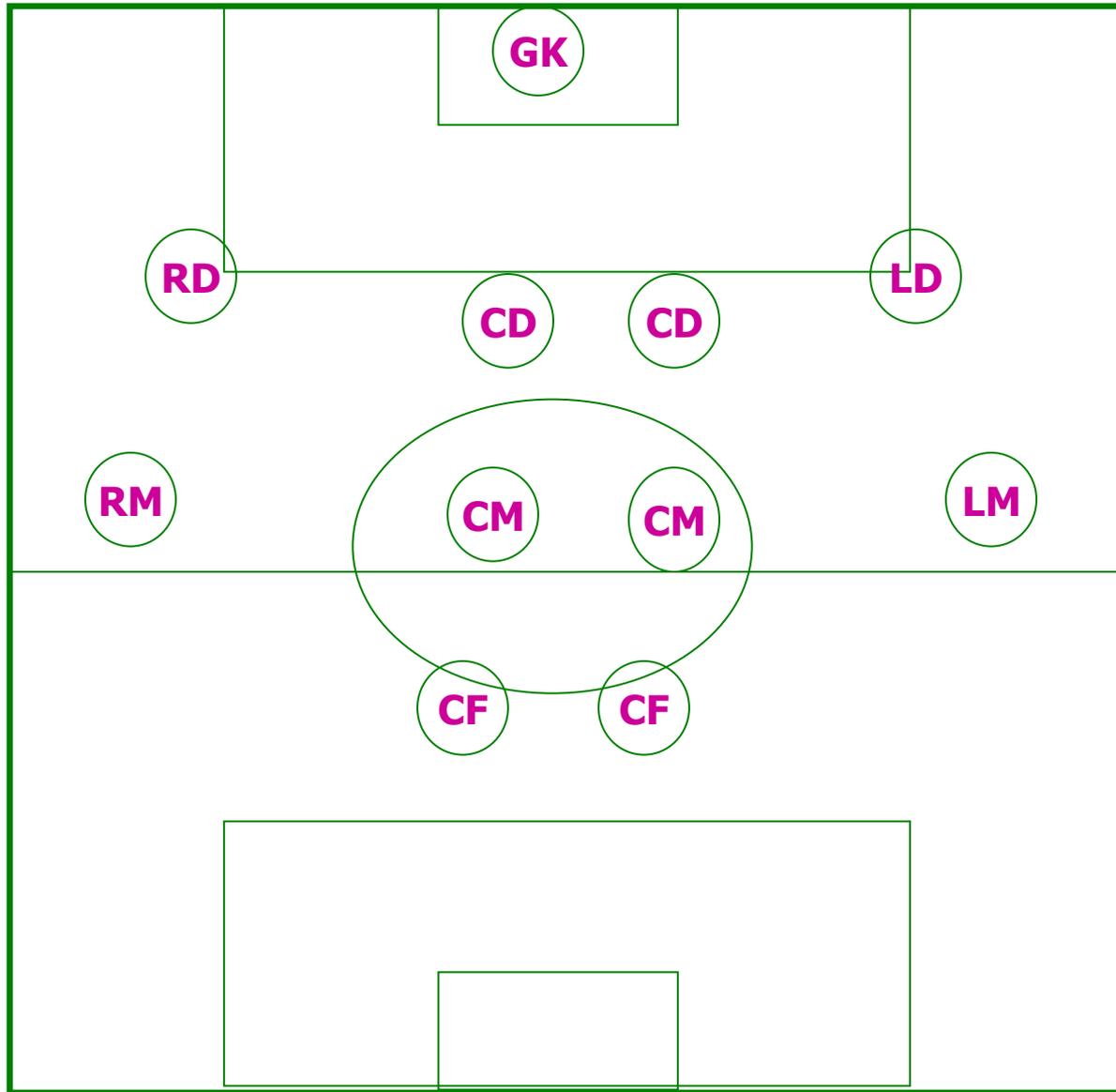


Goals and Objectives



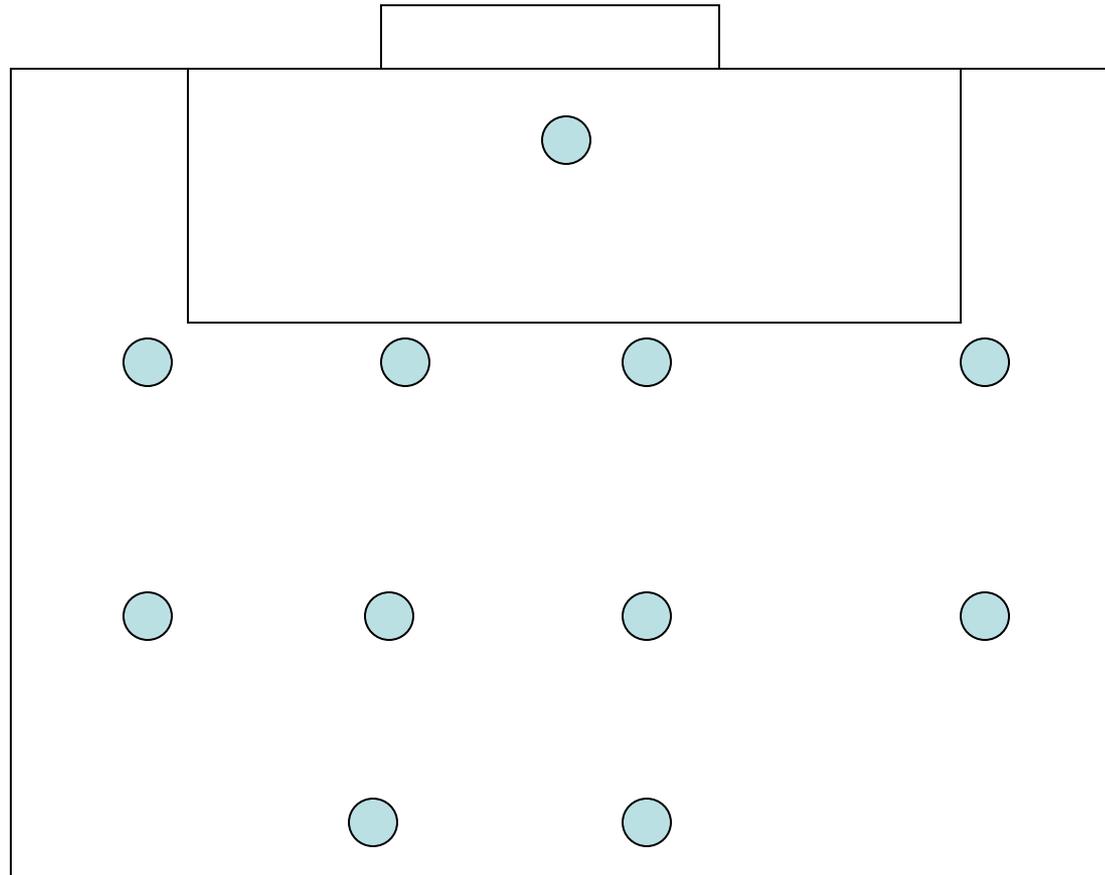
U13 plus age group

Formation 4-4-2



Why this formation?

Game Objective 1

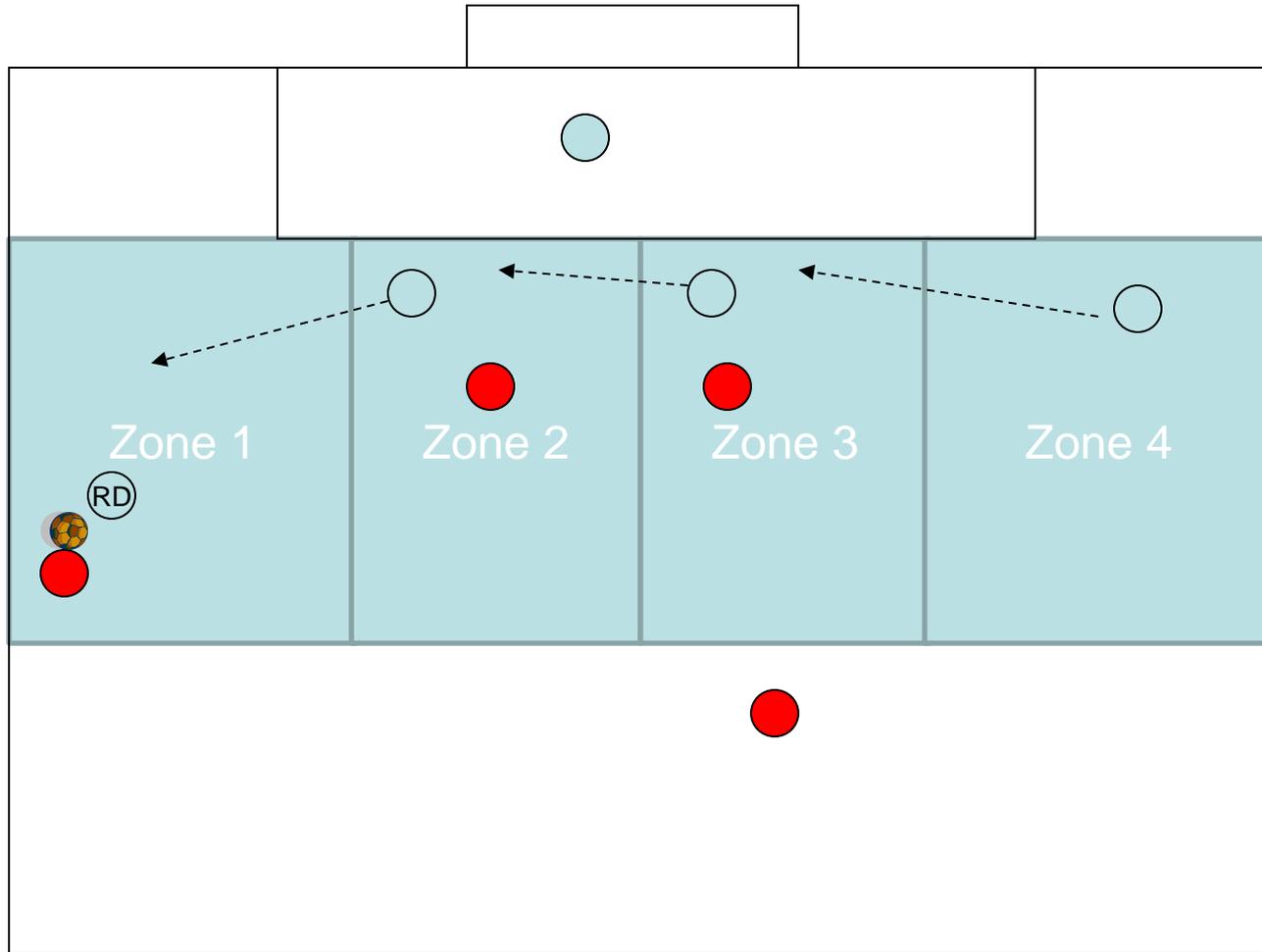


To maintain our Total team shape 1-4-4-2

Our shape expands in possession, covering as much of the field that can be passed to in relation to the teams leg strength and constrict in defense with players making distance adjustments based on the quality in certain positions that the opponents have
Our Shape (including GK) should move forward and backwards in relation to the ball

