

PLAY. LEARN. SUCCEED.

ACADEMY 9

DEVELOPED BY:



FRIDAY TACTICS

AN INTRODUCTION TO TEAM TACTICS



DEDICATED TO THE PROMOTION AND DEVELOPMENT OF SOCCER



EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS

Finishing - Getting the Shot off Early

WARM-UP ACTIVITY

Shoot the Box

Emphasis:

Accuracy, one-touch finishing, hitting a moving ball.

Set-up:

A 4x4 yard grid is created using cones. Position 4-5 players around the "box" with a goalkeeper inside the box. A supply of extra balls may be placed around the perimeter.

Objective:

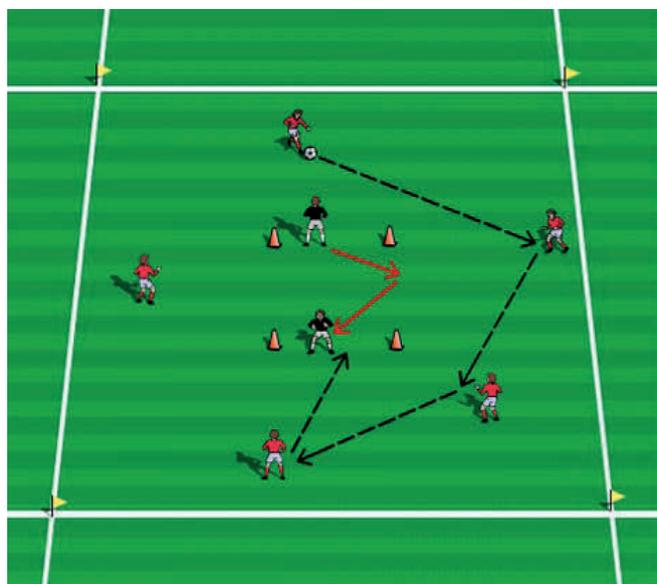
The players must pass the ball around the perimeter using 1 or 2 touches. After 3-4 passes ANY player may shoot the ball and try and get it through the box. The goalkeeper must stay with the play and try and save the ball before it passes through the cones.

Progression:

1. Must shoot in three passes or less.
2. Must use only 1 touch to pass as well as shoot.
3. Make the grid bigger.
4. Move the perimeter players closer.

Coaching Points:

- Keep your hips open so you can strike any type of ball passed to you from any angle.
- Keep your head down and watch the contact made with the ball.
- Small leg swing to redirect for power.





EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS

Finishing - Getting the Shot off Early

3v3 Shooting in the Box

Emphasis:

Close range shooting, getting the shot off early.

Set-up:

Players are divided into groups of three players. Each group is identified with a different colored vest. Two groups are placed inside the penalty area; the remaining groups are positioned outside the parameter of the box. A goalkeeper is placed in goal.

Objective:

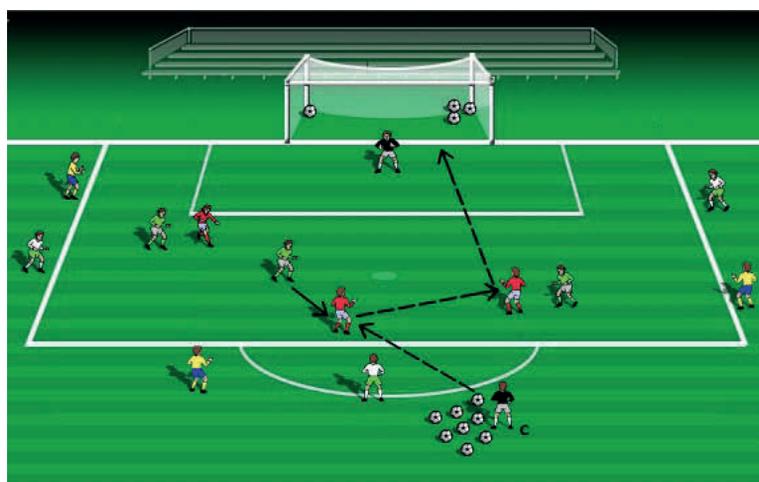
The coach starts the practice by serving the ball into the penalty area. Players play 3V3. First team to score stays on. Losers leave the grid and position themselves on the outside of the grid. New team comes into the box. Teams stay on as long as they keep winning. The team in possession can use the outside players as well. Players on the outside are limited to "one touch". Keep track of the goals scored and make a competition amongst the players. First team to four consecutive wins is the champions.

Progression:

1. It must be a "one time" finish.
2. Outside players can score as well
3. A finish using the head is worth two.

Coaching Points:

- You must feel where the defender is applying pressure.
- Check at angles to receive the ball to allow a better shooting angle.
- Prep touch must take you towards the goal.
- Play the way you face if the defender is on you.
- Concentrate on transition from offense to defense and vice versa.





EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS

High Pressure - Possession under intense pressure.

WARM-UP ACTIVITY

Emphasis:

Will also aid in developing vision and pressure releasing plays.

Set-up:

4 x 20 by 20 yard grids forming a large square with 10 yard lanes between them. 8 players (up to 12) split into 2 teams of 4 with 2 players in diagonal grids. 2 players (red and yellow teams) start inside one grid with one ball with 2 team mates in diagonal grid. Opponents have 2 players in remaining 2 grids.

