



# OSA COACHING MANUAL 2022-2023

**"LEARNING SOCCER BY PLAYING SOCCER"**

**A PLAYER-CENTERED APPROACH TO COACHING YOUTH SOCCER**

**DR. TOM TURNER**

# OHIO SOCCER ASSOCIATION

OHIO SOCCER ASSOCIATION (OSA)  
EMBODIES THE IDEA OF BRINGING  
ORGANIZATIONS AND COMMUNITIES  
TOGETHER ACROSS MULTIPLE  
AFFILIATIONS INTO **#ASTATEUNITED**

OSA DESIRES TO DEMONSTRATE  
GREATER FLEXIBILITY WITH ITS  
MEMBERSHIP TO ALLOW THEM TO  
ACCOMPLISH THEIR OWN  
ORGANIZATIONAL GOALS AND  
ENHANCE PLAYER, COACH, CLUB AND  
LEAGUE DEVELOPMENT TO GROW THE  
GAME.



**VISION:**  
**A STATE UNITED.**

**MISSION:**  
**TO SUPPORT, INSPIRE AND  
GROW SOCCER BY UNLOCKING  
THE POTENTIAL WITHIN EVERY  
COMMUNITY.**

**VALUES:**  
**INNOVATIVE  
INTEGRITY  
TEAMWORK  
INCLUSIVE  
TRUST**



# OHIO SOCCER ASSOCIATION – THE MISSION, IN BRIEF!

TO IMPROVE PLAYER RETENTION AND DEVELOPMENT, HOW CAN OSA  
HELP COACHES SUCCEED IN CREATING FUN LEARNING ENVIRONMENTS  
FOR THEIR PLAYERS?





# WHAT IS SOCCER?

**"LEARNING SOCCER BY PLAYING SOCCER"**



# WHAT IS SOCCER?

**SOCCER IS AN “INVASION” SPORT WHERE THE OBJECTIVE IS TO PLAY THROUGH OR AROUND OR OVER THE OPPONENT AND SCORE MORE GOALS IN THE TIME ALLOWED.**



# WHAT IS SOCCER?

**FOR THE TEAM IN POSSESSION, THE ATTACKING TEAM, PASSING AND DRIBBLING ARE THE PRIMARY SKILLS USED TO ADVANCE THE BALL FORWARD TO TRY TO SCORE GOALS.**

**DRIBBLING IS THE MOST IMPORTANT SKILL IN SOCCER.**



# WHAT IS SOCCER?

**FOR THE TEAM OUT OF POSSESSION,  
THE DEFENDING TEAM, TACKLING  
THE BALL AWAY FROM AN  
OPPONENT OR FORCING AN  
INACURATE PASS ARE THE PRIMARY  
APPROACHES TO RECOVERING THE  
BALL.**



# WHAT IS SOCCER?

ALL INVASION SPORTS HAVE  
THE SAME FOUR CYCLICAL  
TACTICAL SITUATIONS.

THE TRANSITIONS MOMENTS ARE  
THE MOST IMPORTANT TACTICAL  
SITUATIONS IN SOCCER.