Game Objective 2

→ Ball
- - - - -> Player



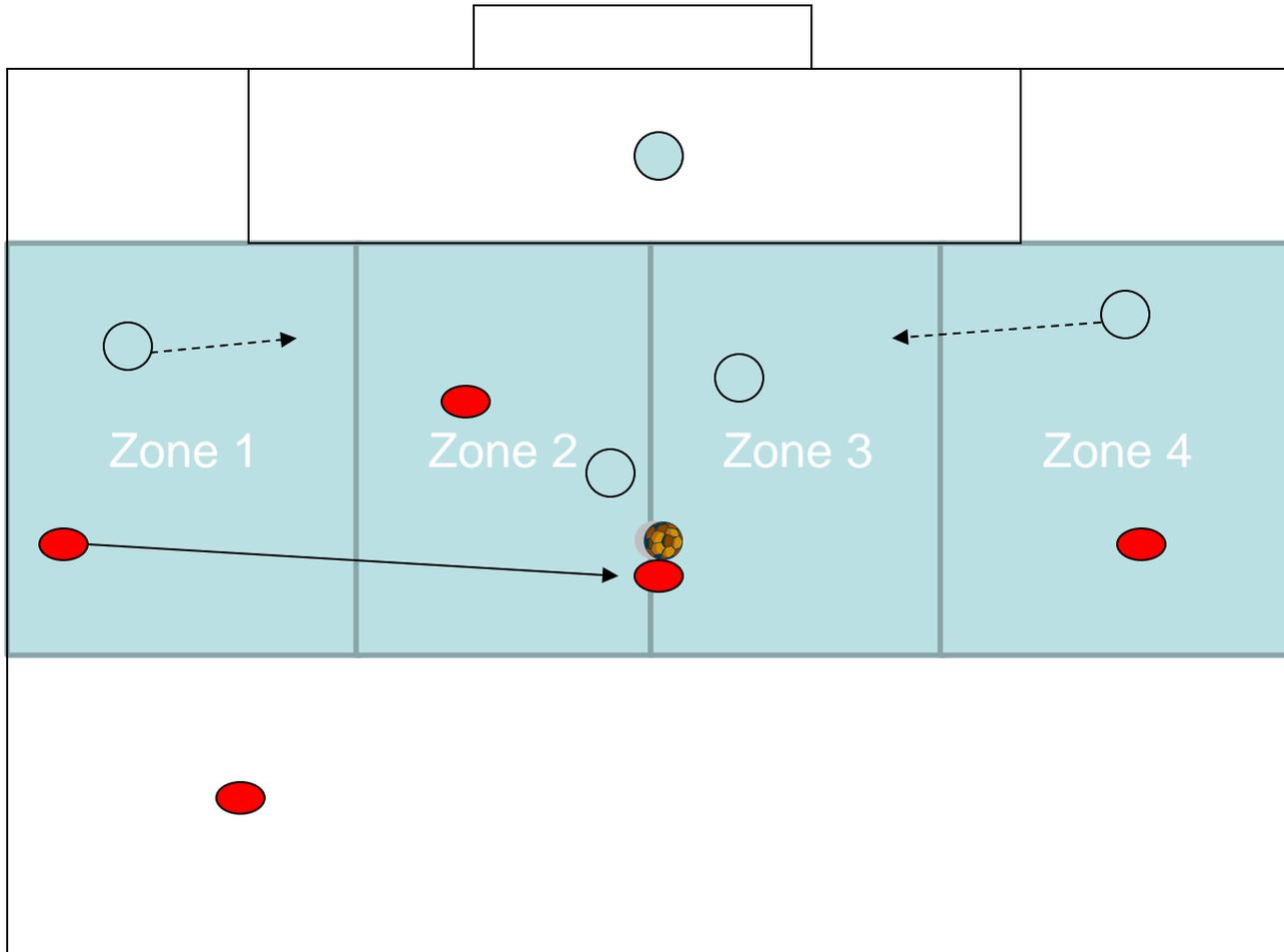
To get the fullbacks to successfully zonal Defend

To be Successful the other 3 defenders must come across to cover. Team mates must be in a position to cover and still see the opposing forwards.

Note: The Right defender is defending on the left side of the ball sending the red player to the side with less support

Game Objective 2

—→ Ball
- - - → Player

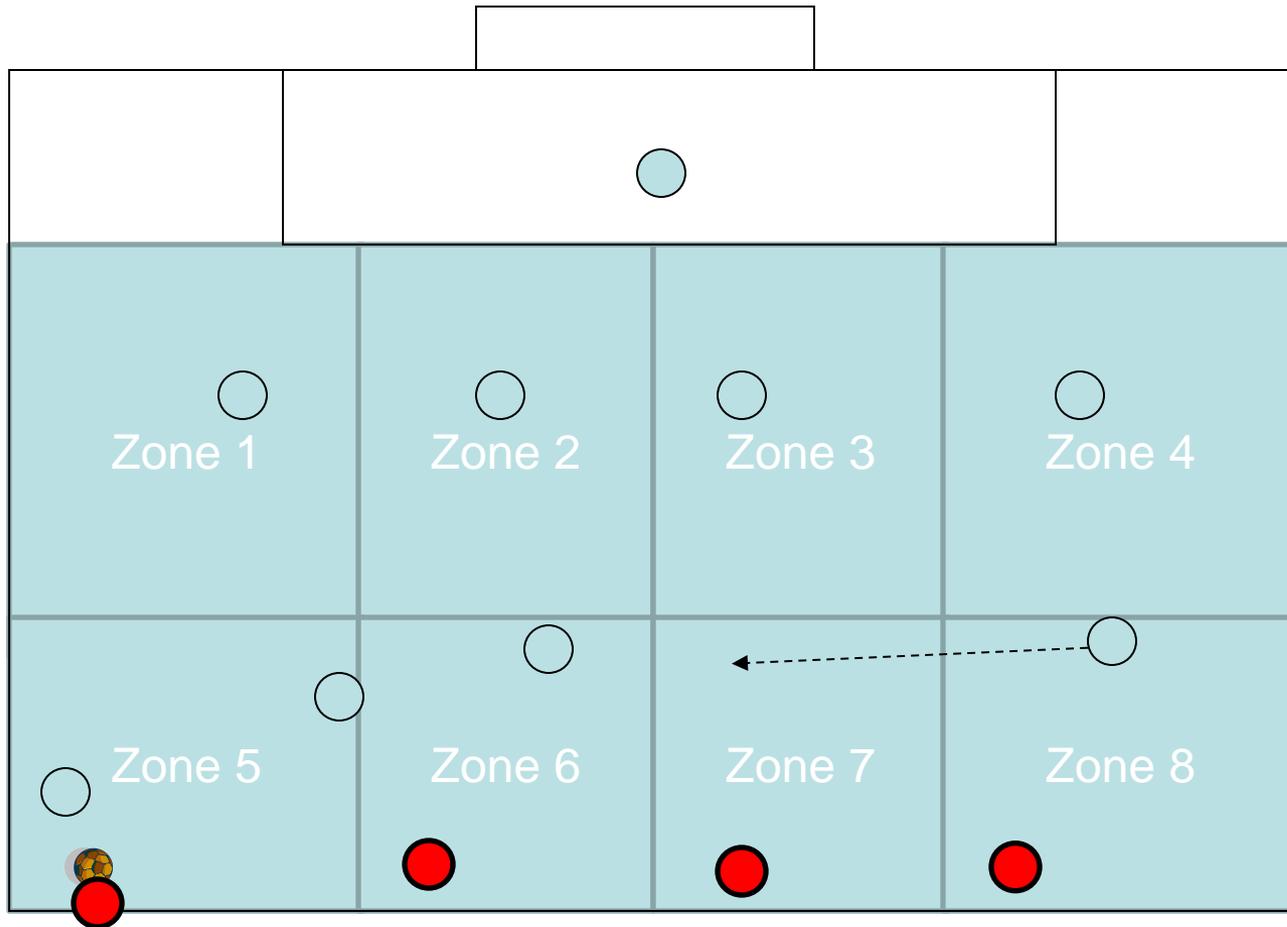


To get the Centre defenders to zonal Defend

The central defenders work in a piston movement in that when one moves up the other moves back to cover. The Fullbacks compact the middle and try to force the ball away from the goal.

Note: The Centre defender is defending on the right side of the ball sending the red player to the side with less support

Game Objective 3

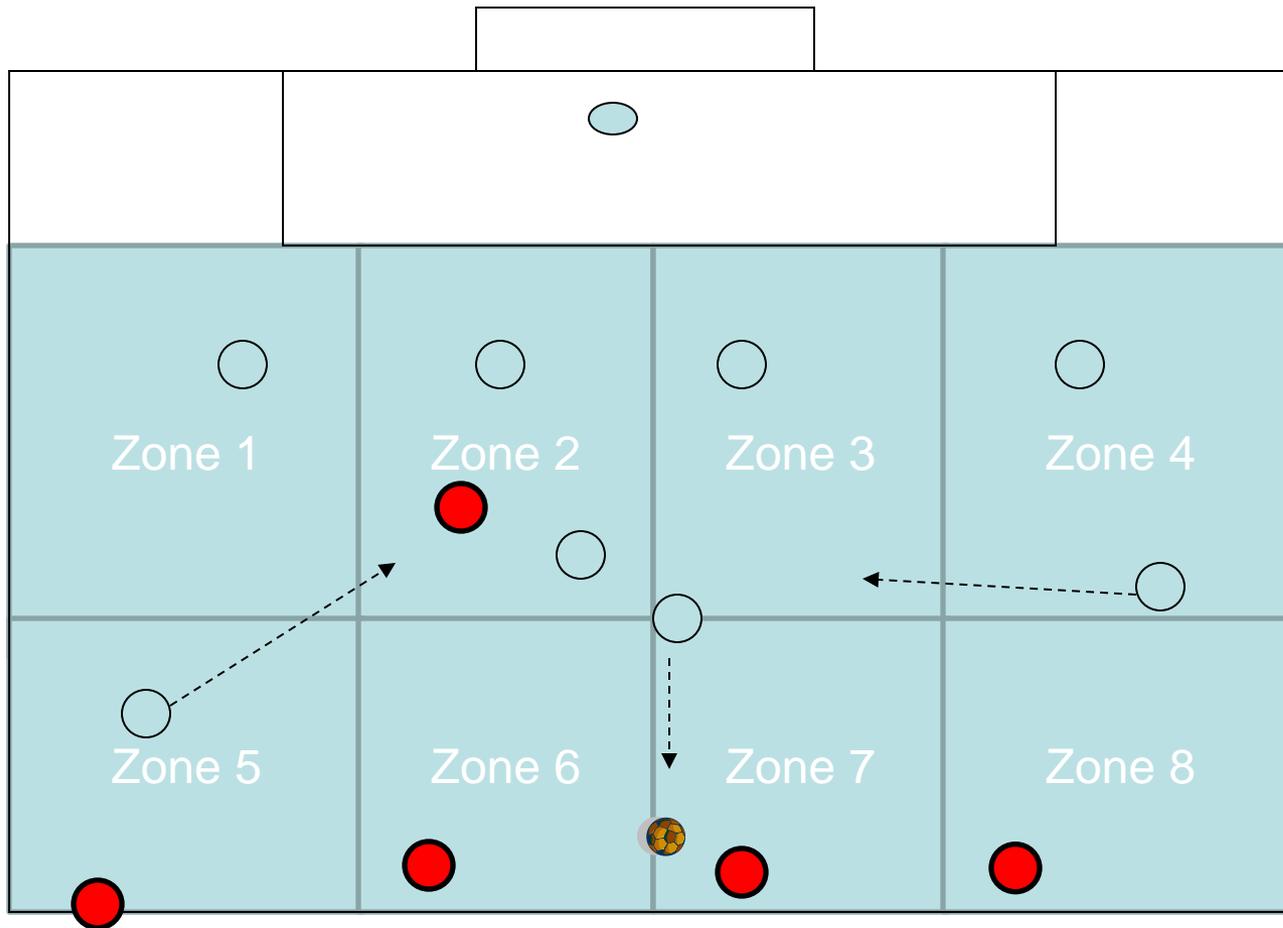


To get the outside midfield players to zonal defend

To be Successful the other 2 midfielder must come across to cover and compact the field.