Objective:

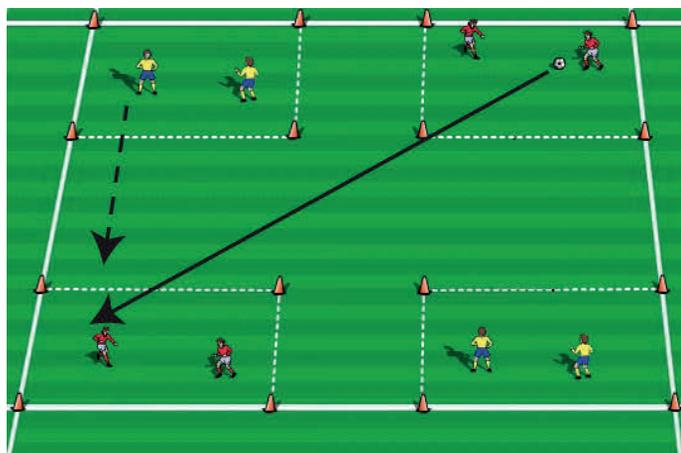
Red Team (2 players) possess ball in their grid with intentions to play diagonal to awaiting team mates in diagonal grid. Opponents (yellow team) from deep grid ONLY send one defender to intercept ball after diagonal through ball is made. If ball is intercepted then defender must play to team mates in nearest grid. Once ball leaves attacking team's grid then the defender returns to his/her own grid. Defenders do not cross over to other diagonal sides. Both teams play with identical intentions.

Progression:

1. Two-touch restriction for all players.
2. Players can also score by passing a specific number of times within grid
3. Enlarge the size of the playing area.
4. Add a neutral support player in middle zone for combination plays.
5. Add a player in each grid turning activity into a 3v1.

Coaching Points:

- Passing must be sharp and accurate – keep the ball moving.
- Players must offer good angles and distance of support to receive passes.
- Constant movement to find and exploit the available space.
- Go for the penetrating pass at the earliest opportunity.
- Defensive team should apply high pressure defending at all times.





EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS

8 v 4 with Defensive Scoring

Emphasis:

Passing, Angles of support, Defending as a unit.

Set-up:

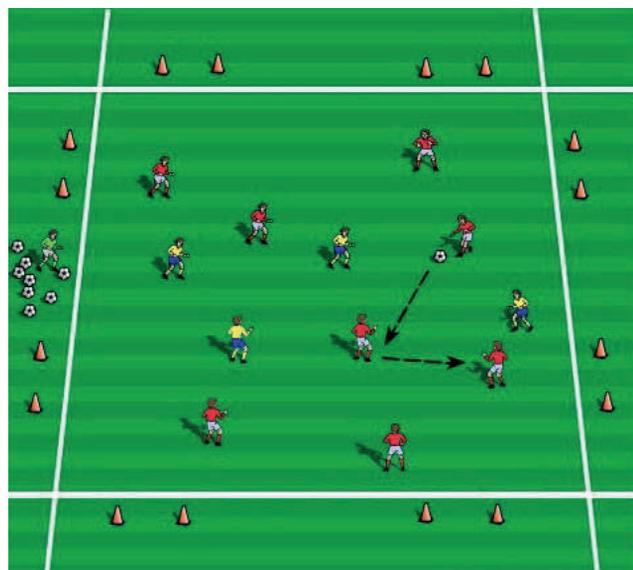
25 x 25 yard grid.

12 players in each grid.

A selection of balls are placed at the side of the grid with the coach.

Two sets of colored bibs.

Cones are placed to create 8 mini goals around the outside of the grid. 4 players are designated as the defenders to start the game.



Objective:

The coach starts the activity by passing a ball into any of the eight attacking players. The eight attacking players attempt to keep possession for as long as they can. The four defenders must try to intercept the ball and quickly pass the ball through any of the mini goals located outside the grid. Play for a total of six balls before switching the defensive players. Points are awarded to the defensive unit for successfully passing the ball through the mini goals. Every point scored equals one less ball that they need to defend from the coach.

Progressions:

The coach times the activity to give the defenders some urgency.

Coaching Points:

Quality of passing is imperative for attacking team.

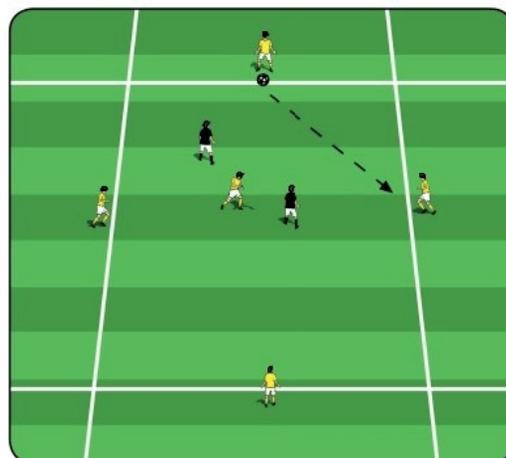
Angles of support.

Defending as a unit.

Communicating as a defensive group is vital.



EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS



4 v 2 + 1 in a 15 x 10-yard area playing 1 and 2 touch

Possession players add an additional player in the middle. Outside players play 2 touch and the middle player plays 1 touch. Excellent positional game with the middle player being a midfielder. Defenders play possession 2 v 1 in the middle.

Coaching Point

The key is to keep the shape big -- the middle possession player cannot restrict space -- he needs to create space. Outside players look to play ball in when they can and the middle player plays out in 1 touch.