**ATTACKING**  
We have clear possession of the ball and  
should look to build-up and score a goal.

**TRANSITION TO ATTACKING**  
We just won the ball back and should  
look to quickly counter-attack.

**TRANSITION TO DEFENDING**  
We just lost the ball and should look to stop  
the opponent from counter-attacking.

**DEFENDING**  
The opponent has clear possession of the ball and  
we should look to win it back.







# SOCCER “BASICS”

**“LEARNING SOCCER BY PLAYING SOCCER”**

# SOCCER “BASICS”

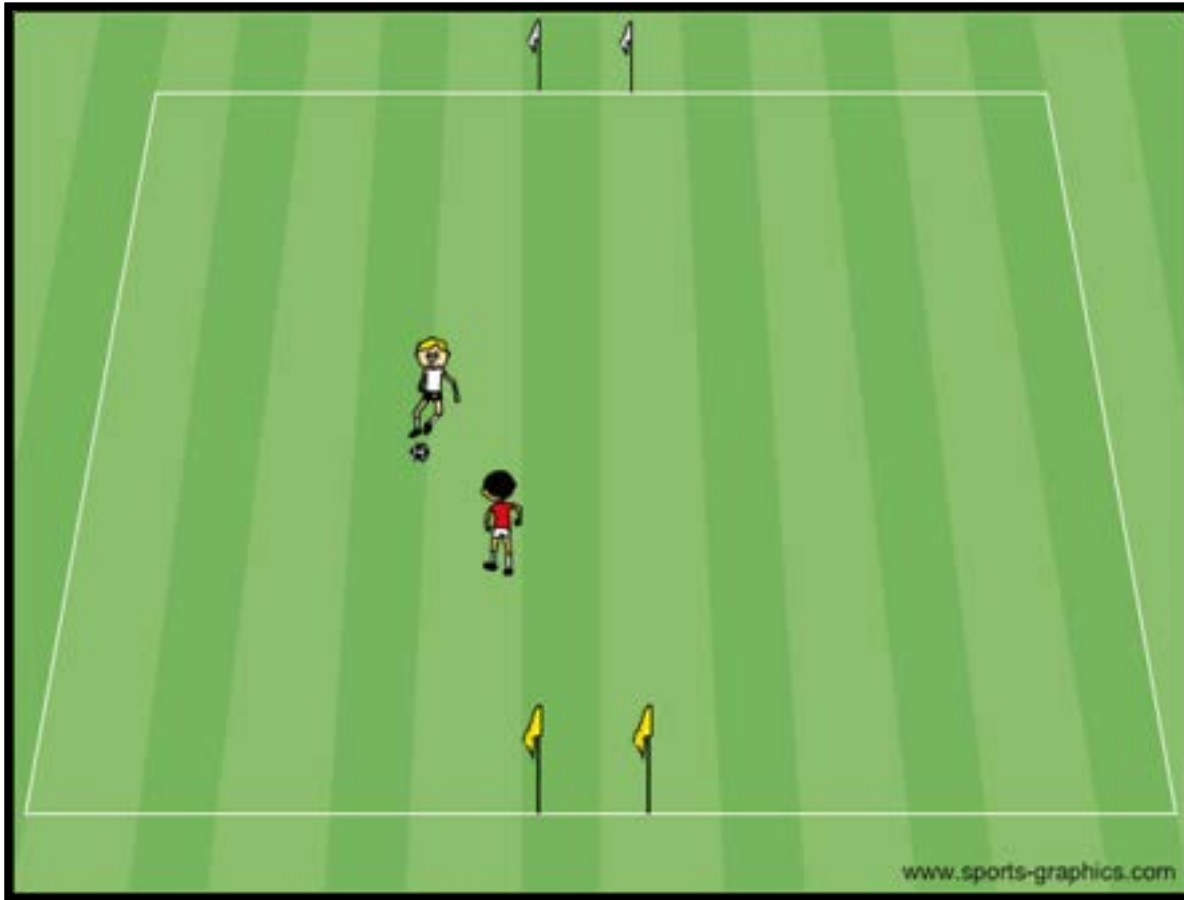
THERE ARE FOUR “BASIC” ELEMENTS TO PLAYING SOCCER...

1. DEVELOPING THE **SKILLS** REQUIRED TO CONTROL AND MANIPULATE THE BALL.
2. DEVELOPING THE **TACTICAL AWARENESS** REQUIRED TO APPRECIATE WHERE AND WHEN TO MOVE; AND WHAT TO DO AND WHEN TO DO IT.
3. DEVELOPING THE **SOCCER FITNESS** REQUIRED TO MOVE UP AND DOWN THE FIELD IN RESPONSE TO THE DEMANDS OF THE GAME.
4. HAVING THE **FREEDOM TO EXPERIMENT** AND LEARN FROM SUCCESSES AND FAILURES.

LEARNING ANY SPORT IS A SLOW, UNPREDICTABLE PROCESS AND, HISTORICALLY, IT IS THE YOUNG PLAYERS WHO HAVE LEARNED SOCCER BY PLAYING SOCCER WHO HAVE DEVELOPED THE PASSION AND SKILLS TO COMPETE WELL INTO ADULTHOOD.



# WHAT IS SOCCER?



Field Size: ~20 yards x ~15 yards  
Playing Time: ~60 seconds per game  
Goals: 3 yards wide

PLAYING 1vs1 TO TWO SMALL GOALS PROVIDES PLAYERS WITH THE MOST REPETITION OF “BASIC” INDIVIDUAL SKILLS AND STANDARD TACTICAL SITUATIONS.

IT IS ALSO THE MOST TIRING FORM OF SOCCER, SO PLAYERS SHOULD BE ROTATED FREQUENTLY.