Note: The defender is defending on the right side of the ball sending the red player to the covering midfielder.

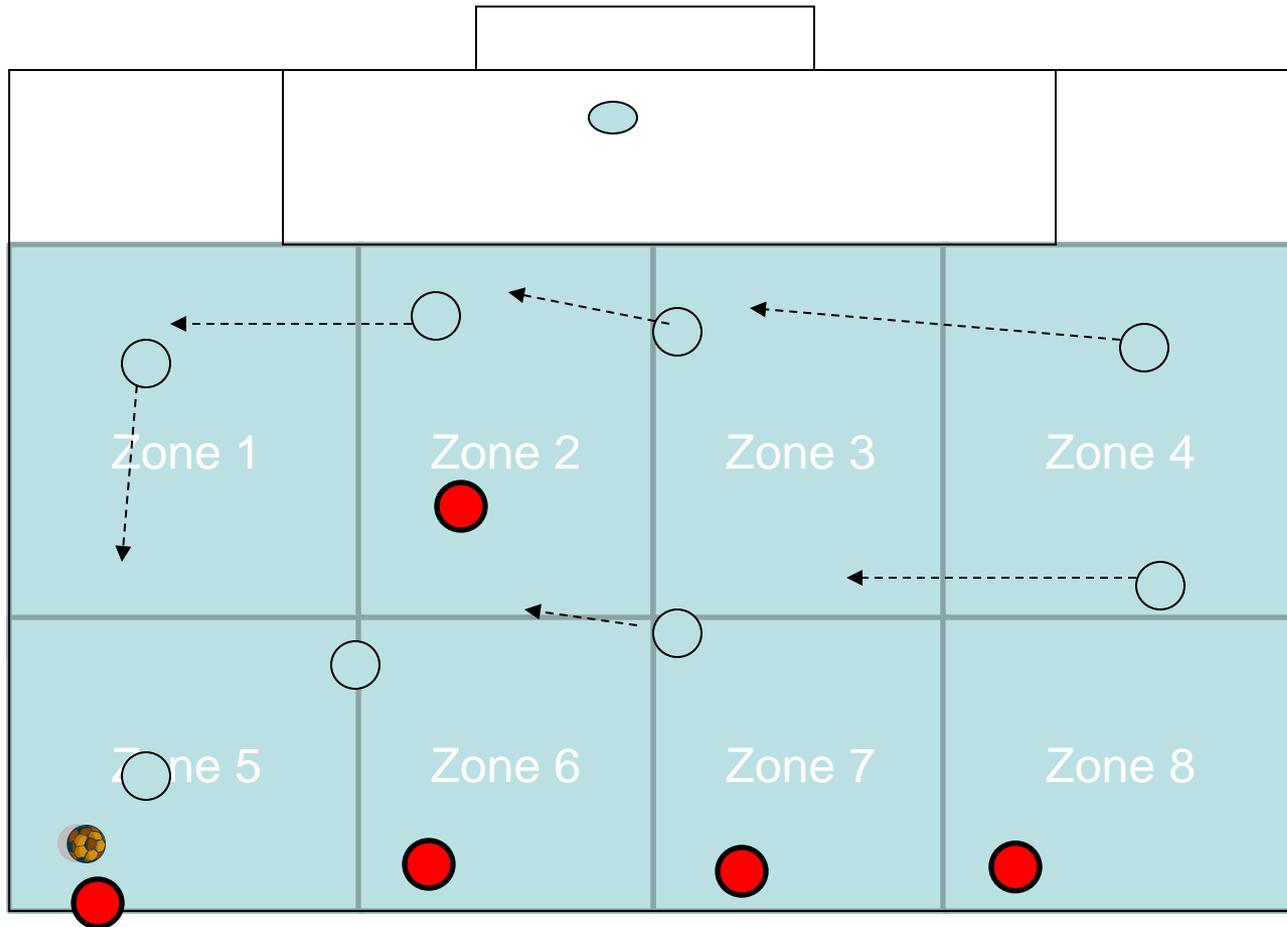
Game Objective 4



To get the central midfielders to zonal defend

The central midfield players work in a piston movement in that when one moves up the other moves back to cover. The wide midfielders compact the middle, block passing lanes to the forwards and try to force the ball wide .

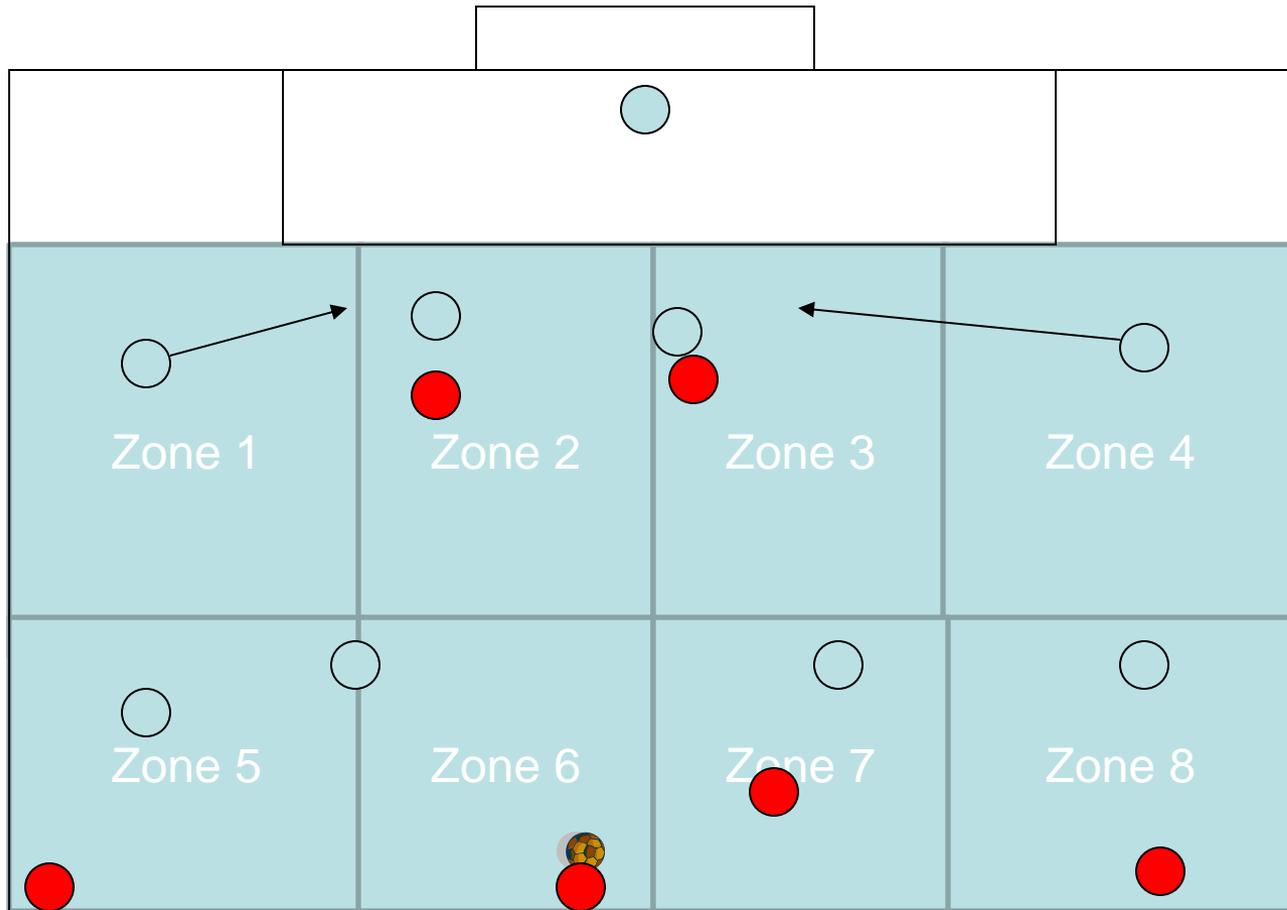
Game Objective 5



To get the back players to react defensively off the midfield pressure 1

Note: The defender is defending on the left side of the ball sending the red player to the side with less support. The right defender gets in a position to cover and the three other defenders shift across

