

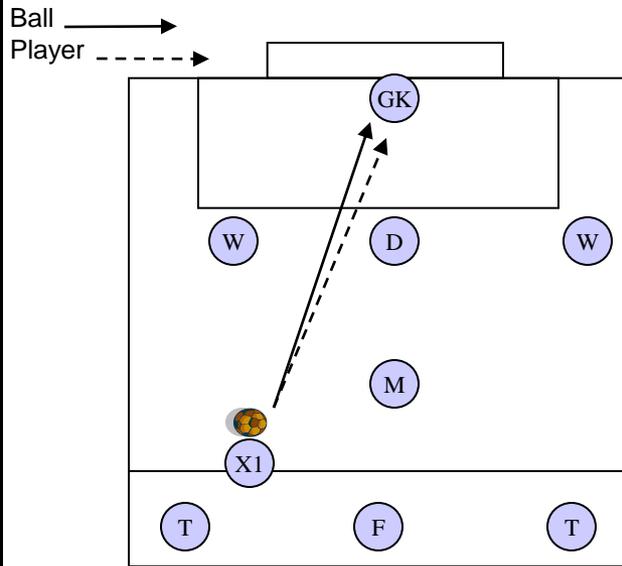


Coaching the Formation



Objective: In a functional training session coach the team to improve their passing and receiving

Unrestricted (warm up)



Organization

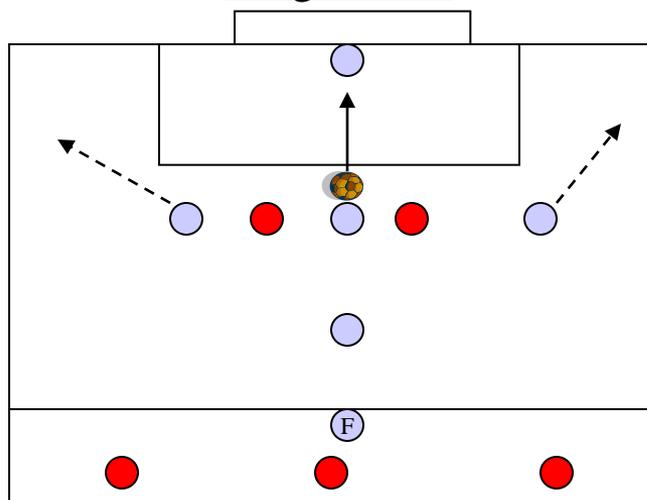
Area ½ a field with a 15 yard middle zone
 U9/10 Formation marked out with cones at first
 1GK+1Defender+1midfeilder with 2 wide players
 X1 starts with ball and passes to the goalkeeper and follows taking on the GK position. Team then works the ball passing and following to the middle zone either by passing to the forward (F) or by a wide player dribbling into targets (T)
 When the ball gets to the mid zone the receiving player runs it back to goalkeeper -practice continues

- Progress to adding more balls
- Have players switch positions without the ball
- Add touch restriction –
- Try to get pass forwards faster

Coaching Points

- Communication
- Ready to receive
- Line of flight of ball
- Selection of surface
- Quality of Pass –accuracy/pace
- Awareness
- Body shape
- Awareness of open player
- Check to receive
- Leading pass

Progression



Area ½ a field with a 15 yard middle zone
 Team 1 plays U9/10 formation with coach playing the role of Target forward
 Team two has 2 forwards and 3 midfielders
 Midfielders are restricted to mid zone (3v1)
 Team 1 scores by finding target forward (F) or by dribbling the ball into mid zone
 Team 2 scores in the goal
 Coach should control the restarts starting with

- Goalkeeper getting the ball
- Goal kick
- Ball played in behind the back line so defender faces Goalkeeper
- Add in another red defender/s

- Team Shape
- Drop off at an Angle
- Open body shape to the field
- Awareness of forward- try to pass to forwards first
- React off pressure
- Awareness of space
- Awareness of team mates
- Angle and distance of support in relation to pressure
- Movement as the ball is moving
- Recognition of weak side

