



Group Tactics - Transition Speed of Play - U11

Category: Tactical: Counter attack
Skill: U11

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Warm Up I (15 mins)

Organization:

40x30 yard area
Minimum 8 players
Plenty of soccer balls

Instructions:

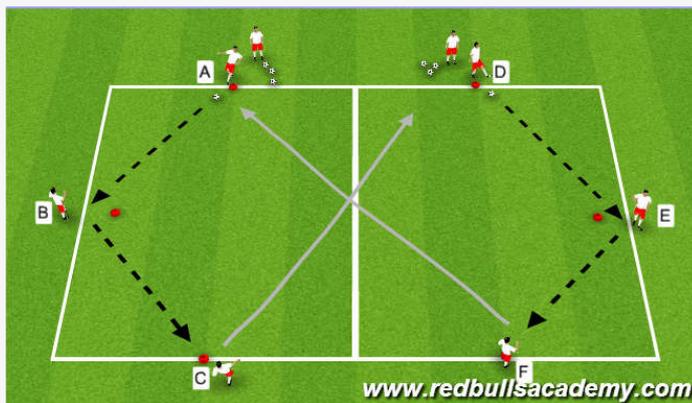
- Pass/dribble then follow
- A plays B
- B plays C
- C dribbles to D
- D plays E
- E plays F
- F dribbles to A

Coaching Points:

- How to check into space
- Checking shoulder as you move away
- Receive on back foot
- Quality of pass
- Connection between players verbal/non-verbal communication
- Head up after touch
- Messi/Ronaldo dribble

Progressions:

- Add 2nd ball into practice
- Reduce to 2 touch for pass



Warm Up II (15 mins)

Organization:

40x30 yard area
Minimum 8 players
Plenty of soccer balls

Instructions:

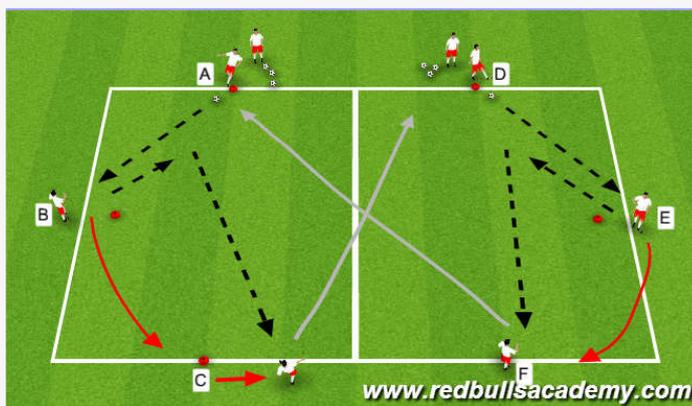
- A plays B
- B sets back to A
- A plays long pass to C
- C dribbles to D
- Repeat down opposite side with D,E,F
- Players rotate as before

Coaching Points:

- Connection between players
- Why is the ball set back?
- Movement of C to open clear passing lane for longer pass

Progressions:

- Add 2nd ball into practice
- Challenge players to get one ball to catch up to the other



Main Theme / Conditioned Game (30 mins)

Organization:

8v8 field
Goals at edge of the box
2 teams of 5 field players and a GK
Plenty of soccer balls

Instructions:

- Play **always** starts with intentional misplaced pass from Blue team
- Player A intercepts pass
- Drive into Blue defending half to create 3v2
- Once goal is scored or ball out of bounds, play restarts from middle
- Rotate which team has the ball after each attempt

Coaching Points:

- Drive forward with ball once it is intercepted



- Look to penetrate early
- Movement of support players to isolate 1v1 situations
- Angle and distance of support players to offer quick combination play
- Speed of play, score quickly

Progressions:

- Allow defending player who plays initial pass to recover to create 3v3 and encourage the attacking team to take advantage of numbers up situation

Conditioned Game (30 mins)

Organization:

- 8v8 field
- Goals at edge of the box
- 2 teams of 5 field players and a GK
- Plenty of soccer balls

Instructions:

- 5v5 (+GK's) scrimmage
- Kick ins for restarts
- Corners restart from GK of team that win corner

Coaching Points:

- Look to penetrate quickly
- Movement to create space to receive
- Movement to isolate defenders
- Where do I?
- When do I?
- Why do I?
- How do I?

Progressions:

- Free play - no instruction

