receive pass on run

Coaching Points:

Key guided questions for players: *How should players start on end line? *What should attackers do to avoid collisions with other players? *Why is attacking in a line a mistake? *Which shape should be used when attacking with 3 players? *Why is a triangle the best shape? Why interchange positions? Why should you pass forward as quickly as possible? Why should you pass the ball into the path of a teammate running into space?



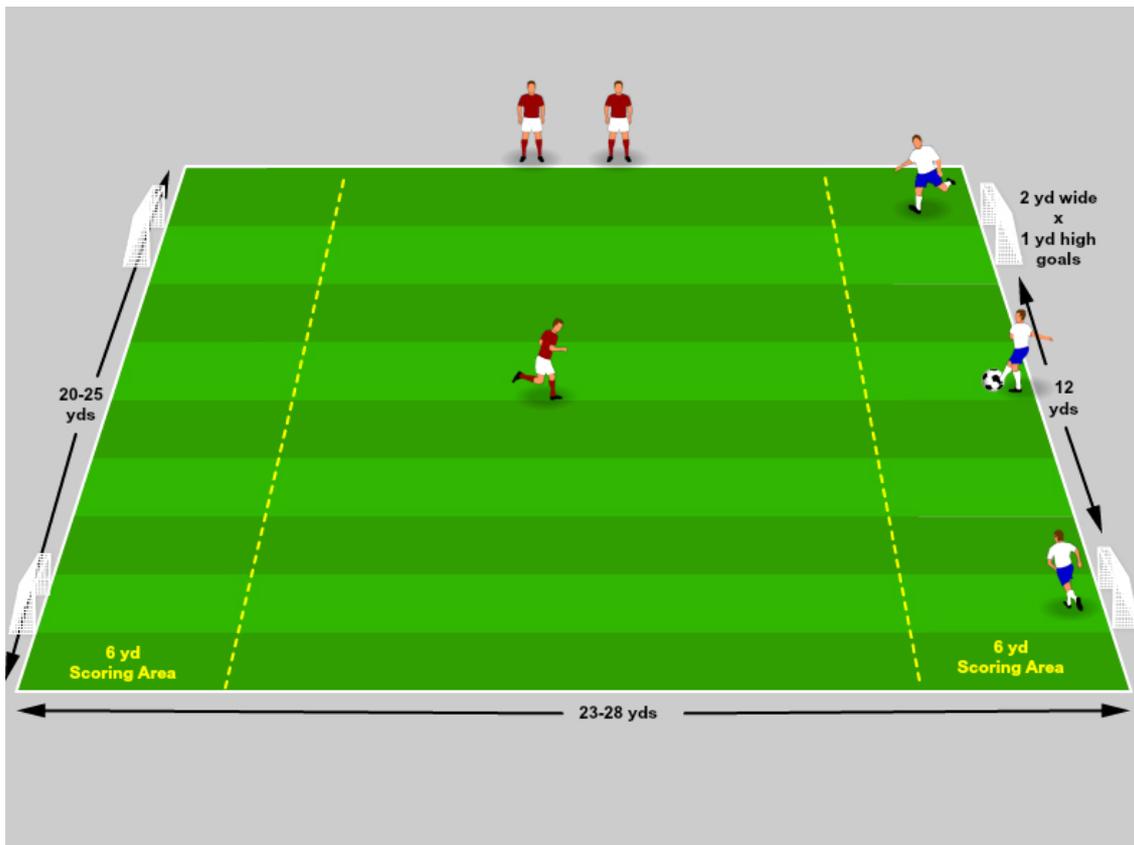
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FUNino Coaching Clinic #2 - 09-14-15

FUNino - 3v1



Description:

- 3 players start at their own end line and attack 2 goals defended by 1 player
 - *defending team substitutes whenever defender wins ball, it goes out or a goal is scored
 - *if defender wins the ball they score on opposite 2 goals shooting as quick as possible - shot can be from outside shooting zone - when attackers lose ball they quickly transition to defense
 - *After 6 attacks, the attackers and defenders swap roles
- Variation: instead of 1 defender a goalkeeper defends both goals

Coaching Points:

- Guided questions: *Why play in a triangle shape? Why should other attackers keep distance from ball carrier? When winger has ball - how should central attacker position themselves? Start with pass or dribble? Should ball carrier pass ball early or as defender gets close? Should ball carrier pass or dribble with no defender in front? Which passes are best/to be avoided? Better to look towards receiver/disguise pass? Defender prefers ball where?



