

U 9 / U 1 0

W E E K 3 A N D 4 - A T T A C K

REINFORCEMENTS

- Really good pass with inside of the foot - Good pace!
- Can you show everyone how you received that, that was great!
- Well done "Timmy"! Way to get as wide as you can when the GK got the ball.
- Good work getting that defender to come closer by dribbling. You really opened up space for your teammate!
- Way to take that space with big touches!
- When the defender took the pass away, you dribbled by!

COACHING POINTS

- Dribbling
 - Small touches in tight space, big touch with space
 - If you have space, dribble
 - Dribble to bring a defender to create space for teammate
- Passing
 - Inside of the foot - heel down and toe up, ankle locked
 - Pass to foot that should receive the ball
- Receiving
 - Receive with body open to field
 - Take first touch to space

QUESTIONS

- If we have space, what should we try to do? Dribble
- Can we take a big touch if we have space? Yes
- How do you know if you have space? Head up/Look
- What foot should you receive with if you have space? Furthest foot
- Should you face the sideline or the field when you receive it? Field
- What can you do to bring the defender closer? Dribble at them
- Why bring the defender closer? Space for teammate
- If you don't have the ball, where is space? Wide, high, back, angle
- What foot of your teammates should you pass to? Receive into space
- Who can we look for if we don't have space going forward? GK/Back
- When the ball moves is central (Goalkeeper, Centerback, etc.) where should the outside players go? Wide How? Backpedal or rounded run

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

NOTES

- Use Activation-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

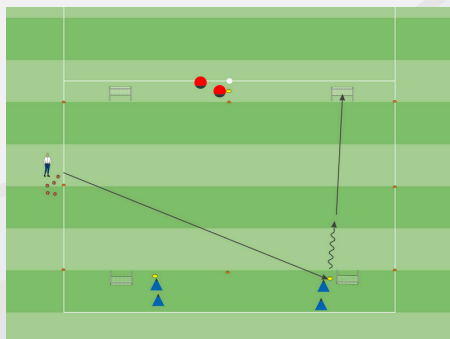
STANDARDS

- Dribbling to penetrate
- Dribbling to find space
- Passing - Inside
- Receiving across body
- Commit a defender
- Find/Create space
- Where to go
- Shape - width/depth
- Sustained focus
- Working in groups of 3-4

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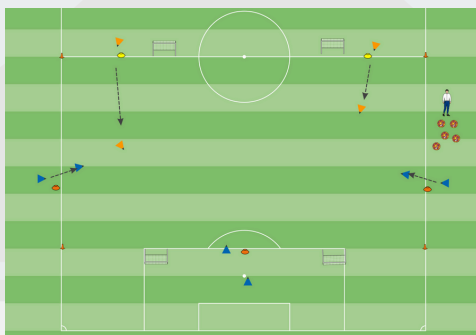
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2v1 to Two Goals



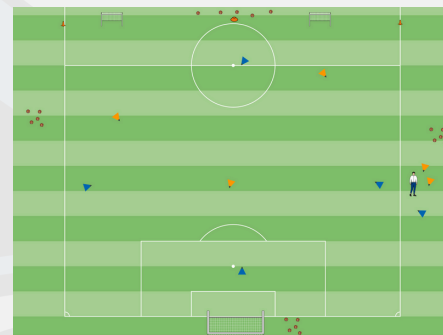
- Field as shown - 30w x 20h
- Score in either goal
- Defender can defend as soon as ball is played
 - May be better for coach to play
- Score bypassing through either goal
- Do you have space? Dribble
- What happens when we get the defender close? - Teammate has space
- Where should teammate be - close to us or away from us?
- Where should we play our teammate? In front
- Where should your first touch go when you receive the ball?

3v2



- 3v2 - Field as shown
- Cones for each line
 - Can be free flowing or repetitive ball from coach on each out
- 3 from blue and 2 from orange come out when ball is played
- Big touches/small touches
- Have space? Dribble
- Don't have space? Where is the free player?
- Keep depth (support in back) - not square or above
- Keep width - higher than support
- If we go to this side - is it 2v1?
 - Find the 2v1

4v3



- Half field - a little bigger (IF POSSIBLE)
- 4 defending larger goal (no GK)
- 3 defending small counter goals
- Coach can play ball and can use kick ins
- Should be more free play with little to no stoppage
- Where is the space? Is there a teammate with space? How many defenders? How many on your team?
- Height, width, depth
- Free player
 - Can we find the free player?
 - Does the free player have space?

Week 3 Guide

2v1 (20 minutes) - 3v2 (20 minutes) - Play (20 minutes)

Week 4 Guide

3v2 (20 minutes) - 4v3 (20 minutes) - Play (20 minutes)

Standards

- Dribbling
 - Scanning, Space, Where are defenders, Where are teammates
 - Dribble to commit a defender
- Passing
 - Technique - heel down, toe up, hit in center of ball, follow through at target
 - Where to pass? In front of teammate going forward... with proper pace
- Receiving
 - Technique - heel down, toe up, "pass to yourself where you want to go"
 - Receive with forward foot, open to field
- Height, width, depth

Focuses

- Rules, focus, concentration, routines - Get back in a routine
- Set a high standard!
- Group players appropriately