



09 / U9B - Combination Play / 2v1s

Category: Tactical: Combination play
Difficulty: Difficult

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Possession to Advance

Principle: Combine with Teammates

3v3 Funino, diagonal goals (20 mins)

DESCRIPTION/ORGANIZATION: Must be in 6 yard end zone in order to score. Red can score in the goals with orange cones in them. Blue can score in goals with red cones in them (use pinnies if you can, it's easier). Because players are going to goals that are diagonally opposite, turning with the ball becomes a primary way to get to the opposite goal.

Variation: 5v5 Formino, same rules apply

Variation: as the game is being played, coach goes to the goals and switches the colors associated with the goals, so the players have to adjust to new locations for scoring without warning.

COACHING POINTS: Make it look like you are going to one goal, then quickly turn and attack the other. 2v1s are fairly easy to create by turning with ball and running/passing. Focus on the deception, the turn itself, getting the ball out from the feet, staying in balance, using appropriate surface. Then the explosion with the dribble or pass-and-move.



Mourinho Boxes (15 mins)

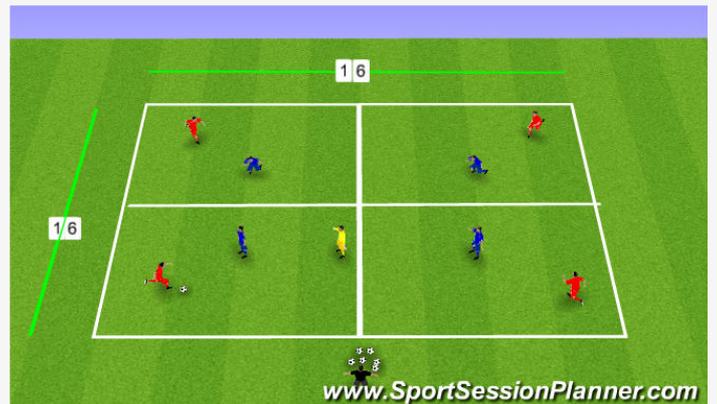
DESCRIPTION/ORGANIZATION:

4v4 plus 1 (yellow). Each red and each white player assigned to one of four quadrants (8x8 yards). Neutral (magic) player can travel in any of the 4 quadrants. Possession game.

Variation: 2v2 in the quadrants (open them up to 10x10 instead of 8x8)

COACHING POINTS:

- * Instruct the playmaker (yellow) to show at right time, correct angle and body shape.
- * In possession, make quadrant as big as possible.
- * If marked, take defener away then check to
- * If defender doesn't mark, work off shoulders of defender to get ball near edges of area
- * Work smarter, not harder
- * Technical--quality of first touch
- *Checking shoulder all the time (yellow)
- *Awareness of situation in other quadrants



5v5 w/gker (20 mins)

DESCRIPTION/ORGANIZATION: 5v5 with gkers. 40 yards long X 30 yards wide. Many youth players panic in the final phase of play and often put in an ill-advised cross or just go straight to goal even though there may be much better options on.

COACHING POINTS:

- *Find the 2v1. Drive at defender, lay it off OR dribble on--read defender to know what to do.
- Timing of run (front post, back post, pull back to penalty spot)
- Combination play
- Alertness, read the game.
- Types of crosses, pull-backs.
- Weight of the pass
- Shooter is ready to shoot of first touch.
- Body positioning to face the goal
- Weight evenly distributed on both feet
- Adjust feet as ball comes to you
- Arms out for balance
- Sink down into shot
- Follow thru with whole body



Curl toes up to lock ankle

Eye contact between passer and shooter

Keep finishes on the ground, hard with inside of foot