Game Objective 6

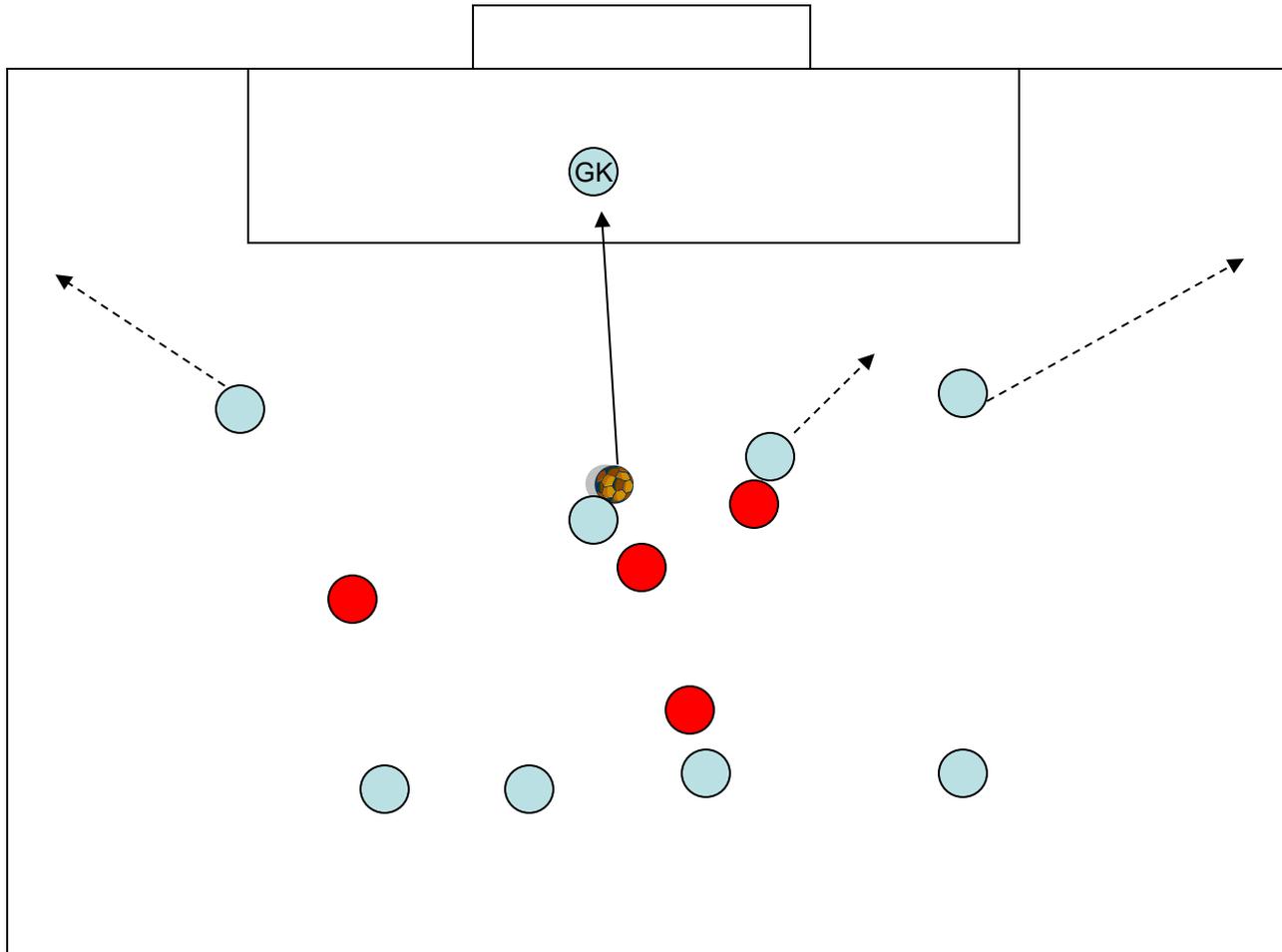


To get the back players to react defensively off the midfield pressure 2

Note: The midfield players have left a passing lane open centrally so the back players compact the middle as that is where the pass will be made

Game Objective 7

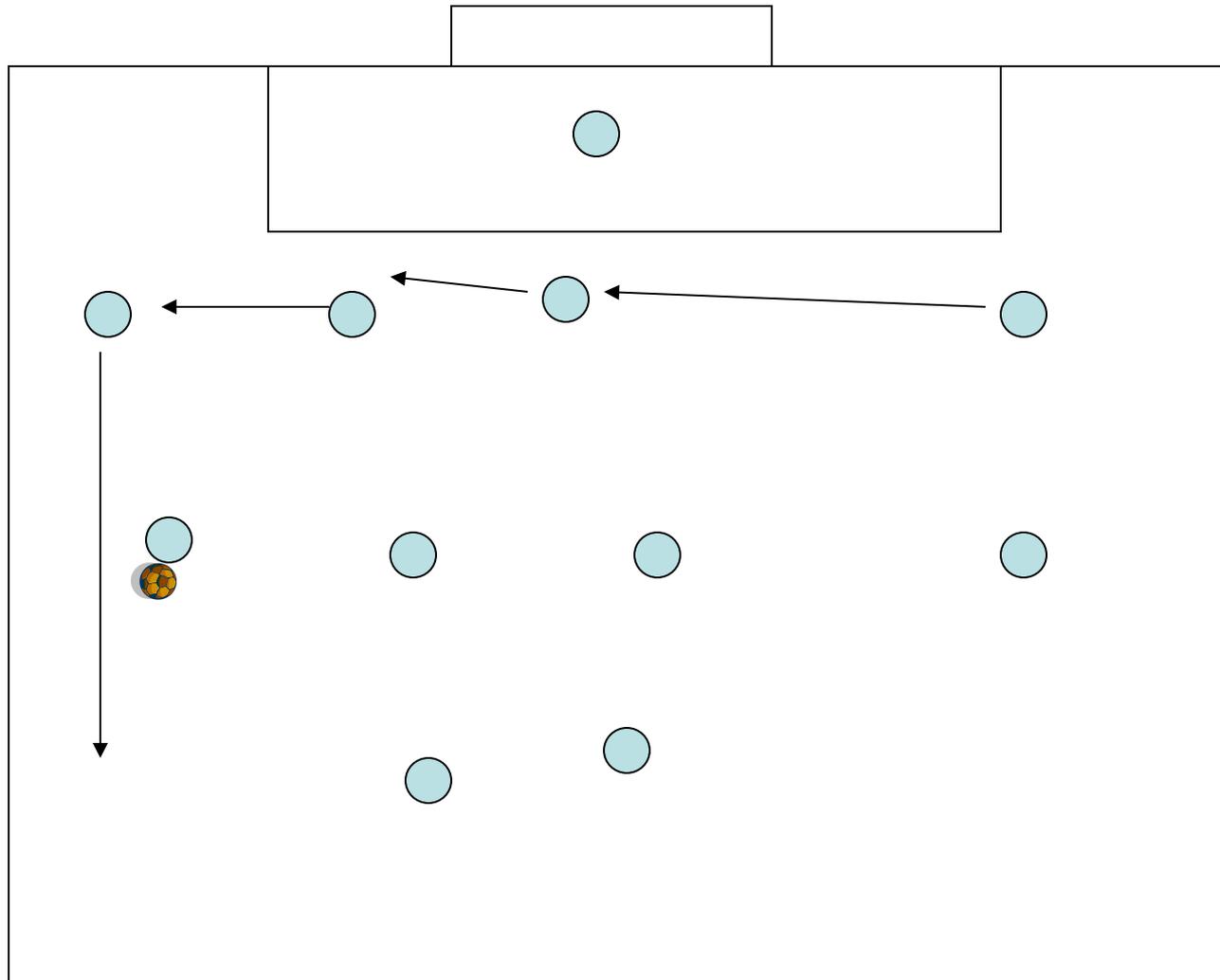
—→ Ball
- - - → Player



To get the back players comfortable in playing back to the goalkeeper

Note: As the ball is going back to the keeper the fullbacks are getting wide to make a diamond. The keepers next decision will be based on how the opponents react