# SOCCER “BASICS”

**“SKILL”** IS THE APPLICATION OF  
TECHNIQUE TO A TACTICAL SITUATION.

THERE IS NO “CORRECT” TECHNIQUE  
IN SOCCER... ONLY GOOD SKILL!

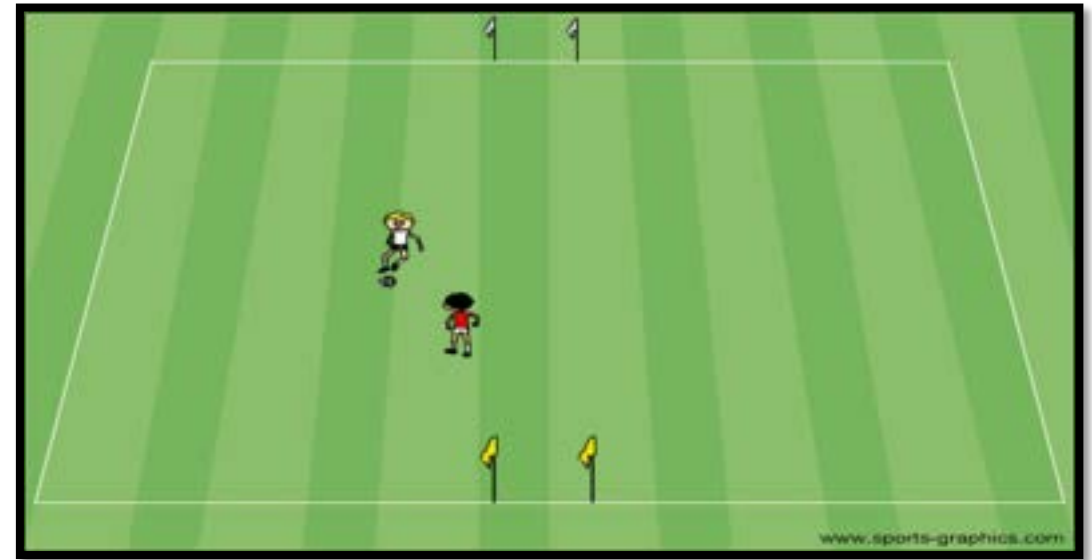
A “GOOD” DRIBBLE KEEPS POSSESSION.

A “GOOD” PASS FINDS ITS’ TARGET.

A “GOOD” SHOT SCORES A GOAL.

A “GOOD” TACKLE RECOVERS THE BALL.

A “GOOD” SAVE KEEPS THE BALL OUT  
OF THE GOAL.



## THE “BASIC” SKILLS OF A 1vs1 GAME

### ATTACKING SKILLS

SHOOTING AT THE GOAL

DRIBBLING AWAY FROM THE OPPONENT TO KEEP  
POSSESSION

DRIBBLING PAST THE OPPONENT TO GET CLOSER TO  
THE GOAL

DRIBBLING INTO THE OPEN SPACE

### DEFENDING SKILLS

PROTECTING THE GOAL

FUNNELING THE OPPONENT AWAY FROM THE GOAL

TACKLING TO REGAIN POSSESSION OF THE BALL FROM  
THE OPPONENT

TACKLING TO CLEAR THE BALL AWAY FROM THE  
OPPONENT





# SOCCER “BASICS”

**“TACTICS”** ARE HOW PLAYERS PROCESS AND ATTEMPT TO SOLVE GAME SITUATIONS AGAINST A LIVE OPPONENT.

THE BEST WAY TO HELP INEXPERIENCED PLAYERS PROCESS AND UNDERSTAND TACTICAL SITUATIONS IS BY CREATING SMALLER VERSIONS OF SOCCER THAT PROVIDE ENOUGH TIME AND SPACE FOR THEM TO PASS, RECEIVE, DRIBBLE, SHOOT AND DEFEND WITHOUT BEING OVERWHELMED BY THE NUMBER OF TEAMMATES AND OPPONENTS ON THE FIELD.