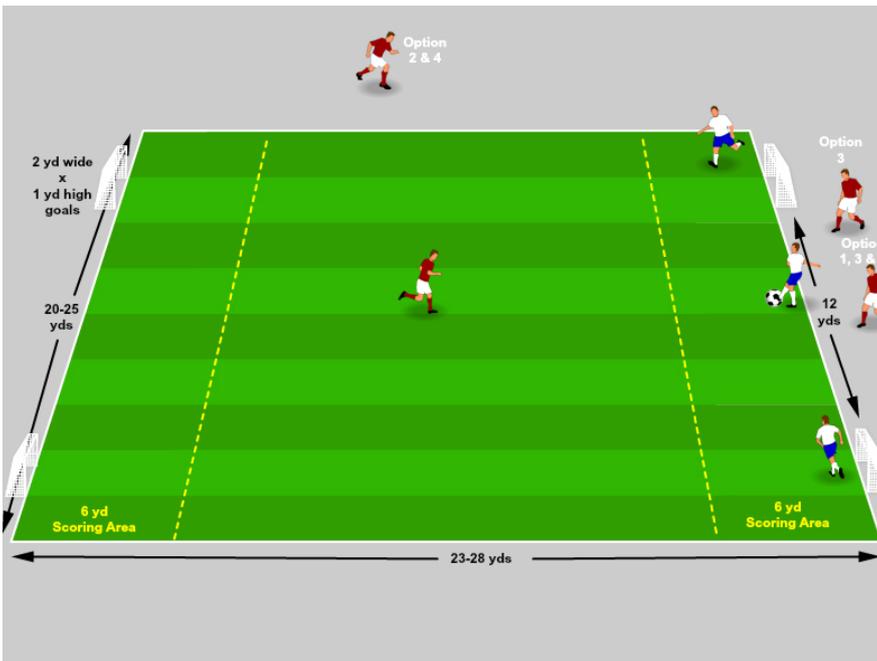
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FUNino Coaching Clinic #3 - 09-14-15

FUNino - 3v1 with Supporting Defenders



Description:

3 players start at their own end line and attack 2 goals defended by 1 player

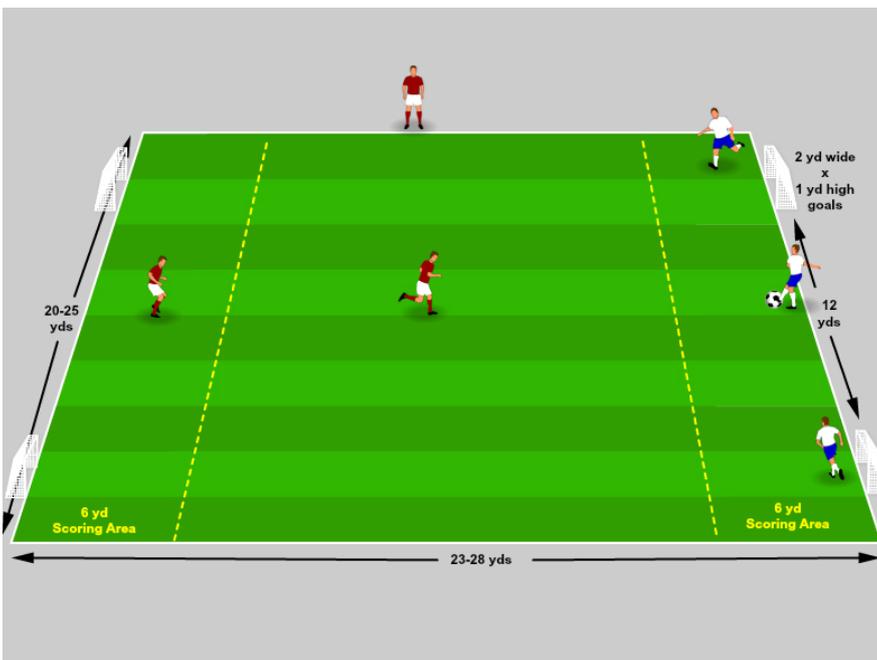
- *defending team substitutes whenever defender wins ball, it goes out or a goal is scored
- *if defender wins the ball they end the game by connecting pass to another defender
- *Rotate teams after 10 attacks

