

**CLUB** *Tactics*



A Guide to Introducing and Developing a Player's Tactical Insight



**“** *What You Hear, You Forget  
What You See, You Remember  
But What You Do, You Understand* **”**



*“Tactical Insight is where Good Technique, Opportunity and Decision making meet.”*

## **INTRODUCTION**

The free-flowing style of play with precision passing, strong abilities to execute technically including well-timed on and off ball movements with everything going to goal is both exciting, challenging and is the basis of our coaching philosophy.

This style of play should be reflected in all our teams. In order to play that way we must train using exercises and activities that reflect these concepts and will hopefully help develop a playing style that is rewarding and recognizable.

Training must reflect the demands of the game and the game determines what you do at training. The more game like training becomes the better prepared our teams will be to play the games.

The activities will revolve around decision-making and repetition leads to mastery and mastery allows more time for successful decision-making. The exercises and activities dealing with possession and patterns play will emphasize repetition of technique, defending, building and attacking themes that will become more automatic and allow for the eventual improvement of a fast pace free-flowing style of play.

## **THE COST OF POSSESSION**

So much discussion and practical sessions around the topic of possessing the ball are the focus on the fields of youth development. Yet we all know that simply possessing the ball does not guarantee success. Often the team that has had significantly more possession of the ball still loses the match. Some managers pay less attention to ball possession, preferring their team to pressure high up the field and attack quickly on the counter. Still others look to play long balls downfield from the back, bypassing the midfield and hopefully connecting with the striker.

Not us! We will stay focused on concepts that highlight a “Possession of Play with Intent to Play Deep” style of soccer.

Possessing the ball requires teams to quickly win it back as soon as possession is lost. This means a great deal of physical effort and determination are needed to win and keep the ball. We would all prefer our teams to maintain safe and quality possession in the attacking third of the field, forcing the other team to chase the ball and do the work of getting it back. Certainly we need and want players who are technically outstanding on the ball so that they can find their teammates with well-timed passes with proper pace. Movement off the ball in support of one's teammate is crucial if a team is going to maintain possession.

## **MOVEMENT OFF THE BALL**

Focusing on possession, with a special emphasis on movement off the ball to support the ball carrier should be a big part of every session regardless of topic. Players always need to ask themselves two questions:

"Does my teammate need help?"

"How can I help him?"

Players can support their teammates with intelligent runs off the ball in a variety of ways. They may need to check to the ball, check away from the ball (third man run), or run away from space to create an opening for a teammate to run into.



We are a club that strives towards developing players and teams with common Principles, Systems and Styles of Play. Practicing and playing games with specific concepts in mind are the building blocks towards developing a more insightful and effective player.