THE “BASIC” TACTICS OF A 1vs1 GAME	
ATTACKING TACTICS	
BUILDING-UP FROM THE DEFENSIVE HALF	
BUILDING-UP IN THE ATTACKING HALF	
CREATING CHANCES AND SCORING GOALS	
TRANSITIONING TO DEFENDING	
DEFENDING TACTICS	
DEFENDING IN THE ATTACKING HALF	
DEFENDING IN THE DEFENDING HALF	
DENYING CHANCES AND RECOVERING POSSESSION	
TRANSITIONING TO ATTACKING	

# SOCCER “BASICS”

SOCCER IS A STOP-START GAME OF ABRUPT CHANGES IN PACE AND RHYTHM.

**“SOCCER FITNESS”** INVOLVES COMPETING FOR POSSESSION, CHANGING SPEEDS AND DIRECTIONS, MANIPULATING THE BALL, AND MOVING WITH THE GAME IN RESPONSE TO EACH TACTICAL SITUATION.

THE MOST EFFICIENT AND EFFECTIVE WAY TO TRAIN SOCCER FITNESS IS TO SIMPLY PLAY SOCCER GAMES, WITH PLAYING TIMES PROPORTIONAL TO THE NUMBER OF PLAYERS.



## THE “BASICS” OF SOCCER FITNESS IN A 1vs1 GAME

GENERAL MOVEMENTS WITHIN THE GAME

- AEROBIC FITNESS

SPECIFIC PLAYER ACTIONS WITHIN THE GAME

- ANAEROBIC FITNESS

AGILITY & BALANCE & COORDINATION

- CHANGING DIRECTION

SPEED & POWER

- STOPPING AND STARTING

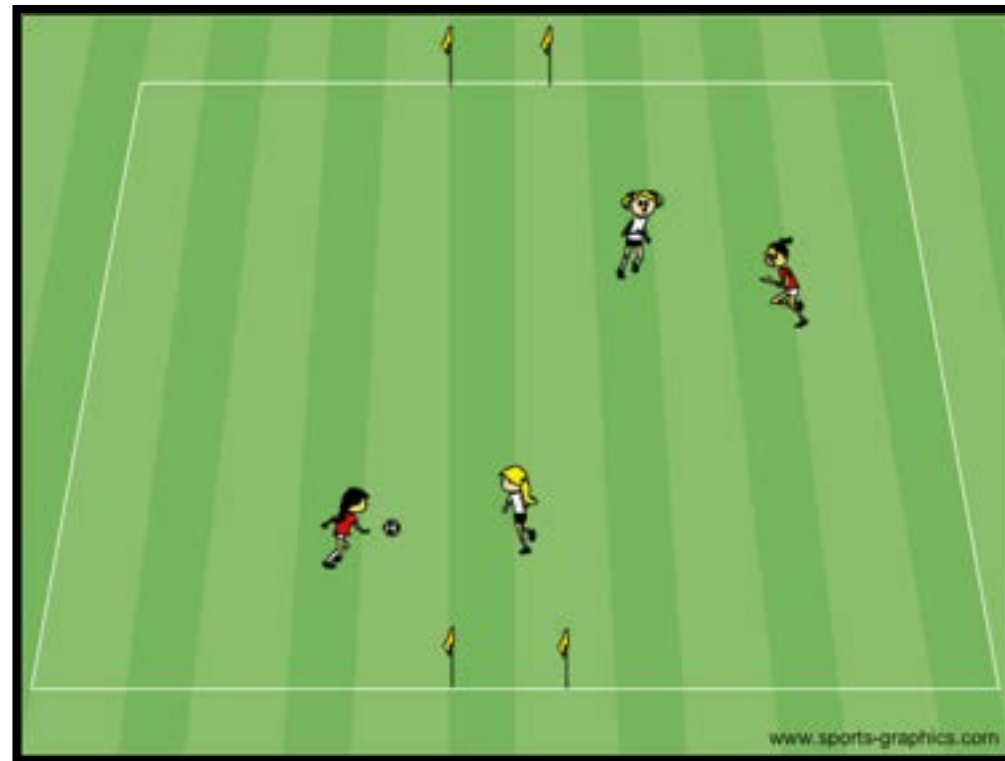
STRENGTH

- CHALLENGING FOR POSSESSION

# SOCCER “BASICS”

ADDING A TEAMMATE PROVIDES THE OPPORTUNITY FOR PLAYERS TO LEARN TO COMBINE PASSES AND DRIBBLES IN ORDER TO KEEP POSSESSION AND SCORE GOALS.

COMBINATION PLAY BETWEEN TWO OR MORE PLAYERS IS THE FOUNDATION OF TEAM TACTICS.



