

U9/U10 Coach Orientation: Technical Section Roles/Responsibilities

6 aside 3-1-1

7 aside 3-2-1

GK- Acts as sweeper when other team has ball. Should be on edge or outside box whenever ball is in opposing half. Acts as outlet for pass back for defenders in possession and under pressure.

Center D- Stays central & back, moves up to just past center when team attacks to receive pass backs and to keep play in their end (have your GK standing just outside his goal box whenever the ball is in their half, even if they have the ball, should be ready to run out & play any thru balls away) If the other team breaks out of their end, center D cannot run back to his goal, must stay and engage the player coming down with ball.....but not dive in, allowing wide D's & midfield to get back. If left or right D move up to pressure or get involved in attack CD shifts over slightly to that side to cover while keeping an open body (and eye) to opposite side of field.

L and R Defense- They should not run across the center D in defense or attack. They should play endline to endline. They provide the width in attack. Only one should look to move forward in attack at a time when the ball is on their side, the other side always staying to support/cover CD. One should also move up when their side mid moves forward to pressure their D. Also, when you first win the ball in your own end, try and get it out to wide D as the safe play wide, if they get it wide and have space, they should be encouraged to dribble down the field (ie not just knock it down the line), when they are approached by an opponent they can either beat them if they are 1 v 1, pass inside to CM (who may be able to switch ball to other side, ie other defender or mid), or pass inside & forward to CF. These guys should take all throw ins. Even if there is a throw in deep in their end. This way the team have more options to throw to forward or in midfield.

6 aside: 1 CM- Helps all the way back to just inside box on defense and helps all the way forward in attack. IE might get deep into the box for crosses from the wide D. Tries to switch ball from side to side & look for thru balls when his team is in possession in own end or mid field when possible. Ideally he spends most his time in the middle stripe of the field, leaving the wide areas for the wide D's to move into.

7 aside: add a CM to above- In this game format you are just adding one CM to what was the 3-1-1 in 6 aside soccer. This CM plays the same role as described directly above. However, you can now introduce that they should play off each other and that when one rushes forward to join the center forward in attack or runs into the box to finish a cross, the other CM hangs back a bit at the edge of the box to finish rebounds or be first back to help D. Same on defense, first CM back helps all the way while the second one back can stay at top of defensive goal box waiting for an outlet pass or be ready to rush up and support the forward in attack.

Center Forward- Stays high & primarily central, when your team is defending he should be around center waiting/on toes ready for an outlet pass. Can go one v one on his own if he has space to turn, but should not turn into a crowd of defenders. If he is in this scenario, he should pass back to the supporting CM or to a wide D who is breaking out of his own end, try and keep this player from running into the corners looking for a pass when your wide defenders are moving up the line with the ball, especially in their half. He should "post up" centrally for a give & go with wide player or if the wide players beat a man 1 v 1 or 2 v 1 he is ready to head to net to finish a cross

The key to much of this is your wide defenders not just hanging back with the center D all day. They provide your width both in defensive breakouts, but also in your attack. So when the team is moving forward, they need to move up with the play and behave like a midfielder in attack.