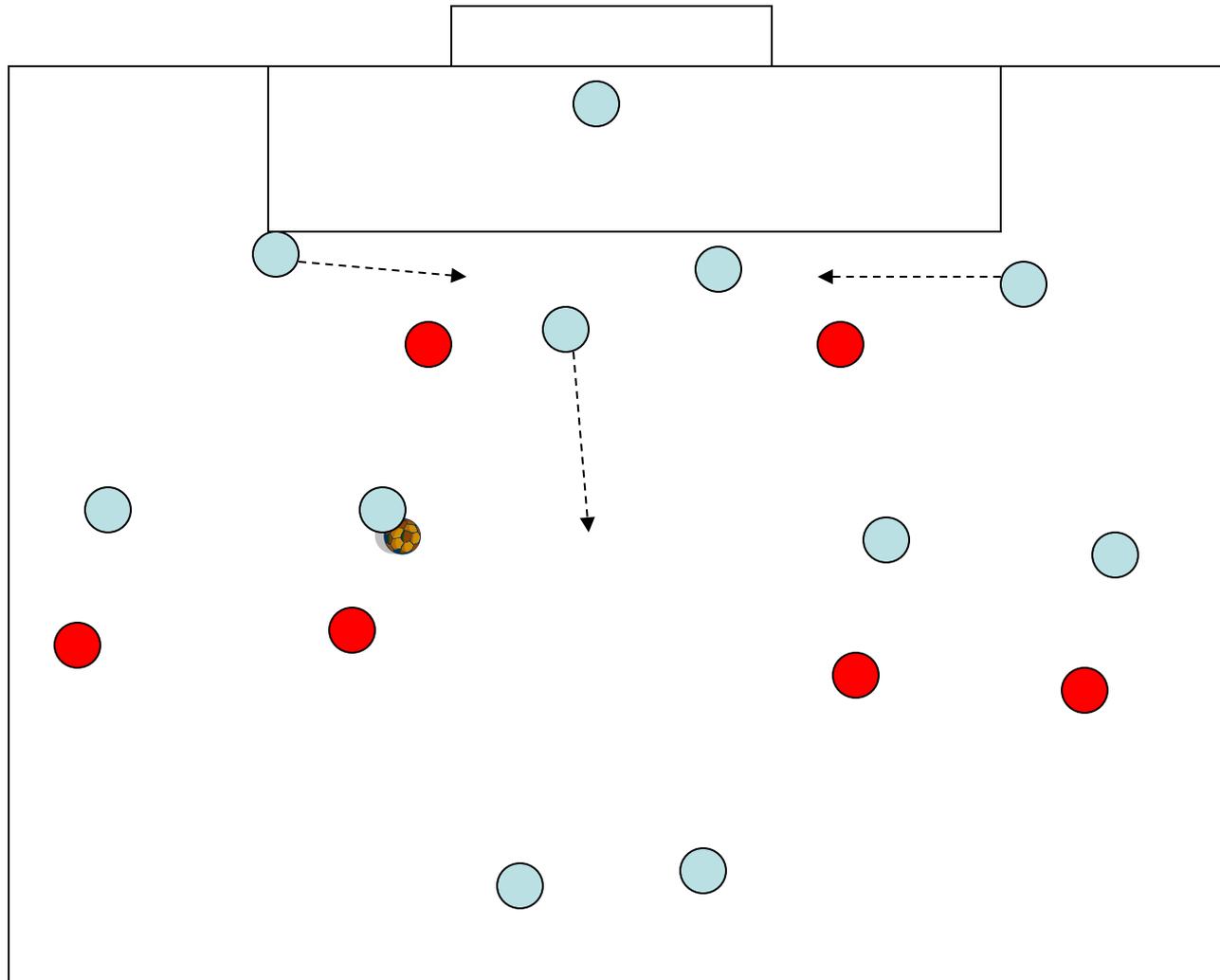
Game Objective 8



To get full backs into the attack

To have the remaining defenders zone when the fullbacks go forward

Game Objective 9

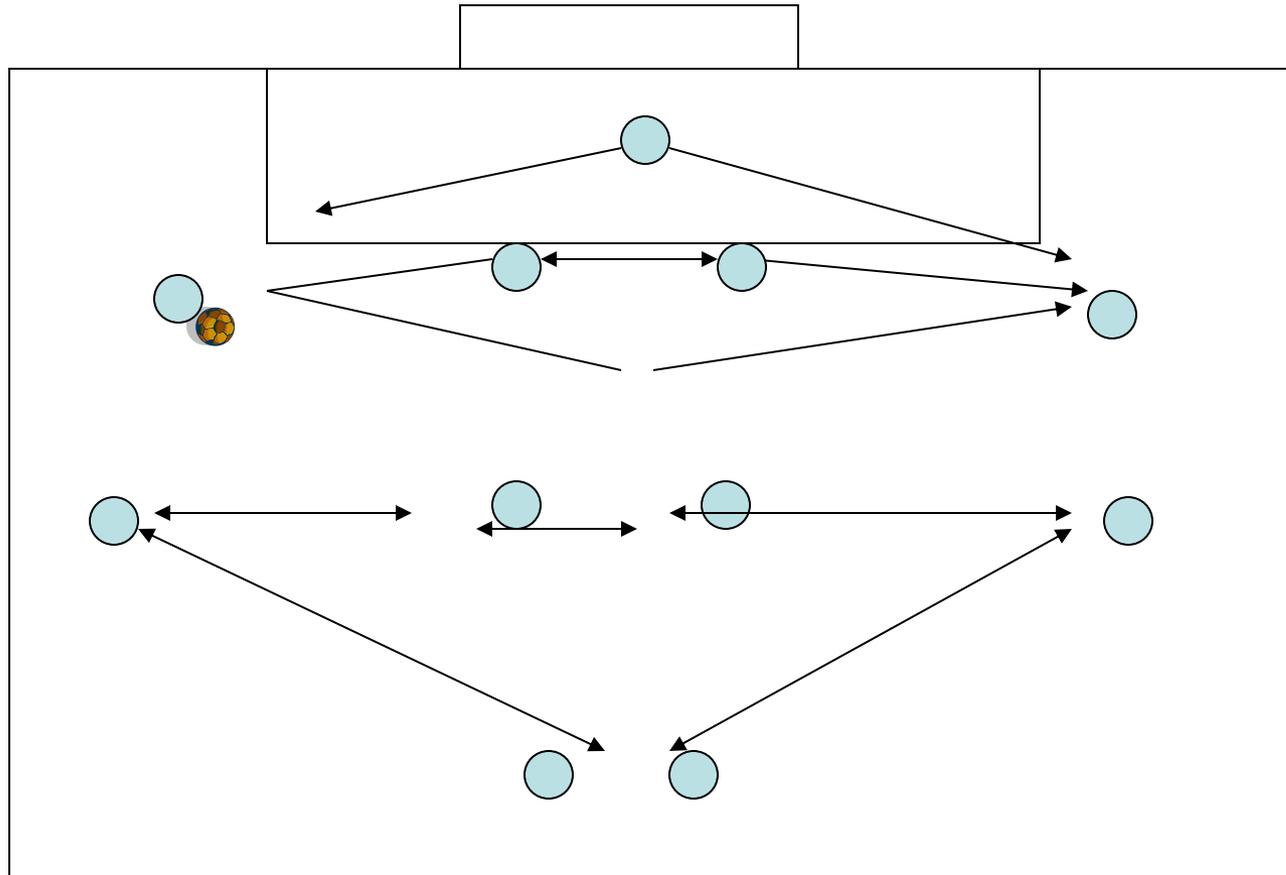


To get the central defender into attack

To do this the midfielders have to make room and the defenders fill in the space

Game Objective 10

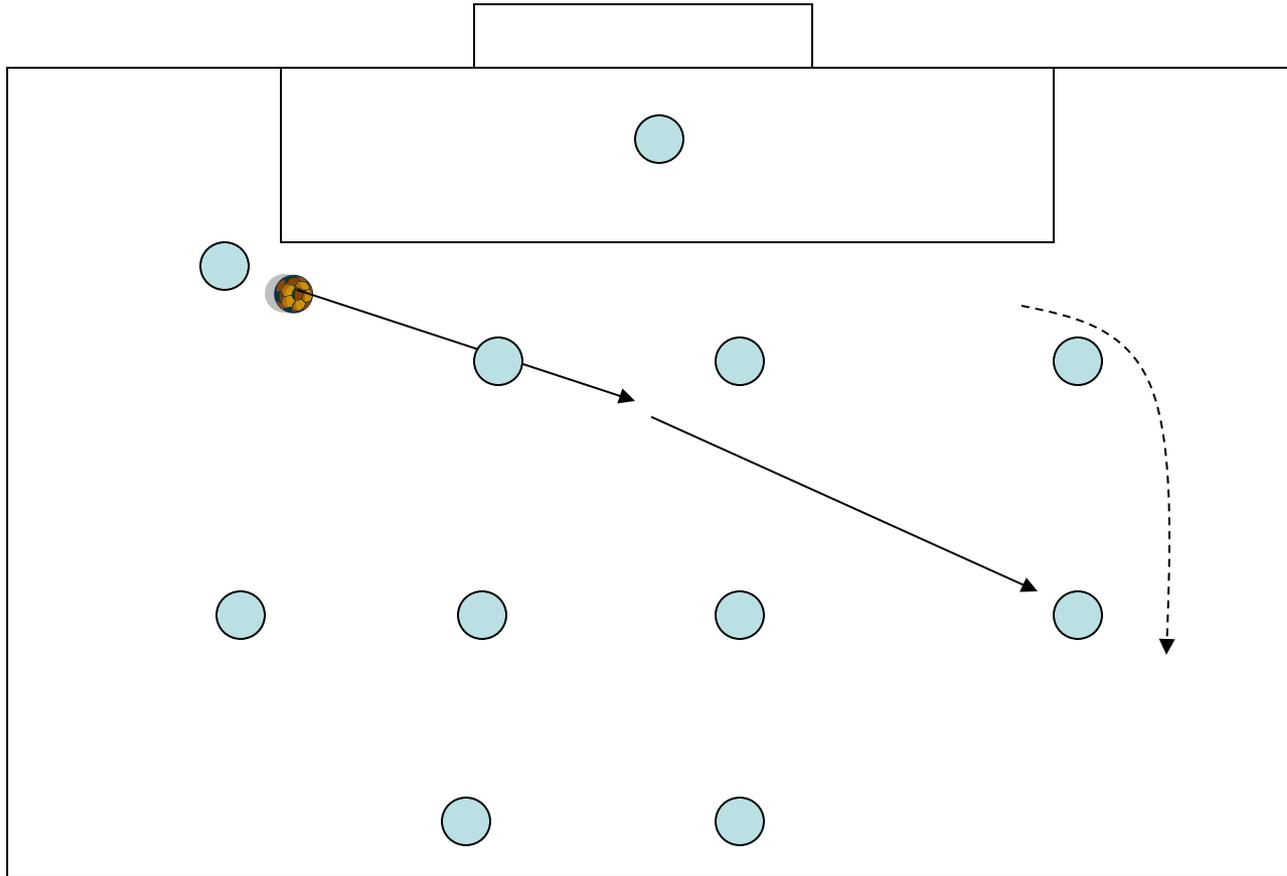
—→ Ball
- - - -> Player



To switch the ball from one side to the other to create better attacking options
To do this we need width, depth and team awareness from our central players
To improve the effectiveness of this the player receiving the final pass needs to be the
widest on the team stretching the opponent out creating gaps to play forward

Game Objective 11

→ Ball
- - - - - Player

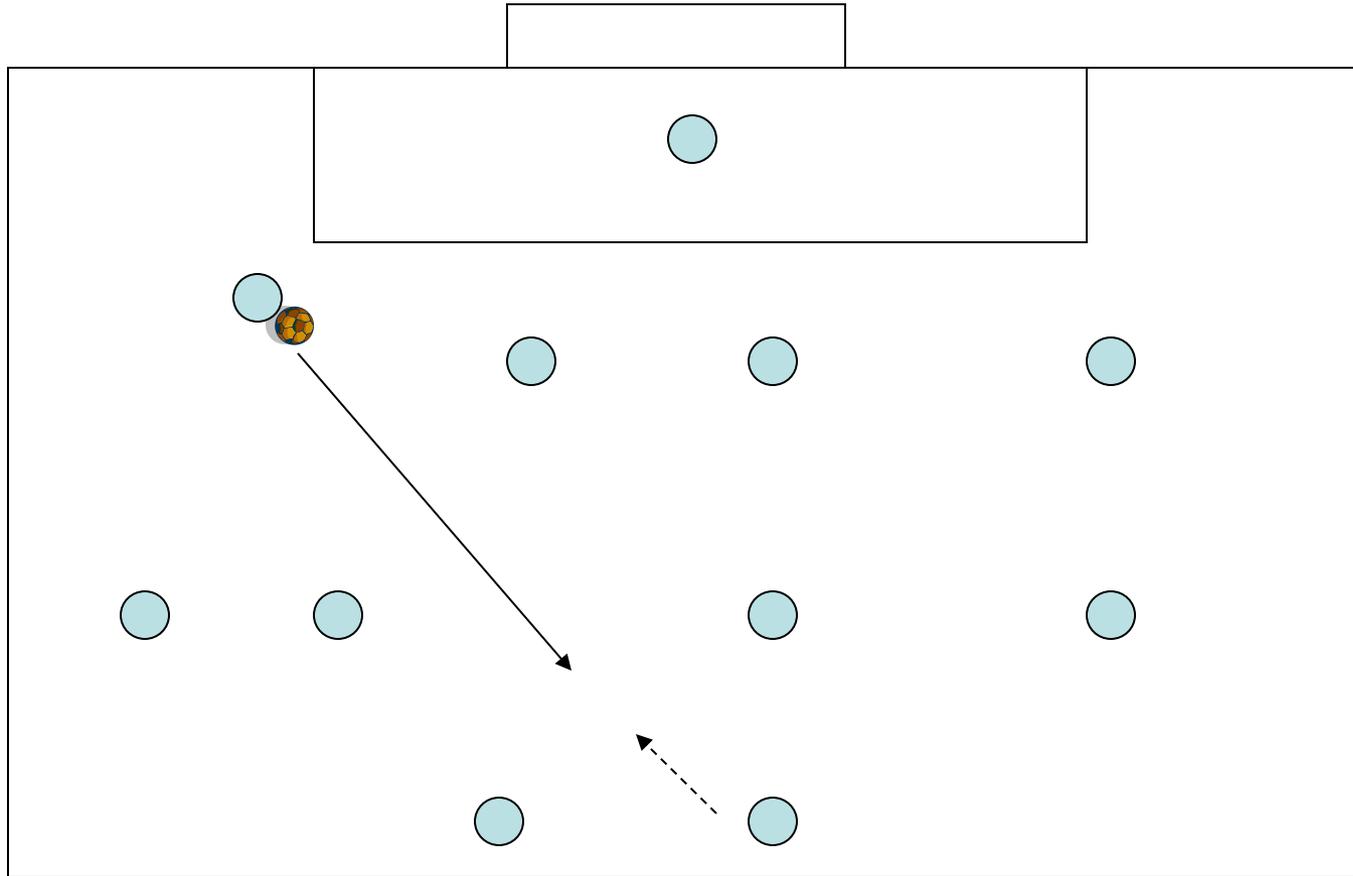


To Switch fields and get a fullback to overlap

The team first needs good team shape and the players be able to get the ball across the field. The Fullback has to time their run as the ball is coming across

