

Underage Tactical Themes to Consider: Football

	<u>Maintaining / Winning Possession</u>	<u>Transitioning the Ball</u>	<u>Attacking/Building a score</u>	<u>Defending</u>	<u>Set Pieces</u>
<u>U7s</u>	<ul style="list-style-type: none"> • Creating Space • Avoiding Bunching 	<ul style="list-style-type: none"> • Use of non-dominant hand and foot 	<ul style="list-style-type: none"> • Shooting/Scoring 		<ul style="list-style-type: none"> • Catching the ball
<u>U9s</u>	<ul style="list-style-type: none"> • Using space to receive a pass • Give and Go • Supporting the ball carrier • Clear Lines of vision 	<ul style="list-style-type: none"> • Using steps 	<ul style="list-style-type: none"> • Using Space to score 	<ul style="list-style-type: none"> • Introduce the notion of man marking • Work on the idea of not standing off your marker • Near hand tackle 	<ul style="list-style-type: none"> • High Catch
<u>U11s</u>	<ul style="list-style-type: none"> • Support from behind – Pocket Player • Kick pass for give & go • 1 v 1s in possession • Width in our play 	<ul style="list-style-type: none"> • Introduce the concept of timing the runs • Expand on clear lines in our play/ Heads up play 	<ul style="list-style-type: none"> • Lateral Movement • Attacking the ball • Dummy Solo / Tricks 	<ul style="list-style-type: none"> • Attacking the ball – denying possession • 1 v 1s defending • Ball watching • The Tackle 	<ul style="list-style-type: none"> • Judging the High Ball • Contesting the high ball
<u>U13s</u>	<ul style="list-style-type: none"> • Positional Sense – Reading the game • Expand on 1 v 1s into 2 v 2s • Breaking the tackle 	<ul style="list-style-type: none"> • Recycling the ball • Introduce 3rd man runners • Conducting the play • Scanning the field 	<ul style="list-style-type: none"> • Working with another player to create space • Develop the idea of a delivery zone • Dummy bounce/Tricks • Drawing a defender 	<ul style="list-style-type: none"> • Positional Sense – Reading the Game • Tracking Runners • Expand on 1v1s – 2v2s etc. • Forwards working back 	<ul style="list-style-type: none"> • Introduce the breaking ball • Develop a pattern for side-lines (Moving out of space to create space)
<u>U15s</u>	<ul style="list-style-type: none"> • Moving out of space to create space • Depth in our play • Showing for the ball 	<ul style="list-style-type: none"> • Building through the lines • Introduce the loop to change direction of play • Introduce the notion of speed in a counter attack 	<ul style="list-style-type: none"> • Forward Formation & use of space (Play Narrow) • Diagonal ball • Recycling the runs /Decoy runs / Unselfish play • Scoring Zone 	<ul style="list-style-type: none"> • Working as a unit to slow down the opposition • Covering/ Supporting the line behind you • Work Rate – Swarm Tackle 	<ul style="list-style-type: none"> • Developing a kick out strategy • Short Kick Outs • Freeing the wings for easy side-lines • Leaving space to create space for frees
<u>U17s</u>	<ul style="list-style-type: none"> • Creating Space in the half Forward line (Narrow play) • Limiting our plays/Avoiding Contact 	<ul style="list-style-type: none"> • Develop the idea of building through the lines using your midfielders and specific forwards • Incorporate the diagonal ball • Consolidate 3rd man runners 	<ul style="list-style-type: none"> • Creating space by dropping half forward line • Occupying the sweeper • Inside triangle • Introduce screens/cutbacks • Consolidate recycled runs 	<ul style="list-style-type: none"> • Using the press to slow down the opposition • Passing off players • Develop the idea of a plus 1 in defence • Weak side defending – Squeeze the pitch 	<ul style="list-style-type: none"> • Creating space for kick-outs • Overloads • Short 45s • Rehearsed Free Kicks