

9 V 9 ATTACK IN OUR OWN HALF

REINFORCEMENTS

- When a player on the width takes space forward with first touch
- When a player uses proper technique and good pace to pass with inside of foot
- When player goes away from more defenders to find space instead of into defenders
- When a central player receives it from one side and plays to the other
- When a player receives with proper technique across their body
- Use GK to keep possession
- Get wide when GK or CB gets it
- When a central players shows into space to create options

COACHING POINTS

- Receiving
 - Across body with inside of the foot
 - Into space if space is there
 - Away from pressure
 - Into the attack beating a line, if possible
- Passing
 - Inside of both feet
 - Heel down and toe up
 - Introduce long ball - instep
- Where is the space - Read defenders, where are they?
 - Possibly backwards
 - Where are the 2v1s
 - How do we get there?
- Communicate effectively and work together to create space or find 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 central (Goalkeeper, Centerback, CM, etc.) where should the outside players go? Wide How? Backpedal or rounded run
- Where are the 2v1s? How can we get their quickly?
- Is there more space on the other side of the field? How do we go there?

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

NOTES

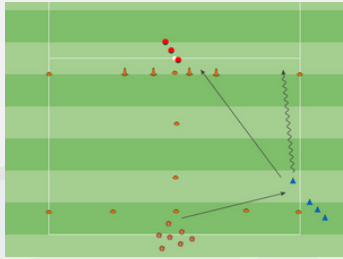
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Dribbling
 - To penetrate
 - To find space
 - To change speed
 - To beat or commit defender
- Passing
 - Inside of both feet
- Shape - Width/Depth
- 2v1s
 - Find them/Use them
- Receiving
 - Across body with inside of both feet
 - Bouncing balls
 - Where to go- 1st touch
- Reading defensive shape
- Combination play
- Teamwork
- Self-Analysis

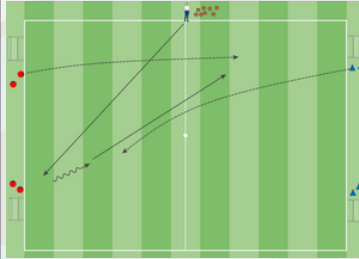
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A.00 1v1 dribble/ pass



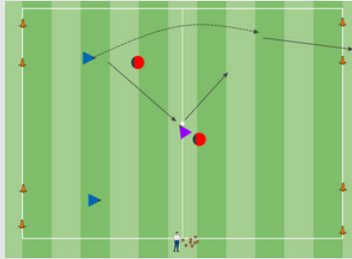
- 12 wide x 18 long around goal box to the half
- 1v1 when ball is played in
- Dribble across end line or pass into central goal (simulating support player)
- When to dribble, when to pass
- If player cuts off goal, dribble to end line
- Can make pass worth 2 and dribble worth 1, etc.

A.01 2v1 (2 goals)



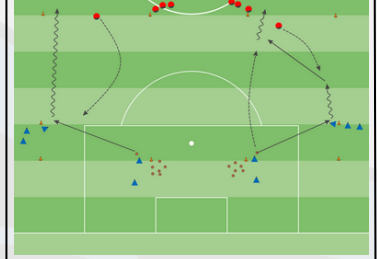
- 18 x 25 yard grid
- Players split in two groups
- Ball played in by coach
- Side that gets ball, brings two players on, side that doesn't defends with one player
- Alternate side that gets ball each time
- When ball goes out of play, quickly get it and get back in line
- Score through goals, keep track of score

A.02 2v2+1 (2 goals)



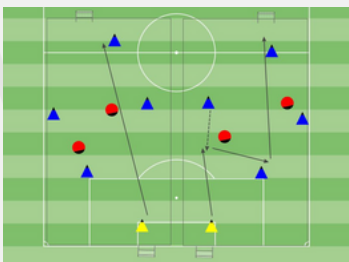
- 18 x 25 yard grid
- 2v2 with a neutral player to score in two goals
- Rotate neutral every few minutes
- Introduce wall pass
- Can play to end-zones (pass or dribble) - this would be less challenging if needing success
- If we dribble and commit a defender, who has space?

A.03 2v1 on flanks



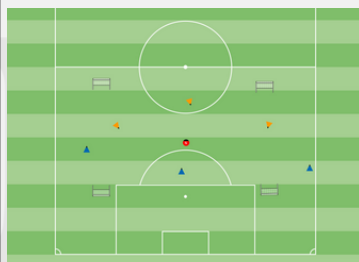
- Two grids on the flanks, outside the box - roughly 15 wide x 22 long
- Three lines - can keep for a time limit or rotate through
- Central back line plays ball to outside player
- 2v1 to endlines from there
- As soon as ball is passed from teammate to wide player, that will initiate immediate pressure
- Dribble to commit or to score if space allows
- Pass if teammate has more space

A.04 4+Gk vs 2(or 3)



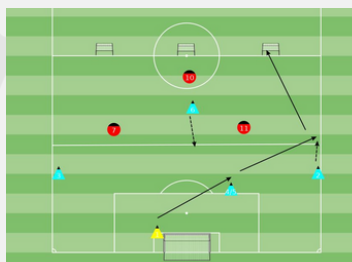
- Two grids on the flanks, roughly 25 x 35
- Ball starts with Gk
- Blue players signify a CB, OB, CM and Wing player
- Can add defender to increase challenge
- Goals with GK can be a shared large goal and then alternate balls in for a rest on each side or train one side then train the other
- Could remove sides, add a couple defenders and move directly in to a 8v6.

A.05 3v3+1 (2 goals)



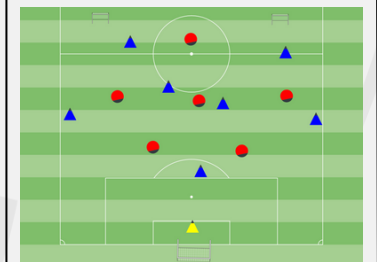
- 3v3 + neutral to four goal
- Set goals up on box and close to half line. Make it bigger to make it less challenging
- Rotate players/positions every few minutes
- Focus on space, where is it? who has it?
- We should always have someone with space.
- Keep score - score through goals

A.06 4+Gk v3



- 4+Gk vs 3 to one large goal and two or three counter goals
- Goals would signify a pass into the opponents half
- Start with GK more often than other starting points
- On restart or when Gk has the ball and defenders take away outsides, can we play short centrally and play GK back to create space?
- Focus on outside players getting wide when ball goes central

A.07 8v6 own half



- 8v6 to one large goal and two or three counter goals
- Start with GK more often than other starting points
- On restart or when Gk has the ball and defenders take away outsides, can we play short centrally and play GK back to create space?
- Focus on outside players getting wide when it gets central
- Focus on space... where is it