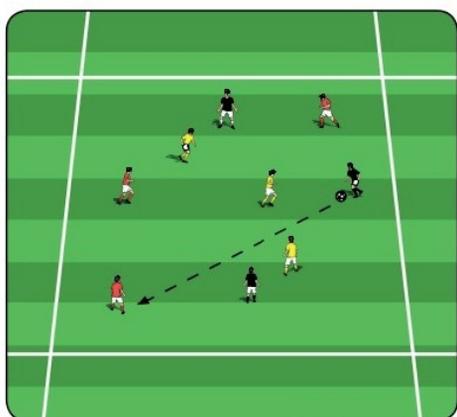
3 v 1 to 5 v 3 in a 20 x 15-yard area and a 10 x 10 - yard area

Start inside with 3 v 1 playing 1 or 2 touch. When the 1 defender wins the ball, he plays out to the 4 outside players who play possession, now making it a 5 v 3 game in the large area. When the 3 defenders win the ball back, they return to the smaller area and play 3 v 1 the 1 who turned the ball over.

This is a great activity to transition to a bigger area when possession is won. The 3 in the middle must keep the ball or else they must defend the 5 in a larger area. When the 1 defender in the middle wins the ball, he must quickly transition the ball to the outside players. The 3 in the middle must remain compact on defense and deny the through ball.



EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS

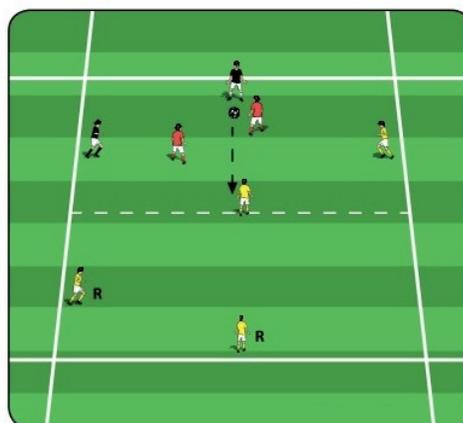


6 v 3 with constant change-over in a 30 x 25-yard area

Play 3 teams of 3 in different colors. 2 colors combine and play against the 3rd color. When the defending team wins the ball, the team that turned the ball over becomes the defending team. It is always 2 colors vs 1 color. Play with limited touches.

Coaching Points

- Maintain proper shape with the possession team (width and depth)
- Make the playing area as big as possible
- Make the defending team defend the entire area
- Defending team should maintain compactness and play pressure, support, and cover
- On winning the ball, quickly transition into possession with new group



4 v 2 + 2 in Two Zones in a 30 x 20-yard area

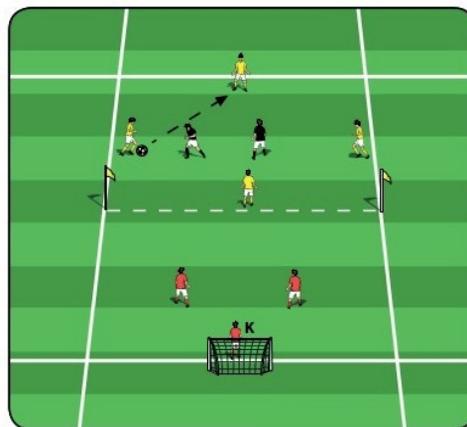
Play 4 groups of 2, each in a different color. Start with 4 v 2 in 1 area with 2 waiting players in the other area. Establish the proper shape for the possession team. Defenders, upon winning the ball, play into the other area and join, making 4 possession players. The color that turned the ball over becomes the defenders and moves into the other area as well. The remaining 2 players wait in the first area for the ball to transition back to them.

Coaching Points

- The teams in possession must maintain the proper shape
- When they lose the ball, they must then quickly transition into the other area to defend and win the ball
- The two defenders need to play pressure and cover and not allow through balls
- Upon winning the ball, quickly transition ball to the other area and join as a new possession group



EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS



4 v 2 in 2 zones to 1 goal with keeper

Play in an area of 20 wide x 30 yards long (2 of 15 each) --
2 areas of 20 W x 15 L

Play starts with 4 v 2 in a possession game -- when the 2 inside players win the ball, they play 2 v 1 to leave the zone and then play 2 v 2 in the other zone trying to score a goal. The 2 waiting players are the defenders in the second zone -- should they win the ball, they return it to the 4 players of the first zone and the original 2 inside players return and defend. If a goal is scored, the scoring group remains in zone 2 and the other group goes to zone 1 and plays 4 v 2.

Coaching Points

- Possession team has only 1 aim: keep the ball
- Defending 2 players must win ball, win a 2 v 1 duel, and then play 2 v 2 and try to score
- The 2 waiting players must defend and play out to the 4 possession players
- If they concede a goal, then they become the defenders in the first zone
- Divide into groups of 4 and rotate the players into the different positions



2 teams of 8 + 4 neutral wingers and 2 keepers in 2 zones in 1/2 field

In each zone, there are 5 attackers vs 3 defenders and a keeper -- the wingers are neutral. The 3 defenders play out to the wingers who then serve to the 5 attacking teammates in the opposite zone. The attack must start with a serve and then continue play. The players must remain in their zones, while the ball transfers back and forth.