THE “BASICS” OF COMBINATION PLAY IN A 2vs2 GAME
PASS THE BALL TO THE TEAMMATE’S FEET
PASS THE BALL INTO THE SPACE AHEAD OR AROUND THE TEAMMATE
PASS THE BALL TO THE TEAMMATE AND MOVE INTO OPEN SPACE FOR A RETURN PASS
RUN AHEAD OF THE TEAMMATE WITH THE BALL TO CREATE SPACE FOR A 1vs1 DRIBBLE.

# SOCCER “BASICS”

FOR ALL GAME-FORMS BETWEEN 1vs1 AND 11vs11, AND FOR ALL PLAYERS BETWEEN YOUNG NOVICES AND EXPERIENCED PROFESSIONALS, THE “BASIC” ATTACKING AND DEFENDING SITUATIONS IN SOCCER ARE ALWAYS THE SAME.

THE TACTICS OF SOCCER
<b>ATTACKING TACTICS</b>
BUILDING-UP FROM THE DEFENSIVE HALF
BUILDING-UP IN THE ATTACKING HALF
CREATING CHANCES AND SCORING GOALS
TRANSITIONING TO DEFENDING
<b>DEFENDING TACTICS</b>
DEFENDING IN THE ATTACKING HALF
DEFENDING IN THE DEFENDING HALF
DENYING CHANCES AND RECOVERING POSSESSION
TRANSITIONING TO ATTACKING

**HELPING PLAYERS EXPERIENCE AND LEARN TO UNDERSTAND THESE “BASIC” TACTICAL SITUATIONS IS THE GOAL OF COACHING GAMES AND TRAINING SESSIONS.**







# PRACTICE PLANNING

**"LEARNING SOCCER BY PLAYING SOCCER"**

# PRACTICE PLANNING

**“COACH, CAN WE SCRIMMAGE?”** IS THE DREADED QUESTION THAT SHOULD CHALLENGE EVERY YOUTH COACH TO REFLECT ON THE DISCONNECT BETWEEN THE PLAYERS’ MOTIVATIONS FOR PARTICIPATING IN SPORT AND OUR PRACTICE ACTIVITIES.

PLAY IS THE MOST NATURAL FORM OF SPORT-LEARNING BECAUSE THERE IS CONTEXT TO EVERY PLAYER ACTION... WHEN WE HAVE THE BALL, THE OBJECTIVE IS TO TRY TO SCORE A GOAL. WHEN WE DON’T HAVE THE BALL, THE OBJECTIVE IS TO TRY TO WIN IT BACK IN ORDER TO SCORE A GOAL. WHAT DO WE HAVE TO DO TO WIN? ARE WE PLAYING FOR A SET TIME OR TO A PREDETERMINED NUMBER OF GOALS?

CONSIDER STREET SOCCER. CONSIDER SAND-LOT BASEBALL. CONSIDER STICKBALL. CONSIDER BACKYARD FOOTBALL. KIDS ORGANIZE GAMES TO HAVE FUN... OFTEN WITH MODIFIED RULES TO ACCOMMODATE THE AGE OF THE PLAYERS OR THE NUMBER OF PLAYERS OR THE SHAPE AND SIZE OF THE SPACE AVAILABLE.



# PRACTICE PLANNING

THERE IS NO ONE “CORRECT” WAY TO COACH. HOWEVER, YOUTH SPORT LOSES UPWARDS OF 70% OF ITS’ PARTICIPANTS BY AGE 13.



THE PLAYERS CONSISTENTLY CITE POOR TEAM DYNAMICS, POOR SPORTSMANSHIP, NOT LEARNING, NOT HAVING FUN, AND NEGATIVE COACHES WHO DON'T UNDERDSTAND THEIR MOTIVATIONS FOR PLAYING AS THE PRIMARY REASONS.

# PRACTICE PLANNING

THE RECOMMENDED OHIO SOCCER ASSOCIATION STRUCTURE FOR YOUTH SOCCER PRACTICE IS THE U.S. SOCCER GRASSROOTS COACHING EDUCATION MODEL...

## “PLAY – PRACTICE – PLAY”

“P-P-P” IS A GAME-BASED APPROACH TO PLAYER DEVELOPMENT WITH TRAINING ACTIVITIES (**PRACTICE**) BOOKENDED BY TWO PERIODS OF PLAY (**PLAY-1** AND **PLAY-2**).

