



U9/U10 TSC PLAY-PRACTICE-PLAY

Age Group Topic

Who: #7, #9, and #11

What: Running with the ball to penetrate

Where: In the central and flank channels of the field

When: In possession of the ball and space to attack

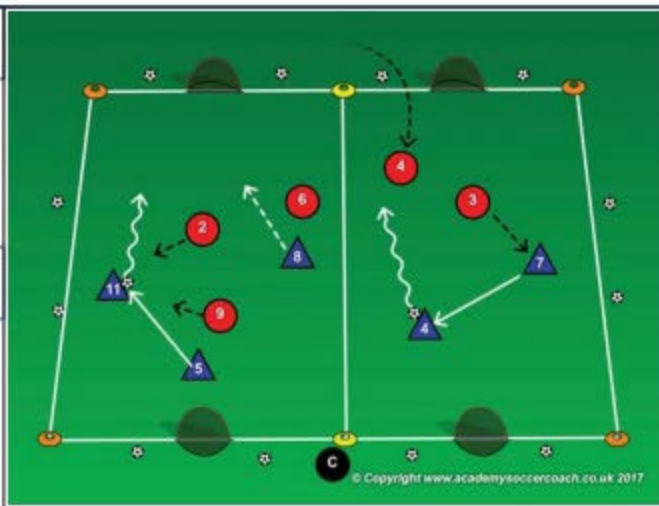
Why: To penetrate the opponent's defense and create scoring opportunities

Play Duration

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.

Coaching Points Activity Time Rest Intervals

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to problems with dribbling to penetrate
3. Is there repetition? - Running with the ball - Dribbling into space
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement of dribbling/running with the ball



Practice Duration

In a half field with a regular goal and two counter goals on the mid line. Focus Players Team Blue: #7, #8, #9 and #11 -- Defending team Red: #1, #2, #3, and #4. -- Attackers try to score in the regular goal and the defenders in either counter goal. Interval 1: 3v2 -- Interval 2: 3v3 -- Interval 3: 4v4

Coaching Points Activity Time Rest Intervals

What? Technique - Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance.

When there is space to attack, how does the player dribble the ball quickly into that space? Long first touch and use the laces to go forward.

Play Duration

Create two equal teams based on the numbers of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #8, #9 and #11) Defending Team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8, and #9)

Coaching Points Activity Time Rest Intervals

- What? Technique - Dribbling, Passing, Receiving and Shooting
- When should players penetrate on the dribble? There is space to attack.
- Where on the field is this likely to happen most often? In the flank channels.
- Why do we run forward with the ball? To penetrate and score goals.