Coaching Points

- Wingers need to deliver a good serve
- Attackers must have a good shape in the box
- Attackers look for second chance balls and transition quickly to defense to win the ball back and attempt to score
- Keeper and defenders must communicate, attack the ball and clear the ball out of the zone to the wingers.
- Play all normal rules.
- If a goal is scored, the attacking team will restart play from their keeper to the winger.



EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS



6 v 4 with 1 keeper and 1 open goal in an area 50 x 44 yards

The team of 6 attempts to score vs the team of 4 plus the keeper. When the defending team wins the ball, they attempt to score in the open goal.

Coaching Points

- The attacking team must maintain a good shape so as to spread the field against the 4 defenders.
- Possession is important to the attacking team as they must defend an open goal.
- Immediately upon loss of possession, the attacking team must apply pressure to win the ball back.
- The defending team must stay compact and not be drawn out of position.
- Upon winning the ball, they look immediately to attack the open goal.



3 teams of 4+ keeper play a turnover game in the penalty area

Team 1 attacks team 2 in the penalty area. If team 1 scores, they keep the ball and restart play at the top of the box. If team 1 loses the ball, team 2 will try to play out to team 3. Team 1 will try to prevent team 2 from doing so. If team 2 plays out, they leave the area and team 1 remains to defend against team 3. Team 2 will wait outside the area for a play out and then they will attack Team 3.

Coaching Points

- Possession becomes a critical factor.
- Movement off the ball and being strong on the ball will be deciding factors.
- Attackers must be able to play in tight space and look for chances to score.
- On the turnover, the attackers must immediately press to win the ball back.
- Defenders must not get beat, maintain good defensive position and posture and on winning the ball be ready to play out.
- Good defensive communication is critical to the shape and success of the defensive effort.



EVERY FRIDAY

ACADEMY 9

FRIDAY TACTICS

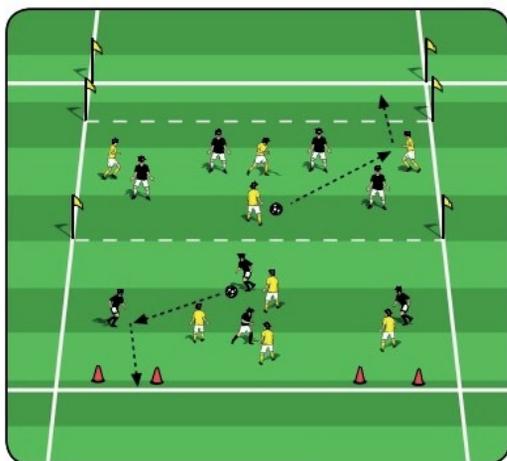


2 zone game of 7 v 7 with 1 full size goal with keeper and 2 line goals

In each zone, play 4 v 3. The 3 defenders will play out to 4 attacking teammates in the other zone. There will be 2 different aims: one is to score against the keeper and the other is to score into the line goals via dribble or pass. Switch teams after a period of time so that both groups have played to both aims. Players are restricted to their zone, the ball transfers.

Coaching Points

- There will be attacking and defending in both zones and transition from one zone to the other.
- The attacking group will have a man advantage and should utilize that to create scoring chances.
- The defending team will need to maintain a compact shape in order to defend with numbers down.
- When they win the ball, they combine with the keeper and play out to their 4 attacking players in the other zone.



2 zone game of 8 v 8 with 2 line goals and a zone goal

Same basic game as above, but with 4 v 4 in each zone. One team plays to a zone goal where the ball must be received under control by a teammate. The other team will play into 2 line goals via dribble or passing.

Coaching Points

- Even numbered teams provide no initial advantage.
- Team play and movement off the ball will create opportunities. Good ball possession reduces turnovers.
- Close support and switching the field of play will provide scoring chances.
- On defense, maintain a diamond shape of 4 with constant pressure on the ball and close support.



EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS



2 v 2 with 2 sets of 2 in each corner of the field in a 20 x 15-yard area

The object of this activity is for a team of 2 to play the ball past their immediate opponents and pass to the players in the corner. This is a directional game, so each team has a designated direction of attack. The corner players are not neutral. When the team successfully plays out to the corner, they follow the ball out and take the corner positions. The other 2 original players remain in the middle and defend vs the new team of 2. Failure to win the ball and play out will keep the 2 players defending in the middle.

Coaching Points

- This is a high pressure activity with emphasis on awareness.
- The key is to recognize the right moment to play the ball out to the corner.
- The corner players must receive the ball cleanly or else it is a turnover against them and they go in the middle as defenders.
- Good opportunity to play 1 v 1 and 2 v 1.
- It is strongly suggested that each group of 2 be in a different color.
- This is best played with 10 – 12 players as fitness then becomes part of the exercise.



2 v 2 with 2 sets of 2 in each corner plus a sweeper on each endline

This is a progression of the previous game. Play in the same area, a sweeper is added to each endline and the players must now beat the sweeper with a pass to the corner players. The addition of the sweeper makes the final play out more challenging. The players must find the sweeper and play to the opposite corner.

Coaching Points

- The addition of the sweeper creates a more challenging situation.
- If the sweeper intercepts the pass, he plays out to the other team and play continues.
- The sweeper can also be a keeper without hands who plays the same role as a sweeper.
- The role of the sweeper is to anticipate the final pass and intercept it.
- It now becomes a 3 v 2 game.
- The team trying to play out must have awareness of the sweeper's position and play to the free player.