FUNDAMENTALLY, P-P-P SEEKS TO EVOLVE YOUTH SOCCER AWAY FROM ITS’ CULTURAL RELIANCE ON CONTEXTUALLY DISCONNECTED DRILLS.





# **“PLAY – 1”**

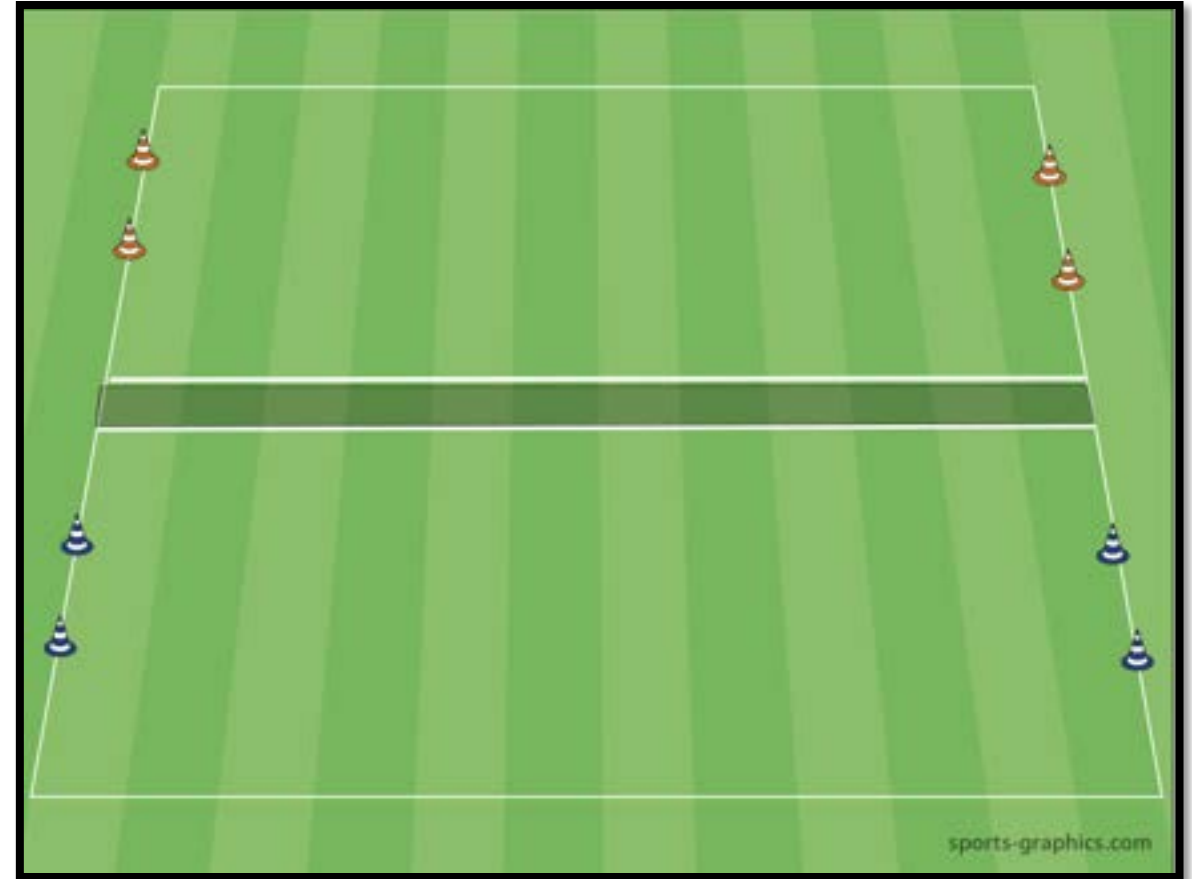
**“LEARNING SOCCER BY PLAYING SOCCER”**



# PRACTICE PLANNING: PLAY-1

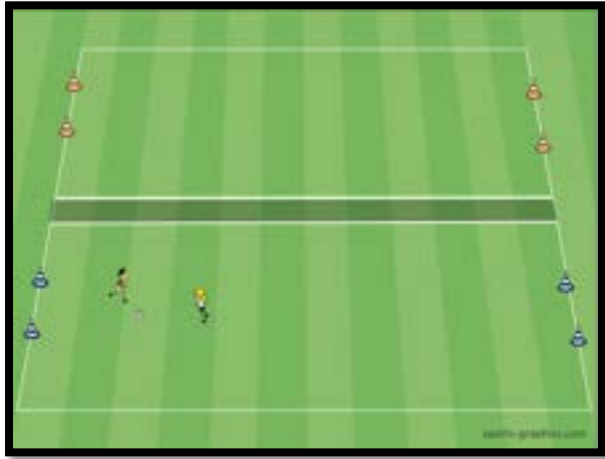
FOR PLAY-1, THE PLAYERS ARE RANDOMLY ASSIGNED TO A FIELD AS THEY ARRIVE AT PRACTICE. PLAY-1 REPLACES ANY FORMAL WARM-UP.