Game Objective 12

—→ Ball
- - - -> Player

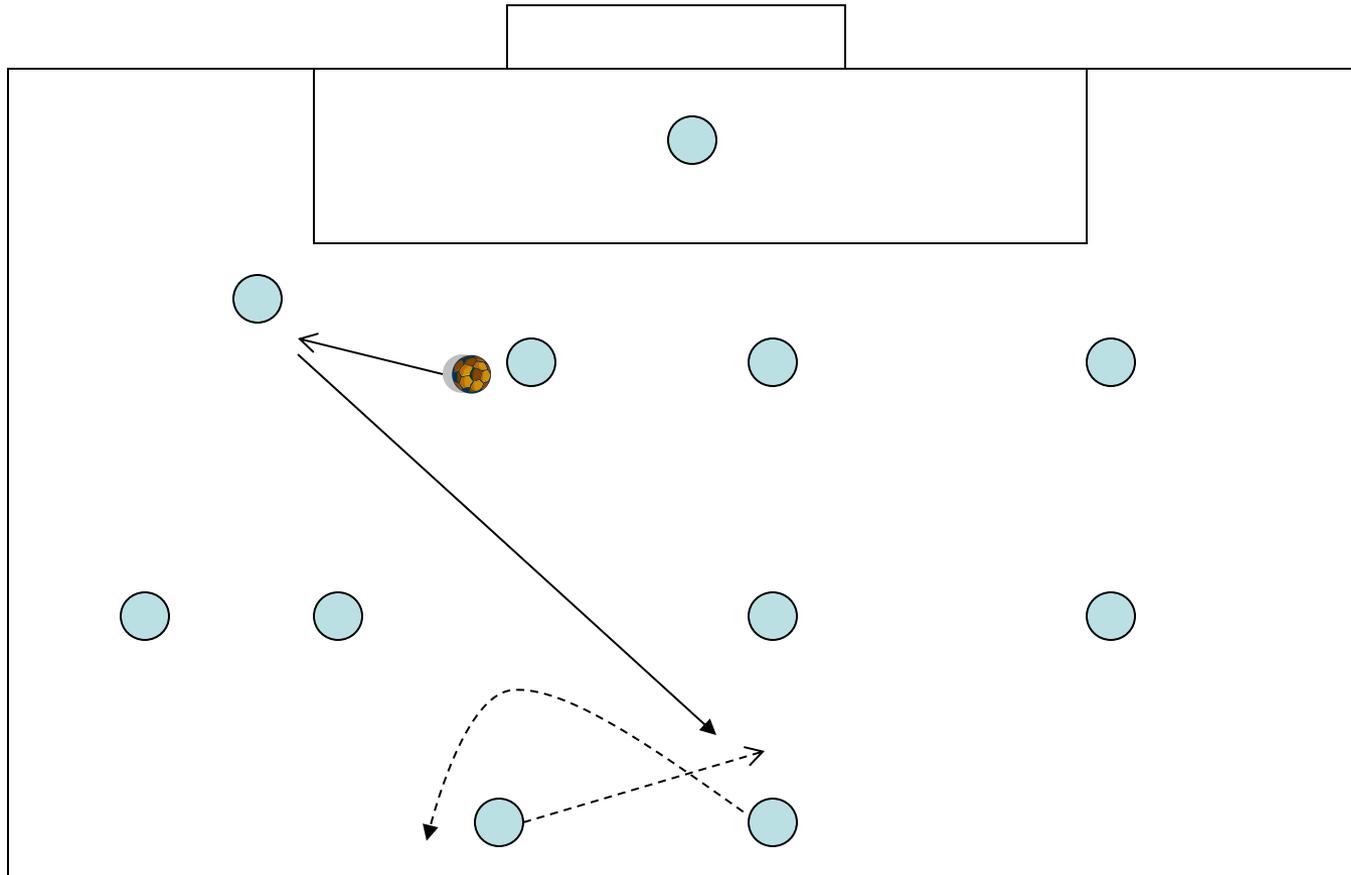


To make a pass into a checking forward

The forward has to start in a high position and check back into the pocket between forward and midfield. The forward needs to be aware of pressure and his supporting forward

Game Objective 13

—→ Ball
- - - - -→ Player



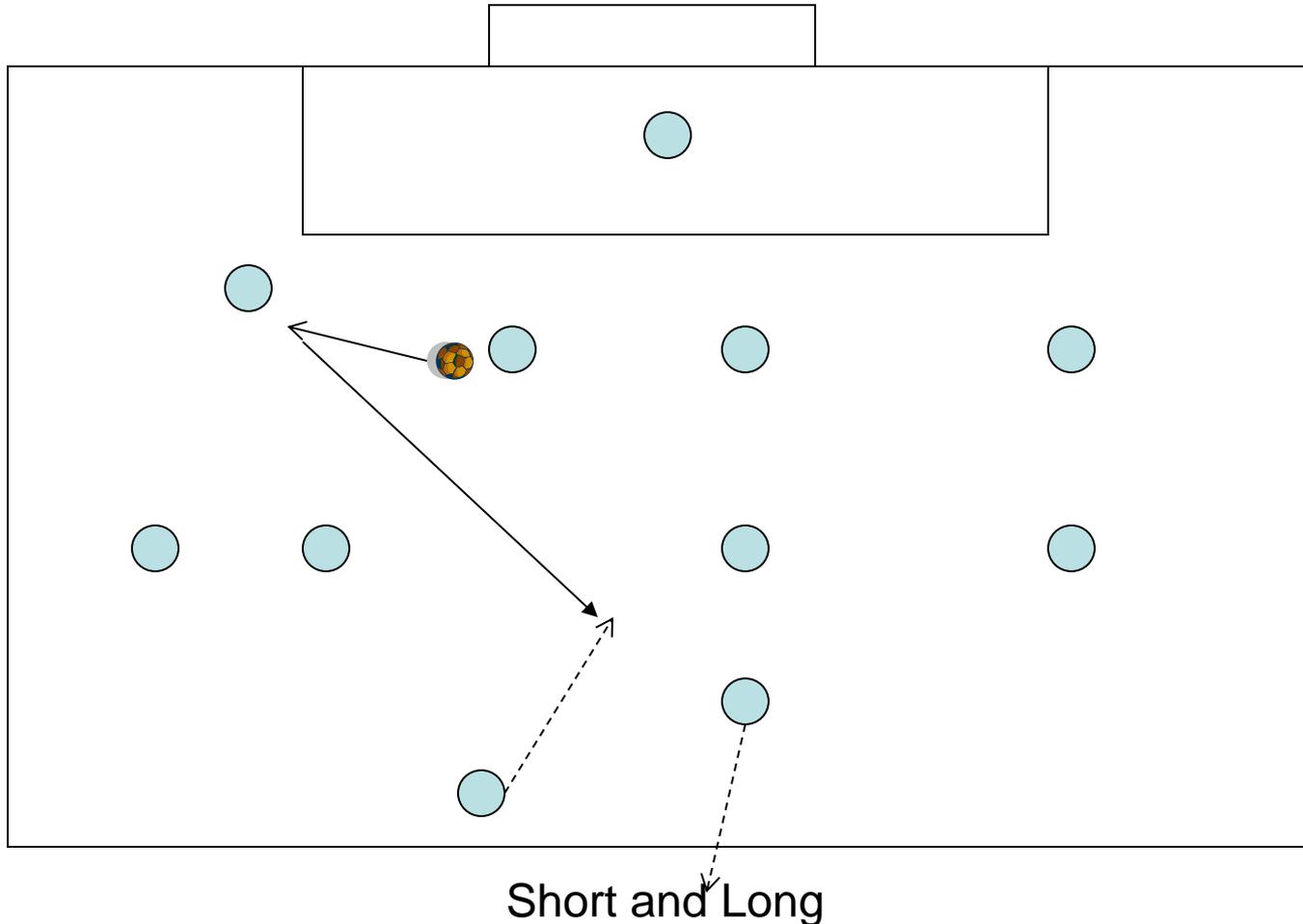
Forwards Criss Cross

To Get the forwards to work movement combinations
Forward movement will distract the opposing back line and create space for a 3rd player
to run into or for the forward