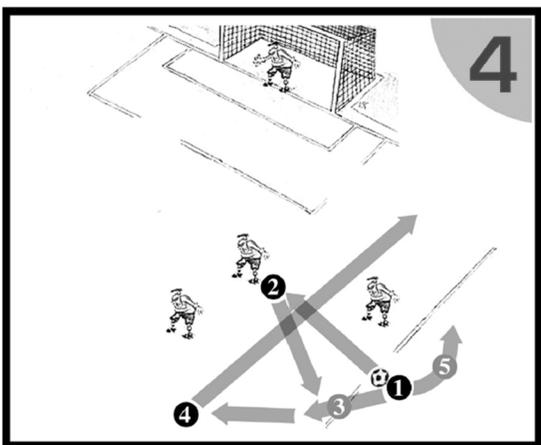
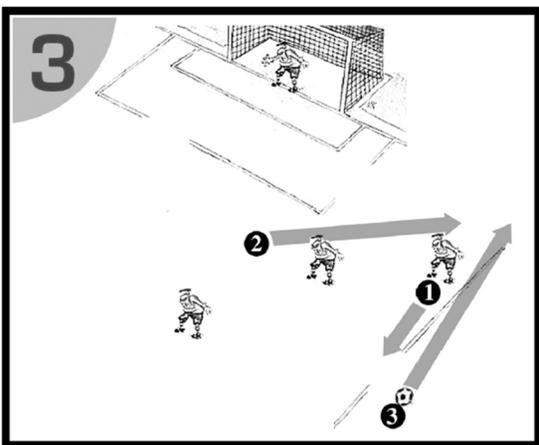
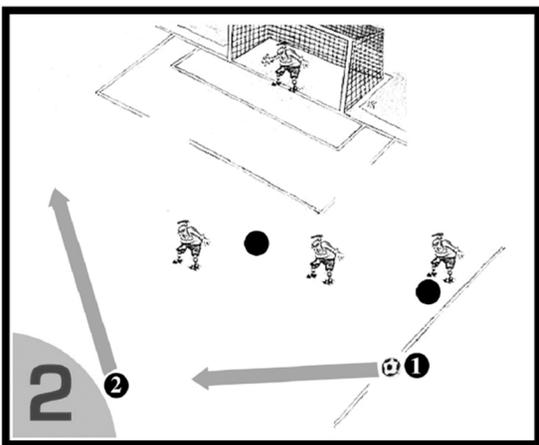
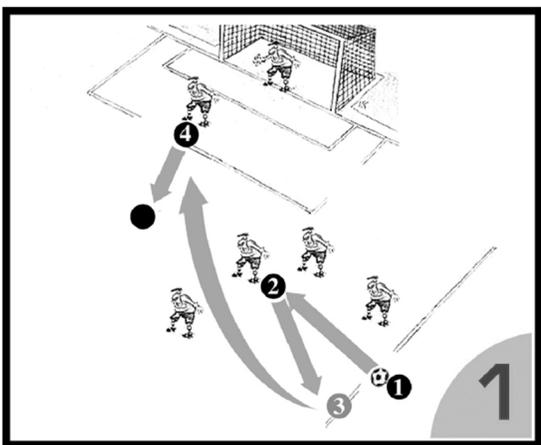
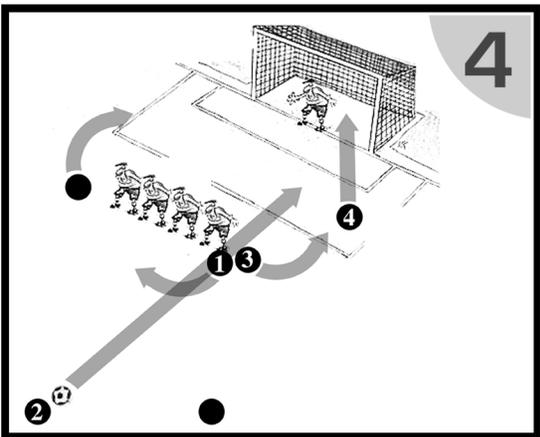
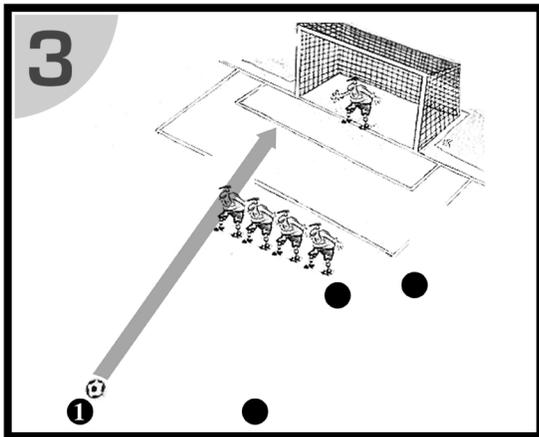
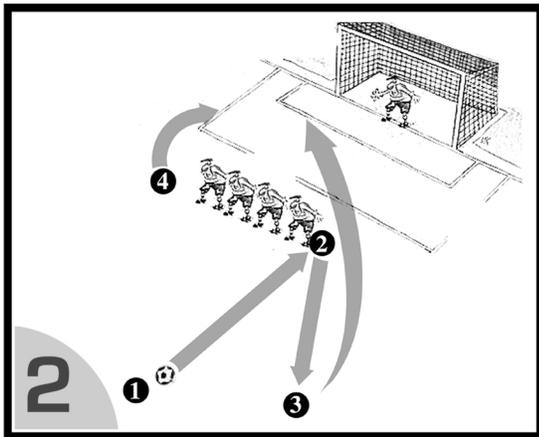
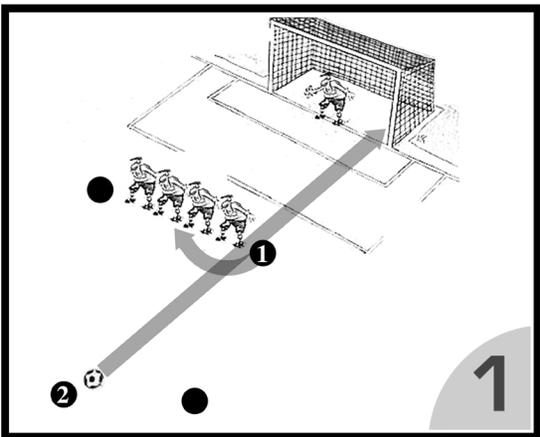
In short, we want to be able to **‘Play Possession with Intent to Play Deep’**. Our practice sessions should display activities that encourage and improve the abilities of tomorrow’s players.