Supporting defenders enter from 6-8 yds outside the field on the attackers 1st touch: 1) 1 from behind, 2) 1 from side, 3) 2 from behind, 4) 1 from behind and 1 from side

Coaching Points:

Guided questions: *How do you decide what is the right pass? What number of passes is best to succeed? Who should central attacker pass to? How do extra defenders influence play of the attackers? How can the 1st defender influence play of the attacker? Should supporting defenders challenge the ball-carrier or mark the wingers?

FUNino - 3v2



Description:

3 players start at their own end line and attack 2 goals defended by 2 players

- *start with 1 defender in midfield and 1 in defensive shooting zone and progress to both defenders being able to go anywhere

Variations similar to 3v1: 3v2 Fast Attack, 2 Team Continuous Attack 3v1 to 3v2 (then 3v2 on both halves with defender switching ends during play), 3 Team Continuous Attack, 3v2 plus supporting defender from a) behind, b) side

Coaching Points:

Guided questions: *What is priority to succeed in 3v2? - reduce to 2v1.

*How should the attacker create a 2v1 situation? - dribble towards and commit defender

What factors influence the play of the 3 attackers? : positions of 2 defenders relative to each other, positions of defenders relative to goals, moment a defender challenges for ball, runs of supporting attackers



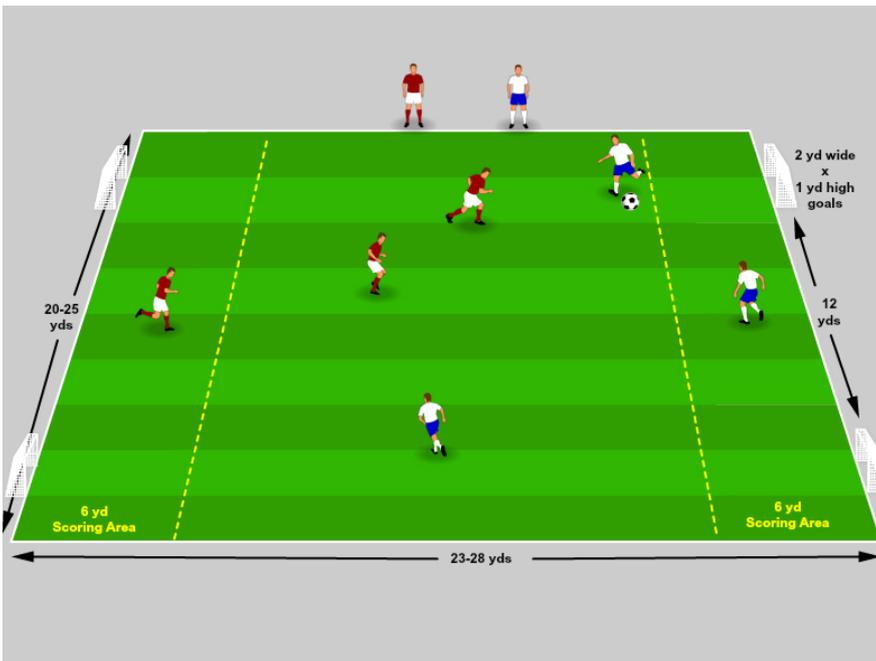
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FUNino Coaching Clinic #3 - 09-14-15

