

Attacking Soccer

Sessions 1 & 2

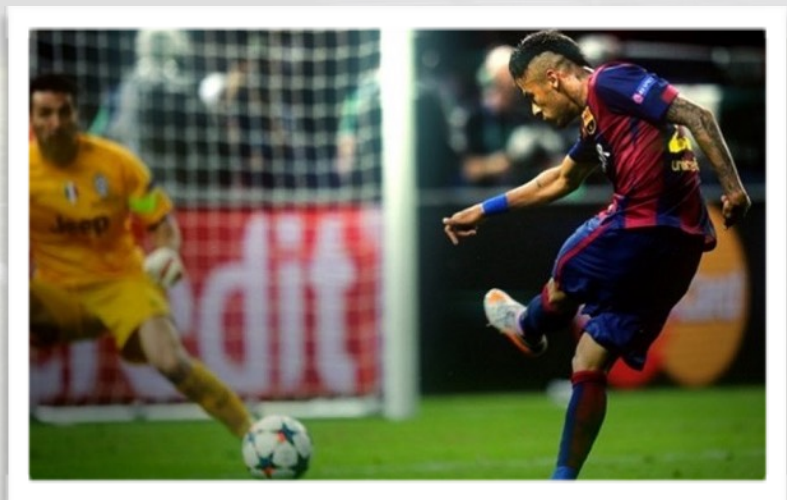
In the first two sessions of the program, we will focus on the attacking side of soccer. After all, the whole point of soccer is to score goals and to score, we need to attack.

Attacking can be done in 4 ways; running, shooting, dribbling or passing. This is the foundation of soccer and has been since the beginning of the K-2 program and will lead into travel soccer.

Sessions will be based around 1v1, 2v2, 3v3, and 4v4 exercises.

The coaches will focus on the following...

- At all times...
 - Recognizing tight spaces vs. open spaces
 - Recognizing pressure vs. time
 - Recognizing when to use small touches vs. big touches on the ball
- When dribbling or running with the ball...
 - Utilizing changes of speed
 - Utilizing changes of direction
 - Utilizing creativity / improvisation



The biggest difference as players enter travel soccer will be the amount of space and players on the field. Being able to attack with those in mind will allow players and teams to be more successful.

Defending Soccer

Session 3

In sessions three and four, we will focus on the defending side of soccer. We will duplicate the sessions from the attacking practices but will focus on the defending side of the game. Just as scoring goals is the point of soccer, being able to deny them to the other team is just as important.



Surprisingly, defending is not only about winning the ball back. While that is the eventual objective, it requires good technique, discipline, teamwork, and patience.

Sessions will be based around 1v1, 2v2, 3v3, and 4v4 exercises.

The coaches will focus on the following...

- Putting pressure on the ball
- Proper defending technique basics
- Taking away space and passing options from attacking teams
- Making play predictable
- Winning the ball back

The biggest defending difference as players get to 7v7 soccer will be realizing that 1 player alone cannot defend a whole team, there is too much space. Working in groups will become extremely important. Defending with 2, 3 & 4 people will be vital.

The Big Game

Session 4

Sessions five and six will deal with the changes from 4v4 soccer to 7v7 soccer. It will cover rule changes, different aspects on the field, the use of formations and specific positions and combining all those things with the attacking and defending principles from sessions 1 through 3.

Teams may have many talented individuals but team intelligence is the key to soccer success. Team that understand the game as well as the their roles and responsibilities will excel both individually and collectively.

Sessions will be based around 7v7 exercises / practice games.

The coaches will focus on the following...

- Restarts: throw-ins, goal kicks, corner kicks, direct and indirect free kicks
- Rules of the game
- Positions and formations
- Review of sessions one through four



The Tryout Process

The U9 tryout process is simple. Players attend the tryout dates and participate in the sessions laid out on the following pages.

- Day 1
 - Set up in stations
 - Stations evaluate players individual technical and physical abilities
 - The session plan for day 1 is on the next 2 pages
- Day 2
 - Teams are created and will play as large sided games as possible
 - Ideally teams will play 7v7 numbers permitting
 - Players continue to be evaluated on their technical and physical abilities
 - Players are now evaluated on their tactical abilities as well

Results are traditionally not released until AFTER school is out although the exact date will be communicated at a later point.

Players are placed on weighted teams (i.e. A team, B team, C team etc.)