### What specific concepts should be included at weekly practices and games?

- 1 Pressing as a unit when ever the ball is played in the direction of opponent’s goal. GK also presses and can support from behind.
- 2 Stepping to get opponent off-sides.
- 3 Pressure on ball immediately when we lose ball.
- 4 Stay compact as a unit when defending.
- 5 1st play when possession is regained should be away from pressure. Changing direction of play is in preparation to play deep and needs to be emphasized at practices and games.
- 6 Players must be familiar with the 1st, 2nd and 3rd Defender concept.
- 7 Players must be familiar with the 1st, 2nd and 3rd Attacker concept.
- 8 NEVER just kick a ball. We need to make sure players take a touch and most importantly know where they are playing before they play the ball.
- 9 Movement off the ball is crucial. Players should always be asking themselves “ ... am I in a position to support my team mate?”
- 10 4 sets of Throw-ins and Free-kicks that need to be part of the team’s tool chest.

*The impact you will have on your players will depend on how you prepare for your sessions, how you deliver your sessions and how much attention you give to details.*

# FREE-KICKS



# THROW-INS

# “No Technique, No Tactic”

Successful soccer at all levels is determined by one factor - Technique

Although it is important to start teaching our players even at the younger ages the tactical side of the game it takes time and patience. We do not want to loose sight of our role as coaches in the game. Teach your players to be able to pass, receive, dribble, run with the ball, shoot, head, tackle etc first with no pressure, little pressure and then game realistic amount of pressure. Acquiring the foundational building blocks of soccer is critical to the development of the player.

TES will encourage the players to take initiative and seriously consider becoming familiar and hopefully eventually better equipped to execute good technique through the provision of our SideKick - Ball Mastery Program.

# 1, 2, 3 ...

## Be All You Can Be!

TRAVEL U10-12



SideKick Ball Mastery Program

skills**test** LEVEL I

### 4 EASY STEPS TO CONNECT

- (1) VISIT [WWW.TEAMEXCELSOCCKER.COM](http://WWW.TEAMEXCELSOCCKER.COM)
- (2) FAMILIARIZE YOURSELF WITH THE 3 LEVELS.
- (3) CONNECT WITH 1-3 PEERS OF SIMILAR ABILITIES AND HOLD EACH OTHER ACCOUNTABLE.
- (4) DETERMINE YOUR LEVEL AND START TRAINING.



The TES Sidekick Skills Test is comprised of four simply structured activities that measure technical ability in the following areas:



These specific activities will be implemented at the end of each U10-U14 season to document the technical level of players.

All demos and instructions can be found at: [www.teamexcelsoccer.com](http://www.teamexcelsoccer.com)

# (2)

ACADEMY 7-9



SideKick Ball Mastery Program

### Penetration Skills

- #1 Inside Cut
- #2 Roll
- #3 Fake Kick & Move
- #4 Scissors
- #5 Double Scissors



### Possession Skills

- #6 Cruyff
- #7 Sole Pull-Back
- #8 Step-Over Inside Push-Back
- #9 Step-Over Outside Push-Back
- #10 Pull-Push Behind



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# (1)

TRAVEL U13-19



SideKick Ball Mastery Program

TEAM **TES** EXCEL  
SIDEKICK skills**test** LEVEL II

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