FUNino - With One Covering Player



Description:

FUNino - with One Covering Player

*1 player from each team must always remain in the shooting zone they defend

*after a goal at either end the covering player swaps roles with a teammate

Variation - when team is attacking the covering player can join the attack as long as a teammate takes their place

Variation - all 3 players may play in midfield with substitute acting as cover defender

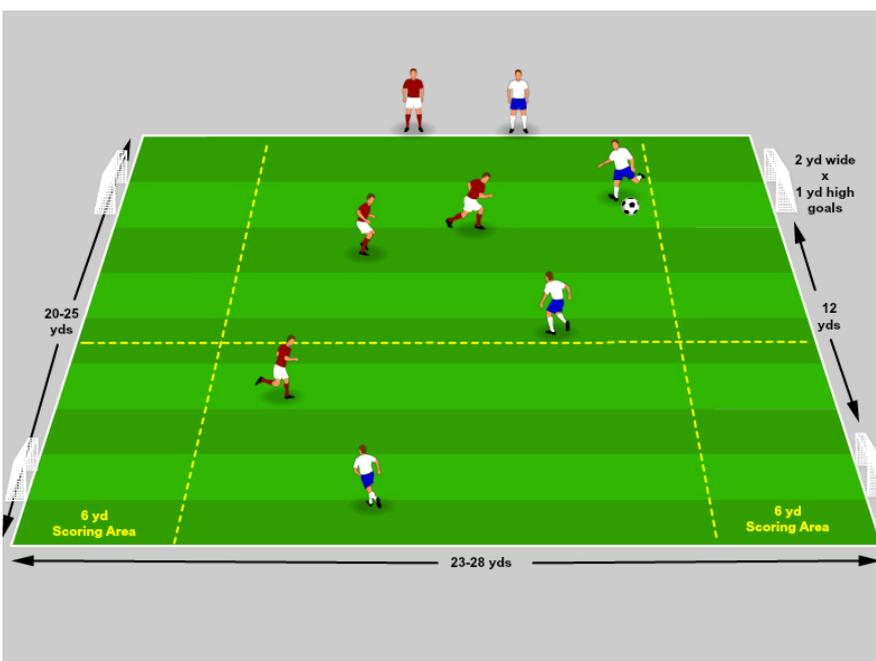
Coaching Points:

Key guided questions for players:

*Why should one of the 3 players remain in their own shooting zone? Balance between defense and attack, more passing options, encourages triangle shape

*What are the tasks of this cover defender? Help teammates in defensive mistake, provide defensive cover, take up position to receive back passes, launch attack with pass from back

FUNino - With Spatial Restrictions



Description:

FUNino - Official Rules for Regular Play Plus:

*All 3 players of either team must not be all in the same vertical half at any time

(players learn to make better use of space on the pitch)

*Variation: Covering Player - 1 player from each team must always remain in their own shooting zone (progression - when team is attacking this player can join as long as a teammate takes their place)

Coaching Points:

Key guided questions for players: *Why is it good to always have at least one player on each half of the field? *Which of the 2 goals is less defended? *What shape should you attack and defend in? (triangle) Why should I play in a triangle? Why should attackers without the ball keep their distance from the ball-carrier? Should the ball carrier pass early or as the defender gets closer? Should ball-carrier pass or dribble with no defender in front of them?