EVERY FRIDAY

ACADEMY 9

FRIDAY TACTICS

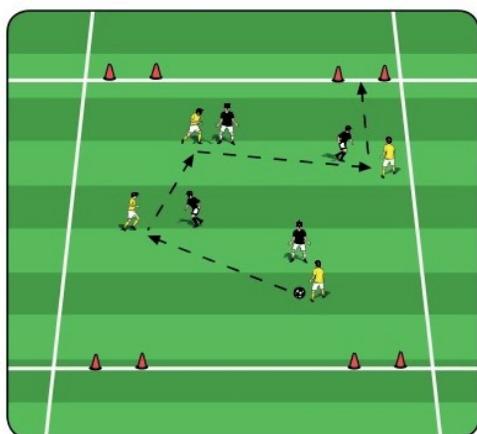


3 v 3 with a sweeper in a 30 x 20 yard area with corner players

This is a further progression to the previous games. With 3 players and a larger playing area, the shape allows for depth in attack. One player should play high in the middle of the area as a target player. The sweeper forms the depth in the back so as to form a diamond shape. There will be 2 players in one corner and one in the other, forming a group of 3. The aim is the same as before, play out to the corner players through the sweeper.

Coaching Points

- With extra player and space, it becomes very important to position a target player high in the center to establish a shape.
- With the sweeper, the possession team plays 4 vs 3 and needs to move off the ball to open space for a chance to play out.
- Defensively, the 3 players play pressure, support and cover – a balanced defense with the constant shifting of positions relative to the ball.
- The defenders must close down on the ball and take away the passing lanes.



4 small line goals without keepers

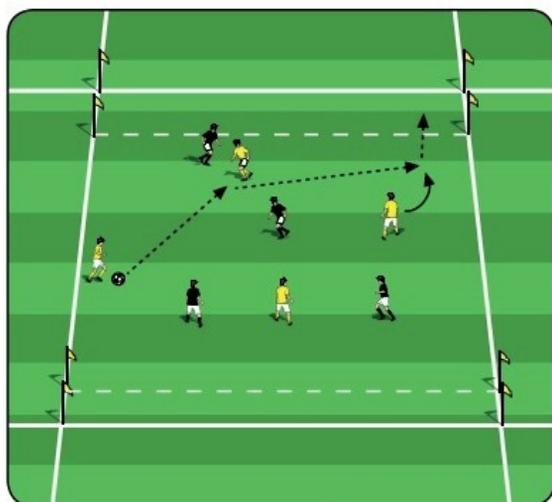
The goals are positioned on the endlines spread to the width of the field. This encourages play from flank to flank and takes the play out of the middle of the field. The 4 goal setup encourages directional changes. Goals may be scored from direct passes or from a dribble. The coach may determine the exact method of scoring -- a direct pass, a give and go, 1 vs 1 dribble, switch fields to score.



EVERY FRIDAY

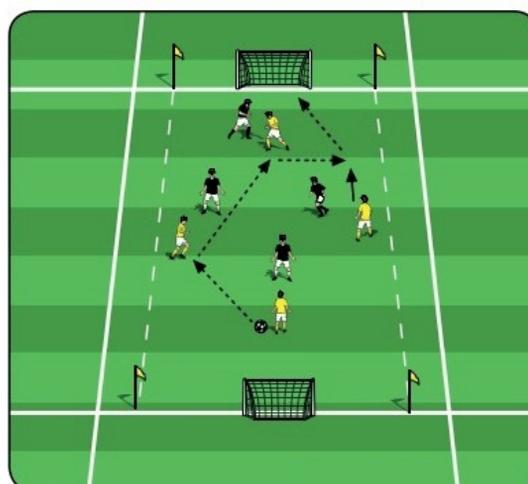
ACADEMY 9

FRIDAY TACTICS



Line Soccer

Teams must defend the entire width of the field. A goal is scored when the ball crosses the endline and is under control – a dribble or a pass received. The ball must cross the line and be stopped to count.

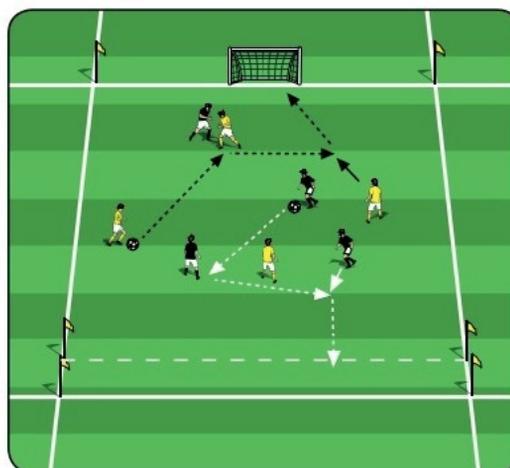


Long, narrow field (40 x 15 yds)

The game is played to the length of the field, so the shape will start with a deep forward. The first look should be deep and then build from there. There is no width to speak of, so the shape will be determined by the length. Link up quickly with the deep set forward and go to goal. In the transition, it is very important for the deepest front player to break out and establish the shape.



EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS

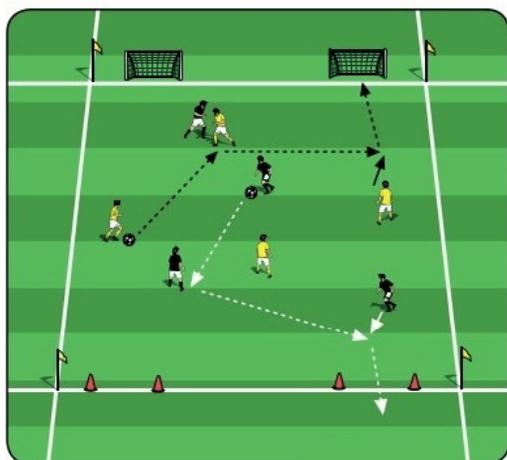


Combination game – 1 keeper and an end zone goal area

One team will attack the full size goal with a keeper. The other team will play to the endzone. To score in the endzone, the ball must be played or received under control. No control of the ball, no goal !

The team attacking the endzone plays through the entire width of the field, while the other team then must defend the same area.

Switch direction of play so that both teams attack and defend both goals.



2 small goals and 2 line goals

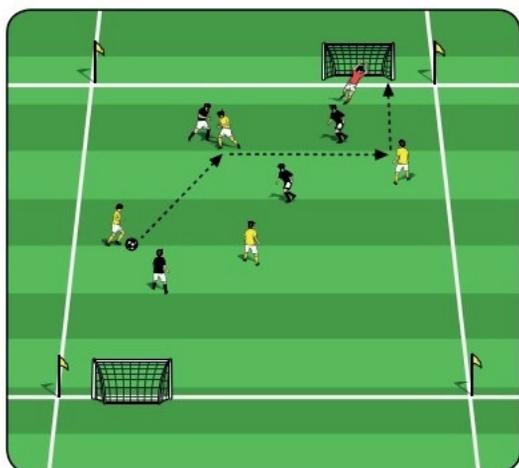
Play directly into the small goals and play controlled through the line goals. The ball must be controlled as it passes the line goal – received by a teammate or controlled by the dribbler.



EVERY FRIDAY

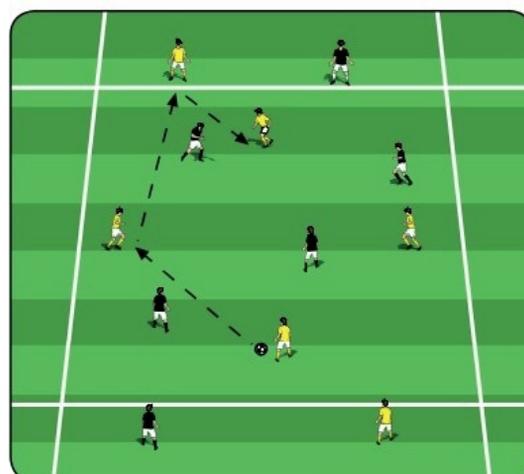
ACADEMY 9

FRIDAY TACTICS



Off-set goals

Place the goals on the endline and at the corner of the field. This will create a one side of the field type game. Move the goals so as to play a right and left sided game. This is a great game for serves or to isolate 1 side of the field and the interaction of the teammates in that side of the field. A different set up than usual, but very functional.



4 v 4 + 2 – Change the direction of play

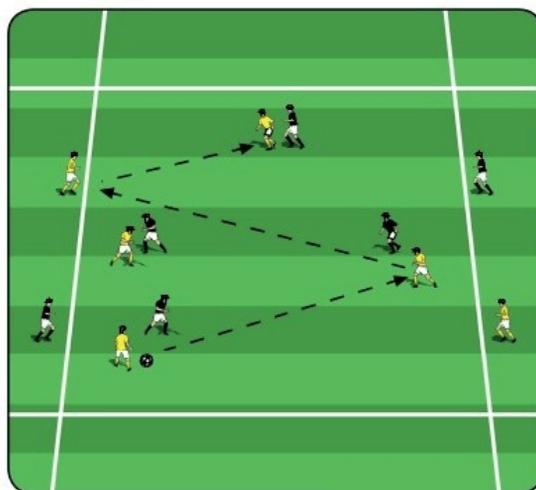
Play in the direction of the endline, play out to a target player and play back in and then go to the other end. You can have the players switch on the playout. Every time the ball is played out to the endline target player, play is restarted in the opposite direction. Play in a 30 x 25 yard area.



EVERY FRIDAY

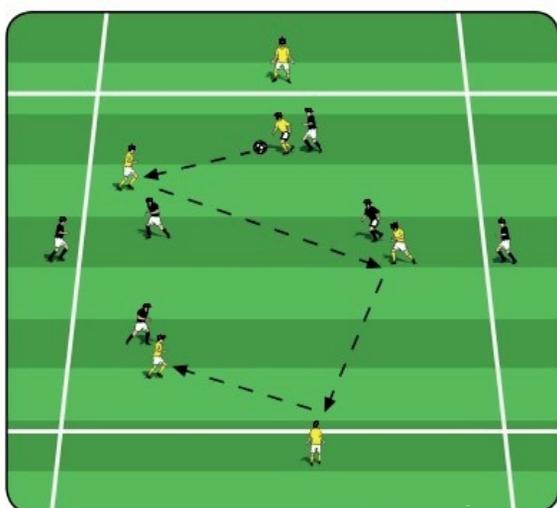
ACADEMY 9

FRIDAY TACTICS



4 v 4 + 2 off-set target players on the sidelines

Similar to the last game, but the target players are now on the sidelines and at opposite ends. The target players are positioned diagonally from each other. Play in a 30 x 25 yard area.