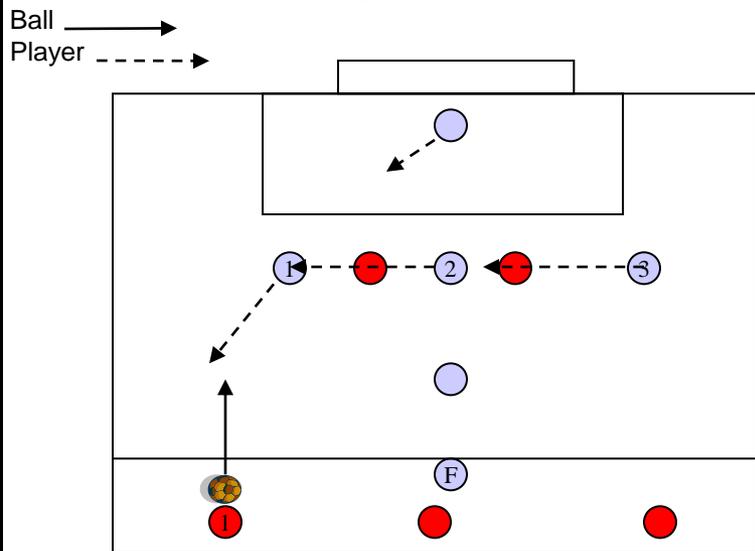


Coaching Transition

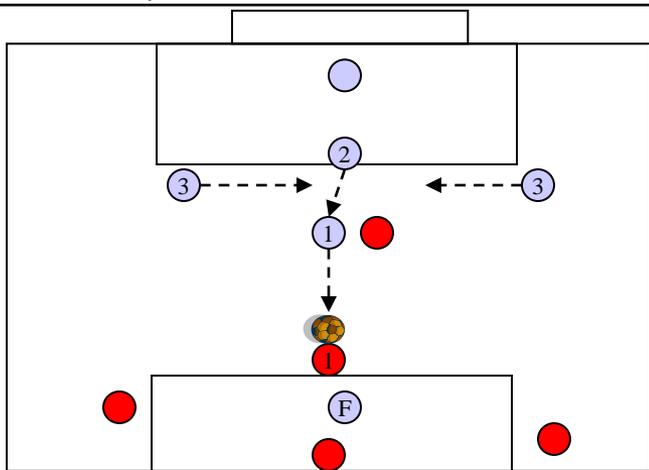


Objective: In a functional training session improve the teams transition from defense to attack

Progression



Red 1 attacks and wide player 1 closes the ball down.
Players 2 and 3 move across to cover



Red 1 attacks and midfielder steps up to defend with defender covering. Wide players pinch in to cover

Organization

Area ½ a field with a 15 yard middle zone
Team 1 plays U9/10 Formation
1GK+1Defender+1midfielder 2 wide players

Coach plays the role of Target forward

Team two has 2 forwards and 3 midfielders

Team 1 scores by finding target forward (F)
or by dribbling the ball into mid zone

Team 2 scores in the goal

Game is started when

- One of the red team dribbles the ball in from either a wide or a central position
- Ball is played into the red forwards
- Add more reds making transition difficult

Coaching Points

- Observe the pressure on the ball (1st defender)
- Observe the position of the covering defender/s
- Observe the position of the goalkeeper
- Observe the team shape compacting
- Observe the transition and the player winning the ball's 1st pass
- Coach the team to be aware of the player furthest away from pressure or closest to the opponents goal

Final game 5v5 plus 2 coach Goalkeepers

Run over restarts again

- Goalkeeper
- Into forwards
- Free play

- Team Shape
- Recognition of being the 1st defender
- Transition

To coach team defending at U9/10 talk in a language the players can understand
Imagine all players are no a string and when 1 Player goes out they pull the others along filling spaces along the way.

Spend more time coaching transition from defense to attack