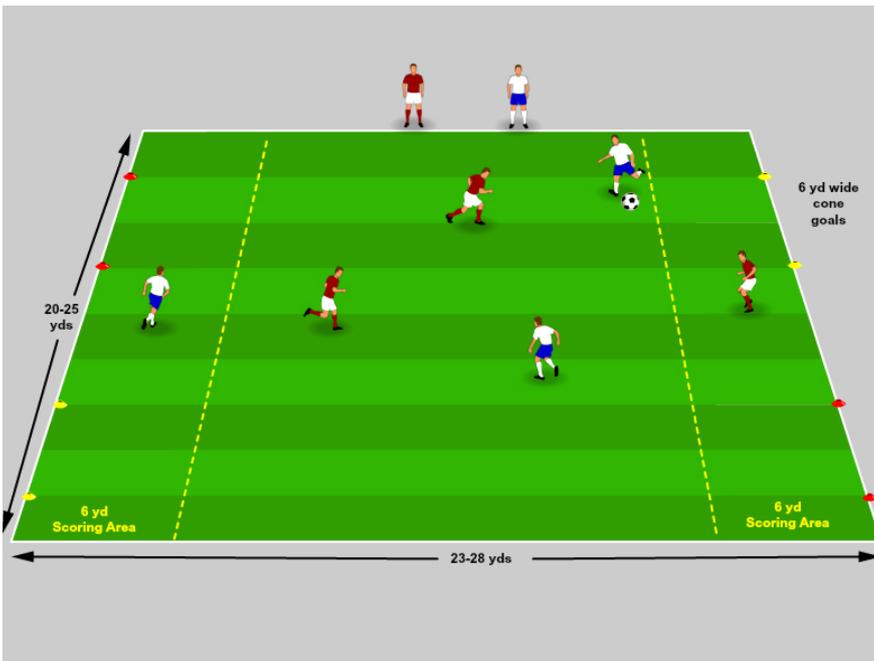
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Session Objective: Introduce FUNino games, concepts and benefits

FUNino Coaching Clinic #3 - 09-14-15

FUNino - Through Passes from Midfield to Striker



Description:

Each team positions a striker in their attacking shooting zone. Striker looks for pass from teammates who must remain in midfield zone and then scores on goals in 2 touches.

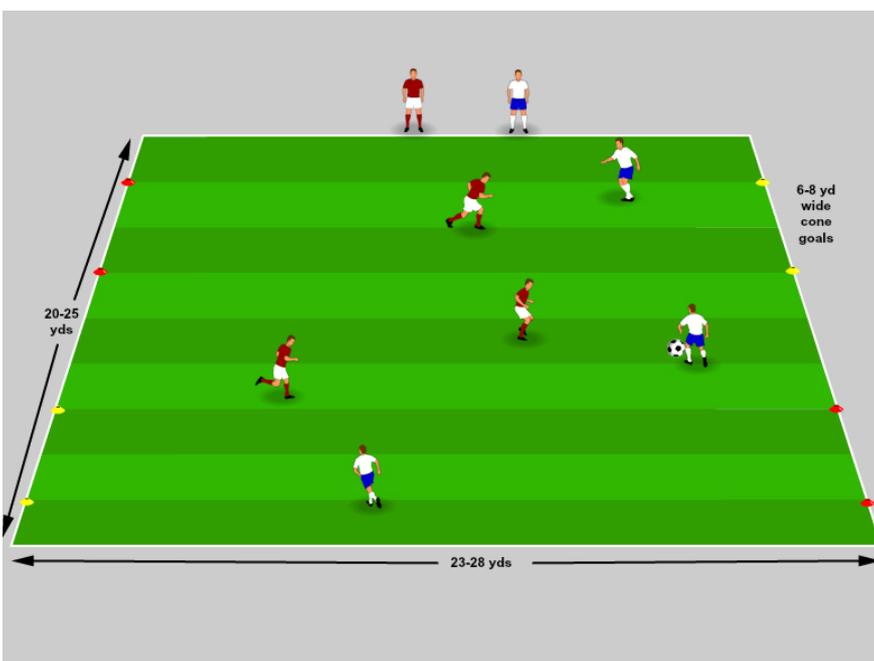
Variations: *goals only count if striker receives ball side-on seeing passer and goal *Midfielders of both teams can enter shooting zone after ball is passed into it *the striker is not allowed to score *ball must be played into striker with aerial pass *play with 3 midfielders and striker must receive ball behind one of the 2 cone goals to score

Coaching Points:

Guided questions for players: *What is the best time to play a through-pass? What are the components of a successful through pass? - open body shape and eye contact *What do we have to do to score a goal when striker can't score?