4 v 4 + 2 directional game

The outside players set the direction of play for the team. Each team will play in a different direction. Interesting rhythm of play as the direction of play is different for both teams. You can allow the players to switch on the play out if you wish.

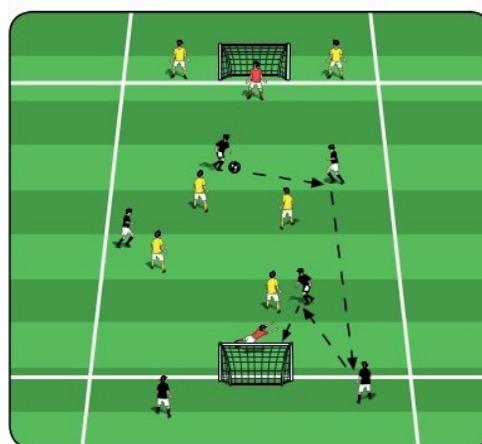


EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS



3 teams of 4 with 2 teams playing against the other

The 2 teams are restricted to their respective endzones. The third team defends in the middle and tries to prevent penetrating passes to the opposite endzone. The teams in the endzones may move within their zone, but may not leave the zone. They are looking for opportunities to pass through the defenders to the receiving team. The defending team should establish and maintain a compact defensive shape with pressure, support and cover. When the defending team wins the ball, they exchange with the team that lost the ball.



4 + 2 v 4 + 2 to 2 goals with keepers

This is first of 3 progressions that go to goal with outside target players. The target players are positioned on the endline and they will play 1 touch. The inside players should be encouraged to use the target player as they go to goal. You may even only allow goals that go through the target players. The keepers may intercept either the ball into the target player or the ball from the target player back in to the inside player. This becomes a good decision making exercise for the keepers as well.

EVERY FRIDAY

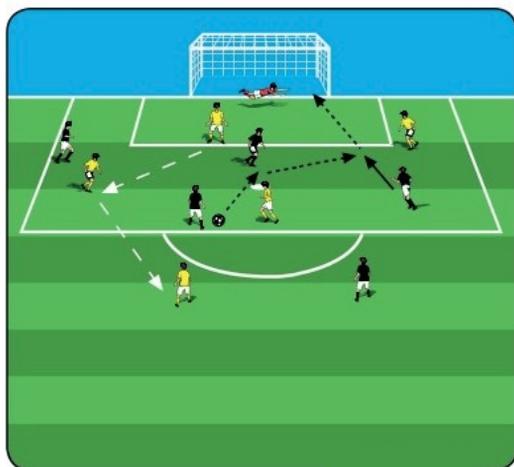
ACADEMY 9

FRIDAY TACTICS



4 v 4 with 1 keeper in the penalty area

This is the first of 3 progressions of this activity. A game of 2 different aims. While the one team will try to score against the keeper, the other team with the keeper will play possession. Both teams are confined to the penalty area. The attacking team must be able to hold the ball, keep possession and look for shooting opportunities. The defending team must remain compact and along with the keeper deny shooting opportunities. The defending team on winning the ball will combine with the keeper and play 5 v 4 – shape will be very important in order to maintain possession -- width and what little depth there will be. The attacking team on losing ball possession will quickly transition to defense and try to regain the ball and try to score.



4+ 1 v 4+ 1 with a keeper

The attacking team of 4 try to score against the defending team of 4 and the keeper. When the defending team wins the ball, they must play the ball out to the target player outside the penalty area. The player who plays out, follows the ball out and becomes the next target player and the target player brings the ball in and starts an attack at goal. The previous attacking team, now becomes the defending team. It is a game of in and out -- when the ball is played out, the roles reverse.

The attacking team, on losing ball possession, should immediately try to regain the ball. Once the ball is played out, the roles reverse. Keep score and make it competitive.



EVERY FRIDAY

ACADEMY 9

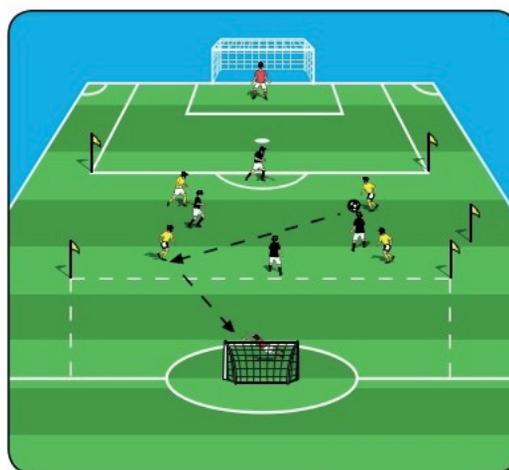
FRIDAY TACTICS



3 teams of 4 play in and out in the penalty area to 1 keeper

Team 2 attacks team 1 in the penalty area with a keeper. Team 3 is waiting outside the area. Team 1 tries to win the ball and play out to Team 3. Then Team 2 replaces Team 3 outside the area and Team 3 attacks Team 2.

The team with the ball attempts to score. When they lose possession, they immediately transition to win it back. Once the ball is played out to the waiting team, all the roles change. The keeper plays with the defending team and helps them play out. A very good exercise for transition!



3 zone -- distance shooting

The teams play in the middle zone and look for opportunities to shoot. Players may follow the shot in for a rebound, but all shots must be initially taken from the middle zone. Play in an area of 3 penalty areas extended length-wise.