FOR SAFETY, INSERTING A BUFFER ZONE BETWEEN ALL FIELDS, IF POSSIBLE, IS RECOMMENDED TO MINIMIZE ANY CHANCE OF COLLISIONS.

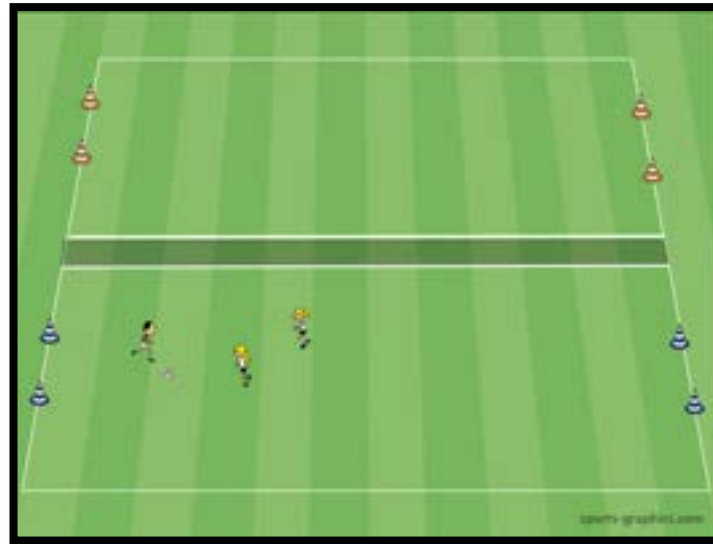


# PRACTICE PLANNING: PLAY-1

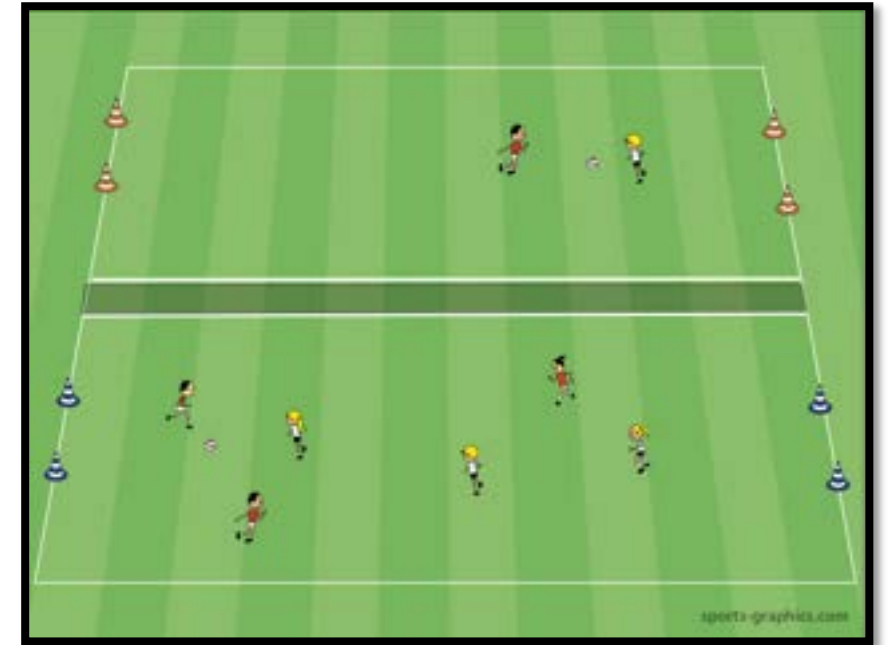
THE FIRST TWO PLAYERS TO ARRIVE CAN START THE GAMES, WITH ADDITIONAL PLAYERS ADDED TO FIELD #1 UNTIL IT IS TIME TO START PLAY ON FIELD #2.