*When striker can't score is it better to have 1 or 2 midfielders make the forward run?

FUNino - Dribbling Across Endline or Through Goals



Description:

To score a goal the player must dribble the ball across the opposing endline (progression: through one of the two cone goals) under control Variations: *player must perform a trick/move as they cross line to score *on coach math problem - odd attack orange goal, even attack yellow goal *all 3 teammates must touch ball before score *all attackers must be in attacking half on score *one attacker must be in defensive half when scoring *each attack must have 1 aerial pass before score *change type of soccer ball after each goal

Coaching Points:

*Trick/move requires better judge/use of space, *Different color goals/math requires player thought *All touching ball requires involvement/teamwork *all 3 in attacking half encourages connected shape *one player in defensive half requires a covering player ready for counterattack *Aerial pass requires passing/receiving balls in air *Changing balls focuses on ball control/technique *1 team dominates- they must score to goals & other team to line



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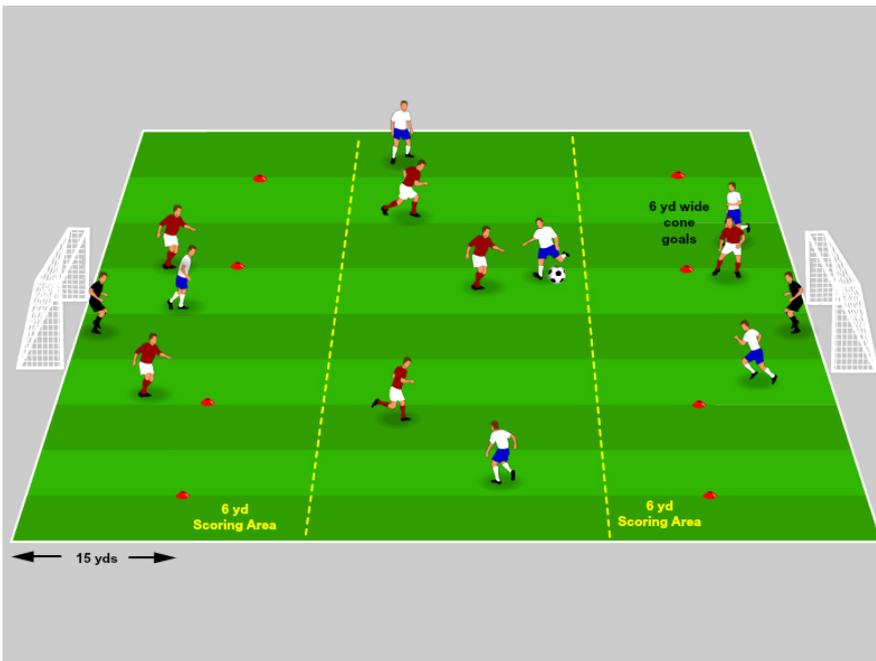
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Session Introduce FUNino games, concepts and

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FUNino Coaching Clinic #3 - 09-14-15

FUNino - Progression to 7v7



Description:

1) FUNino (3v3) 2) FUNino - through passes into goals from midfield (3v3) 3) FUNino - through passes from 2 midfielders to a striker in front of 2 goals (3v3) 4) Through passes from 3 midfielders to striker behind cone goals who scores on goal with GK (5v5) 5) Add 1 defender in shooting zone who tries to intercept passes to striker-later can chase down striker to prevent goal (6v6) 6) Remove cone goals and allow striker to be defended directly (6v6) 7) add 2nd defender and 2 mids can enter attacking zone after ball (7v7) 8) No zones

Coaching Points:

*Encourage building play up the field from the GK to the defender to the midfielder to the striker instead of allowing them to be tempted to play long balls up to the striker.

*Every 5 minutes players leave their assigned zone and role and swap for a different one