The movement must be timed and made as the passer is receiving the ball

Game Objective 14

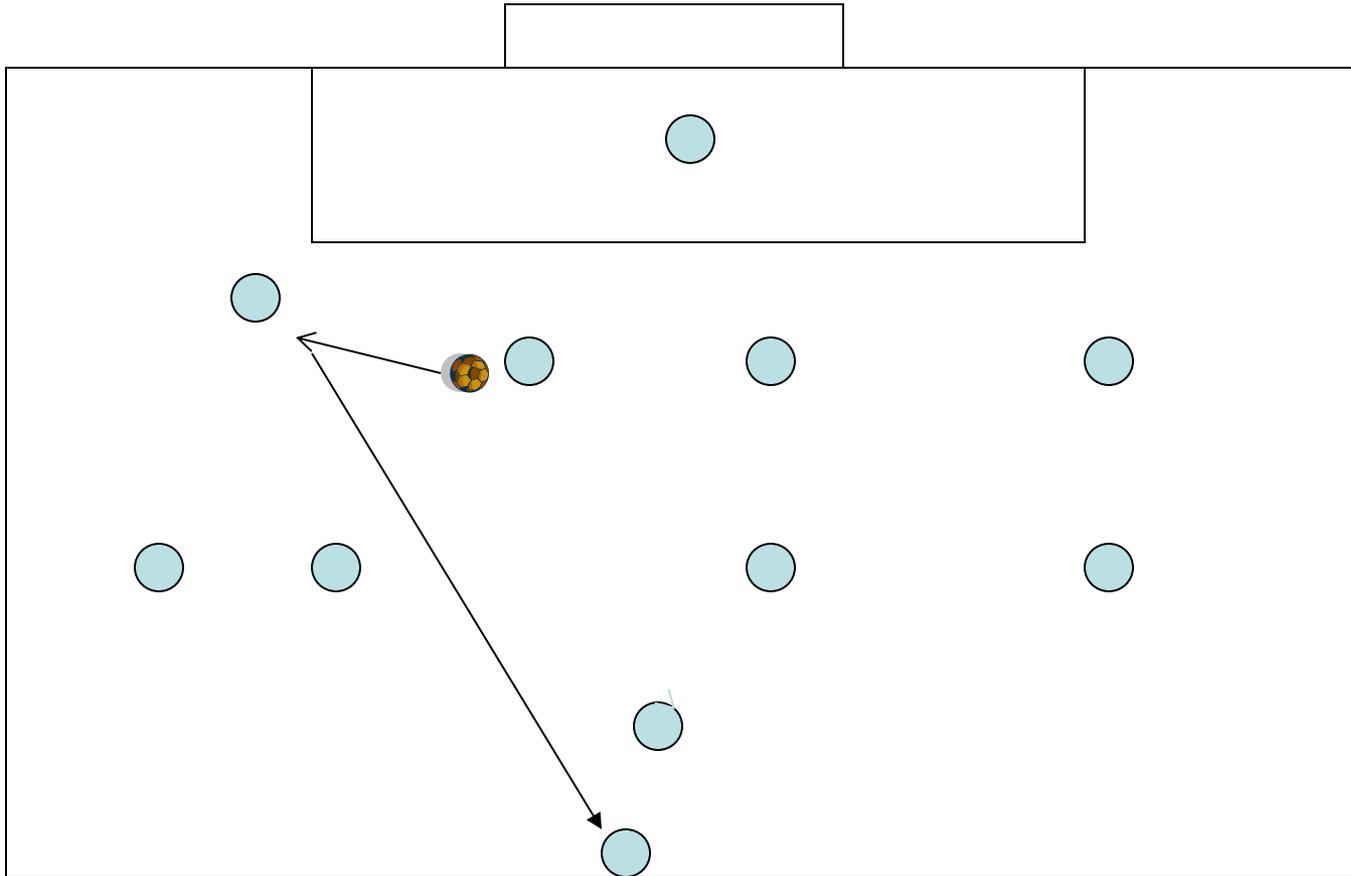
—→ Ball
- - - -> Player



To Get the forwards to work movement combinations
Forward movement will distract the opposing back line and create space for a 3rd player
to run into or for the forward
The movement must be timed and made as the passer is receiving the ball

Game Objective 15

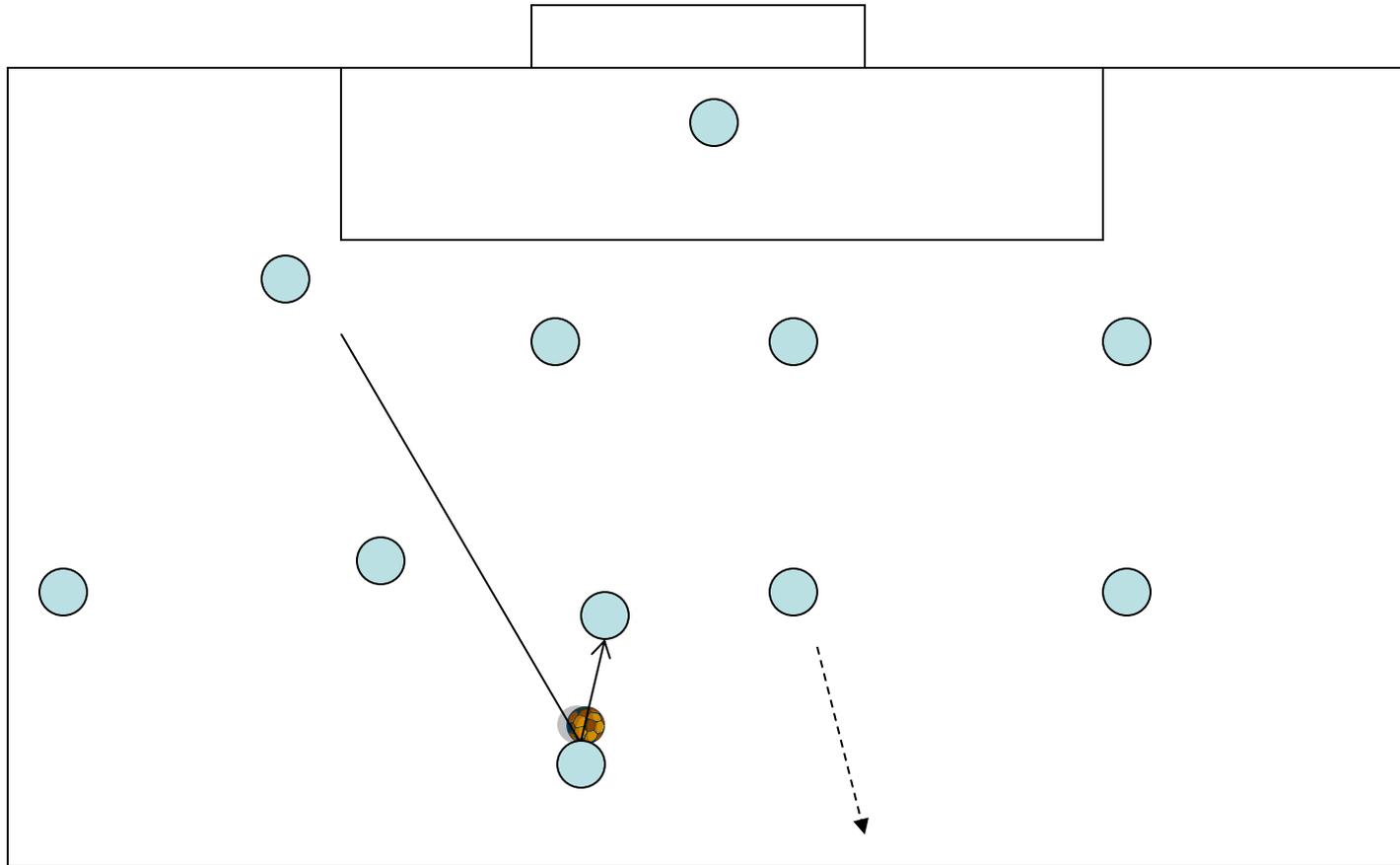
—→ Ball
- - - -> Player



High and Low

To Get the forwards to work movement combinations
Forward movement will distract the opposing back line and create space for a 3rd player
to run into or for the forward
The movement must be timed and made as the passer is receiving the ball

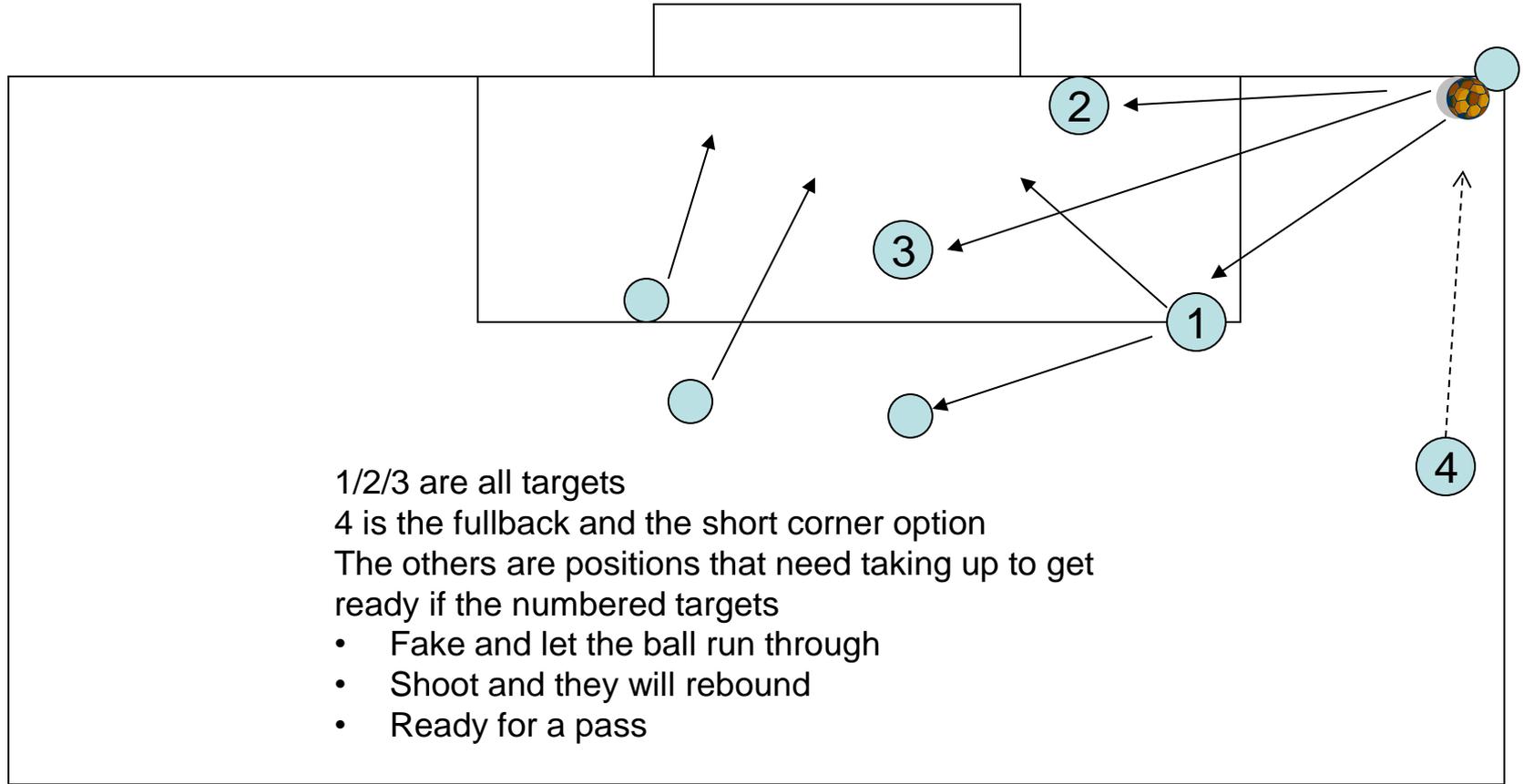
Game Objective 16



To fill the space that the forward has come out of. (3rd player running). If the forward is threatening enough he will draw pull in an opponent and create space for a player running through. The running through player will be on for a pass behind the defense

