



09 / U9B - Combination Play / 2v1s

Category: Tactical: Attacking principles
Difficulty: Moderate

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Description

Phase: Open Up the Opponent to Attack

Principle: Outnumber the Opponent Around the Ball and Combine with Teammates

Bounce juggling (10 mins)

DESCRIPTION/ORGANIZATION

Juggling games

Bounce Juggling: foot bounce, foot bounce, each bounce counts for a point. How many in a row can you do? Then foot, thigh, bounce--foot, thigh, bounce. Then move to no bounces as see how they do.

COACHING POINTS:

Lock ankle, laces thru the middle of the ball.

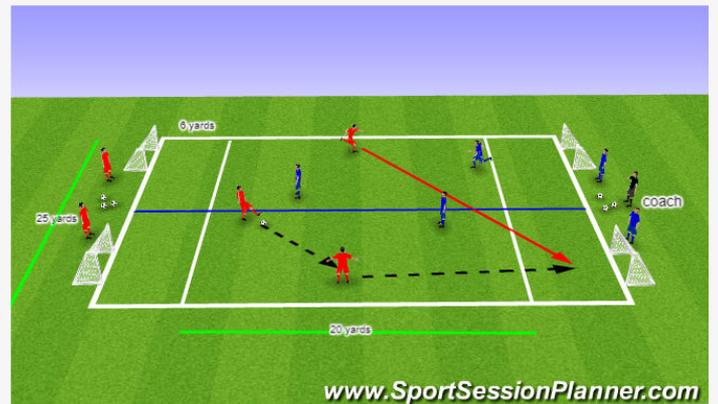


3v3 Funino--center line (15 mins)

DESCRIPTION/ORGANIZATION: Ball must enter endzone before you can score. There must be at least one player on either side of the blue line at all times. Sub after 3 minutes.

COACHING POINTS:

- * Quality of technique once you see the 2v1
- * Recognize 2v1, dribble straight at defender, get him in two minds, make dribble/pass decision.
- * 2v1 should end up as a 1v0
- * Central player's intelligence to create 2v1 from a 2v2.
- * Positioning of wide player wide of small goal.



2v2 half field funino (15 mins)

DESCRIPTION/ORGANIZATION: 2 players go against 1 defender on half field. Defender starts at top of 6. Attackers start on their end line. Ball must be in the 6 yard area before can be scored. After play ends, new attackers, new defender. Make sure everyone has a chance to attack.

COACHING POINTS:

- * Same as previous exercise
- * Anticipate playing final pass, be confident
- * Repetition of running at defender purposefully and under control, then deciding pass or dribble.
- * Pass should ideally allow winger to score on first (or second) touch
- * Weight of the pace is appropriate, not too soft, not too hard.
- * Passing: Curl your toes up on kicking foot to lock ankle, punch through middle of the ball, arms out for balance, non kicking foot next to and slightly behind the ball, initial pass is to feet, all other passes should be into the path that the receiving player is running in to, sink down your plant knee.
- * Receiving: adjust feet as ball travels, sink down to receive ball, arms out for balance, punch through middle of the ball, toes curled up, first touch out from under feet, head up before and after first touch, see ball on to foot, chest faced forward on first touch.



*Pass to space where player is running to, not to player's feet.

5v5 Formino (20 mins)

DESCRIPTION/ORGANIZATION: 5v5, rules exact same as Funino, must cross 6-yard line before scoring. Instruct players that if they cannot win the ball back right away (i.e. opponent breaks initial pressure via pass or dribble), they must recover to defend deep near own goal(s). 2 left sided players defend deep, one inside the 6 yard line, one just in front. Same on right. Central player can move across to help either side.

COACHING POINTS:

2v1s, look for them. 3v2 becomes 2v1, becomes 1v0.

Run at defender when numbers up.

Central player key to unlocking the puzzle.