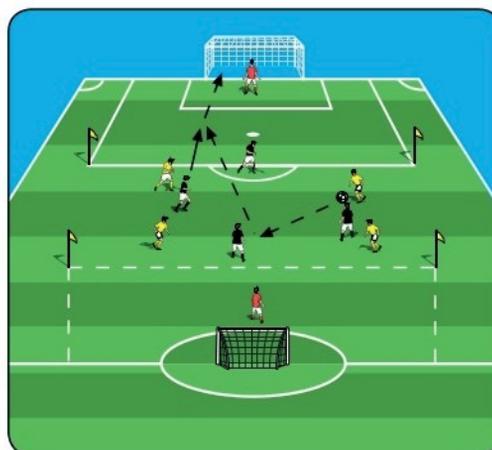
The middle area may be larger if need be. All shots are taken from a minimum of 18 yards from the goal. Recognition of the opportunity to shoot is a key component of this exercise.



EVERY FRIDAY

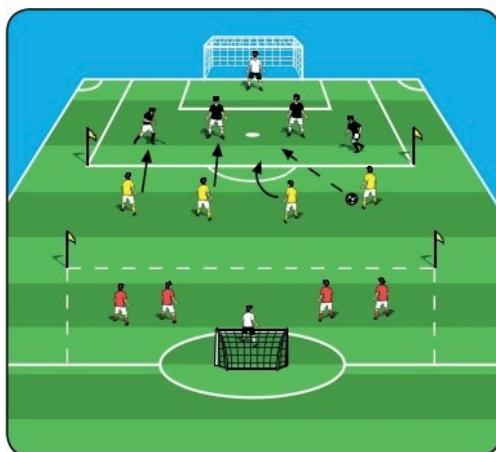
ACADEMY 9

FRIDAY TACTICS



Breakout game in 3 zones

Teams play a possession game in the middle zone and on a turnover, the team winning the ball, should release the deepest player to go to goal. The player with the ball should look for and find that player and deliver a ball that will take that player to goal for a shot. Quick recognition and response is critical to getting the best chance possible to score. Any delay in the action will result in lower percentage chance at goal. You may choose to release a chasing defender or not. When the keeper gets possession, the ball is played back into the middle zone and possession starts.



3 zone Turnover game

Play starts in the middle zone with Team 1 attacking Team 2. Team 3 is waiting in the third zone. Team 2 is defending the goal and when they win the ball, they must work to possess the ball in the middle zone. Once they reach the middle zone with the ball under control, they regroup and attack Team 3. Team 2 waits at the far end. The game is played up and down the field with teams changing roles on the turnover and the middle zone possession. The team losing the ball must quickly transition to defense and try to win the ball back and not let it out of the zone.



EVERY FRIDAY

ACADEMY 9

FRIDAY TACTICS



2 zone game with 2 different aims (16 players)

Players are restricted to their zone, the ball may transfer. One team attacks the end zone while the other team attacks 2 line goals. Switch roles and direction of play after a given period of time. Each team must play towards it's objective. The team attacking the end zone has the entire width of the field to use to create a goal. There must be ball possession in the zone, either through a dribble or a pass and receive or a give and go. The team attacking the 2 line goals must keep the ball moving and look for gaps in the defense around the goals for a chance to score. They may pass or dribble into the goals.



2 zone game with 1 full size goal with a keeper and 2 line goals

Same concepts as the previous game except for the full size goal. Now shooting becomes the means to score. Switch role and direction of play after a given period of time.



EVERY FRIDAY ACADEMY 9 FRIDAY TACTICS



3 keepers in 3 zone game with 2 full size goals

The game is played to full size goals with keepers. The third keeper is the play out player. When the defense plays out, the ball must go to the third keeper who then puts it in play in the next zone. The third keeper has 2 functions: receive ball from defense (hands or feet) and then play into the next zone to start the next attack.

The defending team must find a way to play to the third keeper. Only the ball leaves the zones.



Complex game of 3 zones with 3 aims -- possession, attack and defense

In the middle zone, possession play among midfielders – they are trying to play the ball in to their attackers in the next zone. Then it becomes attack vs defense to goal with a keeper. It is 2 v 2 in the final zone and you may choose to release a midfielder to create a 3 v 2 in the box. Defenders in the box try to play the ball back to the midfielders who then take play the other way. This is a very functional exercise as it becomes very game-like.



EVERY FRIDAY

ACADEMY 9

FRIDAY TACTICS



2 zone game with wingers

A 22 player exercise with constant game-related action for everyone. The game is carried by the wingers who must get in a quality serve for their attacking teammates. The defenders and the keeper challenge the serve and then it's game on !! Every clearance must go to the wingers who initiate every attack.

The defenders or the keeper must play out to the winger to clear the zone. The attackers must take up good positions in the box and look for 2nd chance opportunities. The game is on until the ball is played to the wingers.



4 teams of 4 play in opposite directions

Team 1 vs Team 2 playing across the width of the field, while Team 3 plays Team 4 up and down the length of the field. Only 1 ball in the game, so all 4 teams are fighting for ball possession. Goals may be of whatever size -- full size to modified. This is a great exercise to maintain concentration and for changing the point of attack.

PLAY. LEARN. SUCCEED.

ACADEMY 9

DEVELOPED BY:



FRIDAY TACTICS

AN INTRODUCTION TO TEAM TACTICS



DEDICATED TO THE PROMOTION AND DEVELOPMENT OF SOCCER