Game Objective

Corners

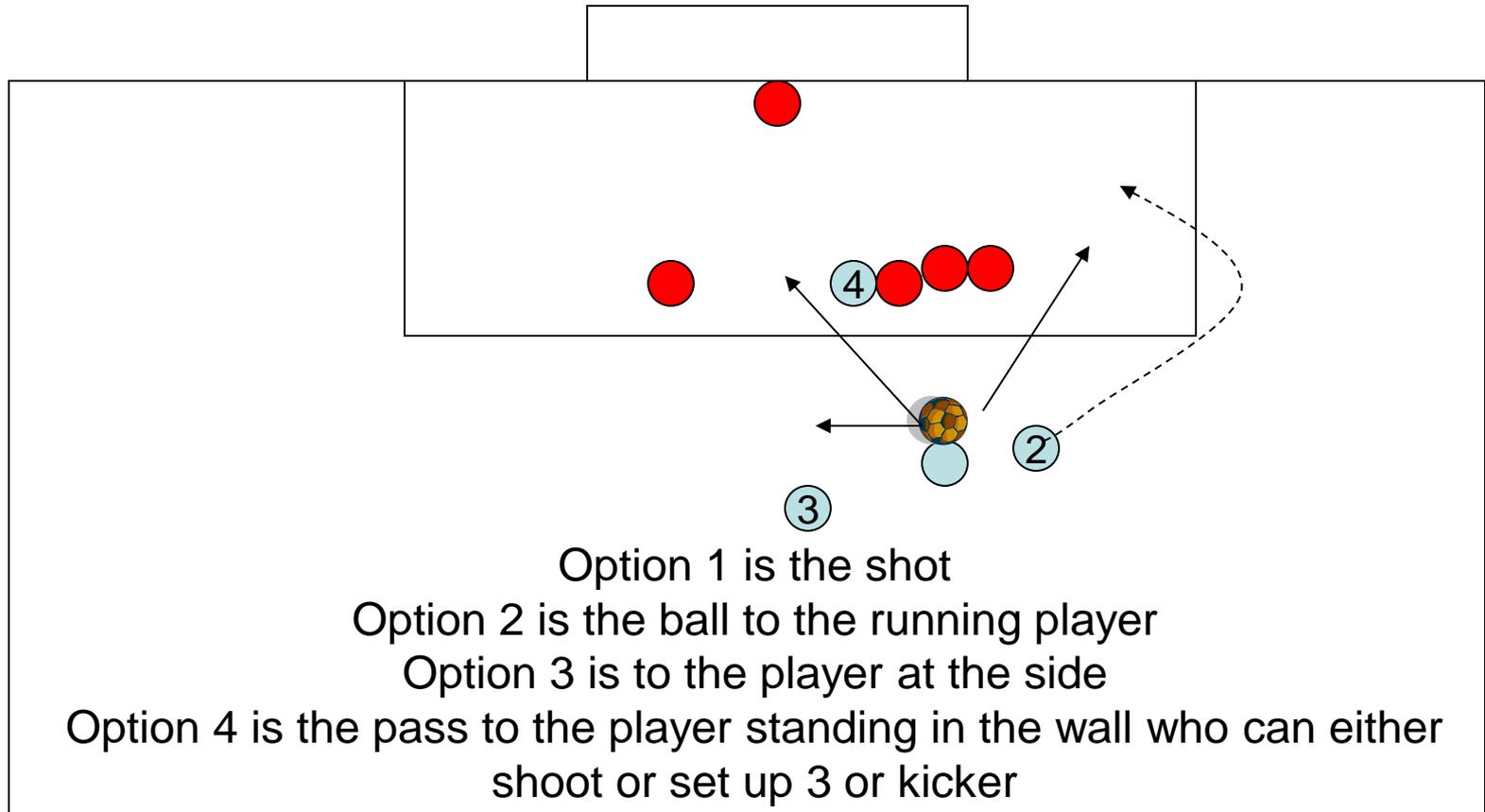


To create a goal scoring opportunity from Corners

The decision is made based on pressure and targets have the option of controlling the ball or allowing it to run through to secondary players. The players who don't take the shot are prepared to follow up for rebounds

Game Objective

Free kicks

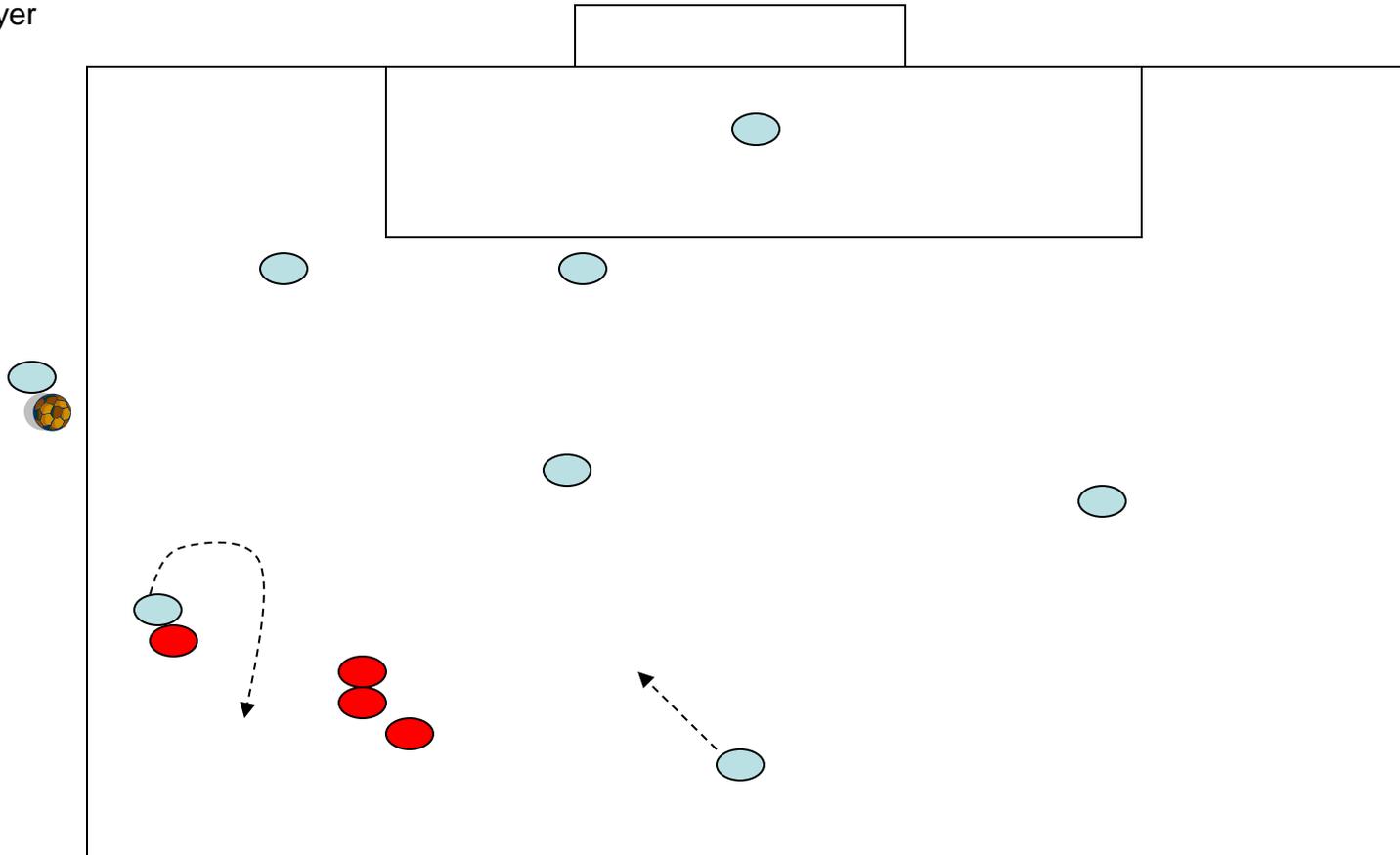


All movement occurs when the player puts the ball down

To create a better goal scoring opportunity from our Free kicks
All other free kicks should be looked to be passed short and quickly

Game Objective

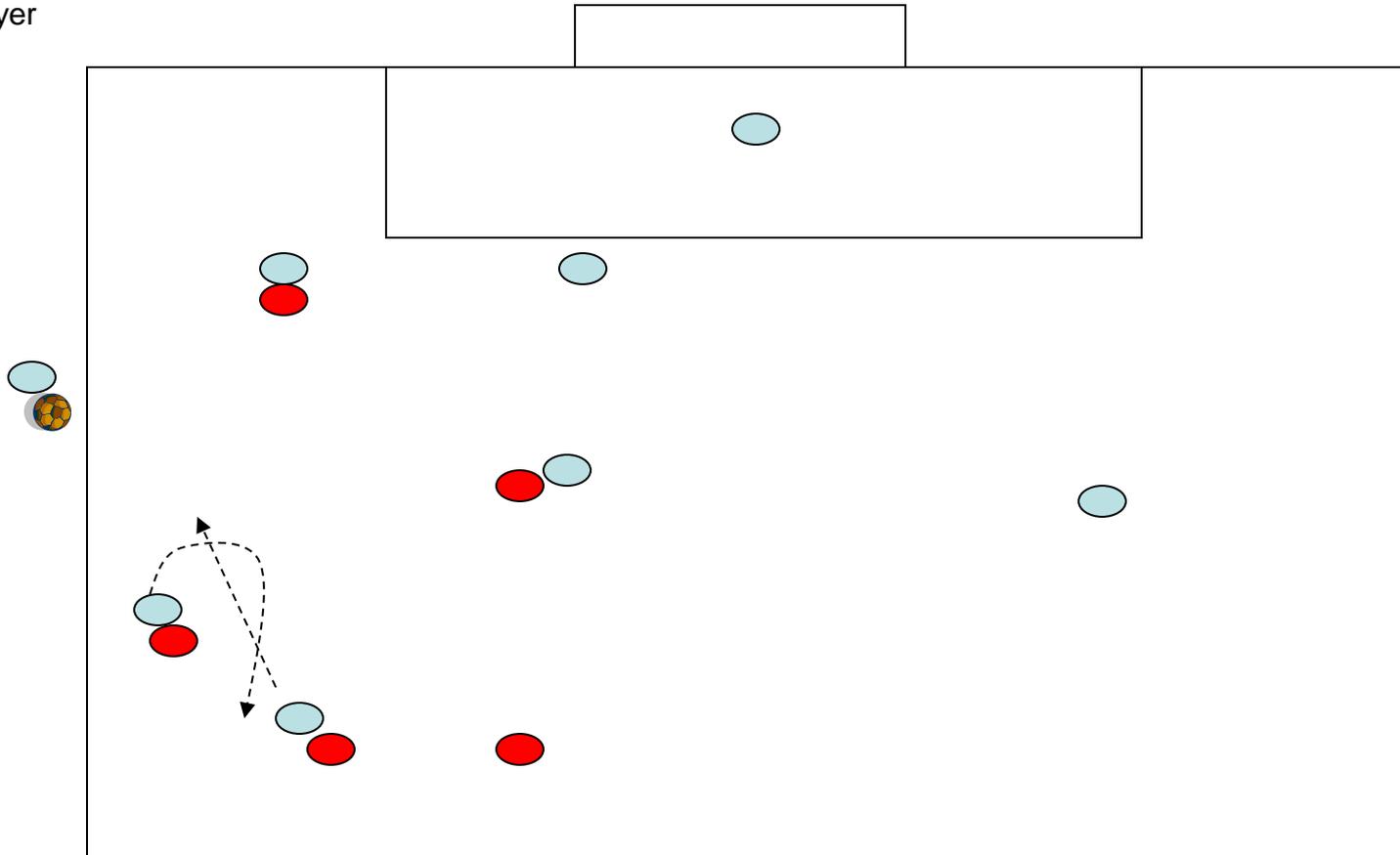
→ Ball
- - - - -> Player



To create an open player from a throw in
1. The receiving player is marked so he spins and runs into the space behind

Game Objective

—→ Ball
- - - -> Player



To get 2nd player movement from a throw in

1. The receiving player is marked and spins and is followed by his defender
2. The player that was far away checks into the space