



U13/14- Individual Skills and Small Group Tactics



Adult standards and formal rules become the focal point. The demands of skill training as well as training loads should increase thus provoking improvement in mental toughness, concentration and diligence.

Coach:	<ul style="list-style-type: none">• Strong personality• Soccer knowledge• Enthusiastic• Ability to demonstrate
Technique:	<ul style="list-style-type: none">• Build on base• Development of individual skill under pressure <p>Dribbling- Encourage players to take players on 1v1. Moves. Shielding. Spin turns. Receiving- Quality 1st touch still highly emphasised. Take balls out of the air/turning with all surfaces. Passing- Short, long, bent, driven, chipped; all surfaces and on the move. Shooting- On the run, on the turn, from all angles, volleys, half volleys. Heading- To goal, to pass, to clear. Tackling- Proper technique and timing. Slide tackle.</p>
Tactics:	<ul style="list-style-type: none">• Increase tactical speed (decision making)• Play lots of small-sided games and coach within the game <p>Individual- 1v1 Attacking- Encourage the creative risk taker to take players on in the proper area of the field. Defending- Proper pressure (in front and behind). Channel player. Immediate chase.</p> <p>Small group- 2v1, 2v2, 3v2, 3v3, 4v2, 4v3, 4v4. Attacking- Keep possession. Support. Combination plays. Width. Depth. Penetration. Crossing with proper runs. Simple set play. Defending- Pressure-cover-balance. Compactness. Delay. Tracking back. Simple set plays.</p>
Physical:	<ul style="list-style-type: none">• Flexibility• Agility• Speed• Strength• Endurance
Mental:	<ul style="list-style-type: none">• The game must remain fun• Imagination/Creativity/Risk Taking• Increase demands• Establish training targets• Maintain discipline• Encourage them to watch high-level games



Team Organization U13+ 11v11



1-4-3-3 #6

Strengths

- Two attacking midfielders
- Natural width and rotations
- Lots of triangle passing options

Concerns

- Only one disciplined centre midfielder
- #8 & #10 not being close enough to #9



1-4-3-3 #10

Strengths

- Use of the full width of the pitch
- Two central midfielders
- Use of a roaming #10

Concerns

- #9 can be isolated if the #10 drops too deep
- Full backs must be able to defend 1v1



1-4-4-2 Diamond

Strengths

- Number of players in central areas
- Compact defence
- Movement in attack

Concerns

- Switches of play
- Midfield congestion
- Lack of natural width



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1-3-5-2

Strengths

- Three solid centre backs
- Lots of players in midfield
- Two natural centre forwards

Concerns

- Centre backs can be pulled into wide areas to defend 1v1
- High work rate for the two wing backs



1-4-3-2-1 Christmas tree

Strengths

- Lots of players in central areas
- The movement & rotation of the full backs going high and 7/11 coming inside will disrupt the defence

Concerns

- Can lack width when attacking"
- Vulnerable to quick counter attacks
- Vulnerable to quick switches of play



1-3-4-3

Strengths

- Three centre backs split to play out
- Lots of attacking players
- Rotation and movement in wide areas will disrupt opponents defence

Concerns

- If teams sit deep then the pitch can be congested in attacking areas
- The centre backs can be pulled into wide 1v1 situations