FIELD #1: 1vs1



FIELD #1: 1vs2



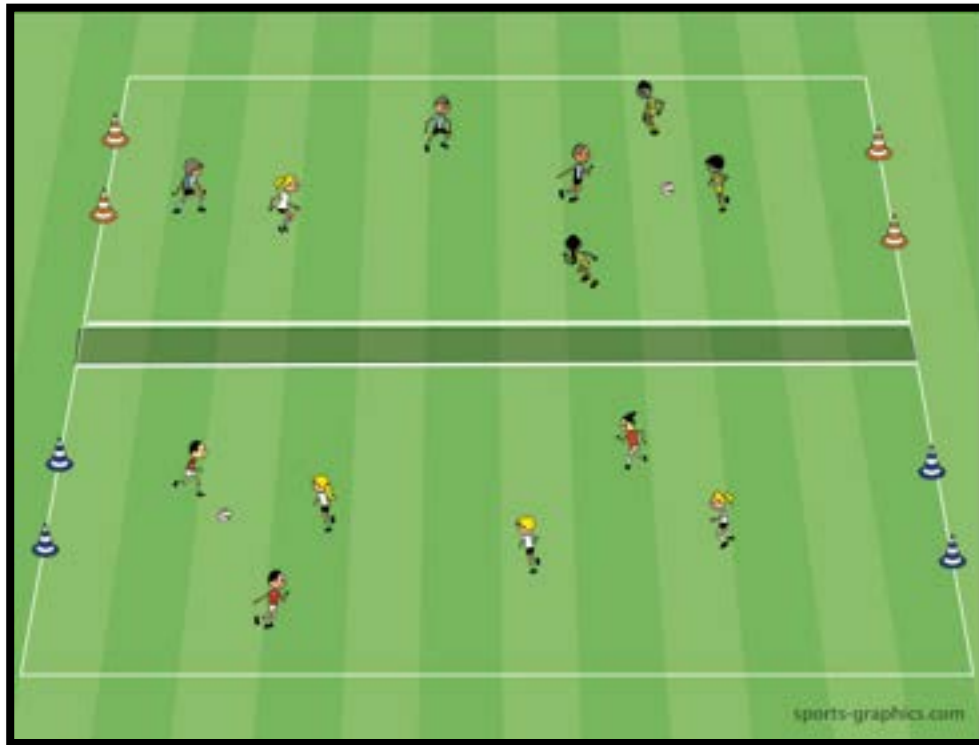
FIELD #1: 3vs3  
FIELD #2: 1vs1

# PRACTICE PLANNING: PLAY-1

WHEN ALL OR MOST OF THE PLAYERS HAVE ARRIVED, THE TEAMS CAN BE RE-BALANCED FOR ABILITY, IF NEEDED, AND PLAY A SHORT ROUND-ROBIN COMPETITION TO GET THE PRACTICE OFF TO AN ENERGETIC AND FUN START.

TEAM C

TEAM A



TEAM D

TEAM B

TEAM A VS TEAM B  
TEAM C VS TEAM D

TEAM A VS TEAM D  
TEAM B VS TEAM C

TEAM A VS TEAM C  
TEAM B VS TEAM D

## GAME TIMES

2 MINS @ 2V2

3 MINS @ 3V3

4 MINS @ 4V4

## GOALS

3 YARDS WIDE





# **“PRACTICE”**

**“LEARNING SOCCER BY PLAYING SOCCER”**



# FROM INDIVIDUAL TO TEAM DEVELOPMENT

AT ITS' CORE, SOCCER IS A GAME ABOUT  
CREATING AND USING SPACE.

ON AN INDIVIDUAL LEVEL, PLAYERS FIRST HAVE  
TO LEARN TO PROTECT THE BALL FROM THEIR  
IMMEDIATE OPPONENT.

THIS SKILL RELATES TO HOW TO THE BALL IS  
RECEIVED UNDER PRESSURE, AND OFTEN  
REQUIRES THE PLAYER IN POSSESSION TO  
DRIBBLE THE BALL SIDEWAYS OR BACKWARDS  
TOWARDS THEIR OWN GOAL.





# FROM INDIVIDUAL TO TEAM DEVELOPMENT

THE NEXT CHALLENGE IS FOR PLAYERS TO LEARN TO MOVE AWAY FROM THE BALL AND INTO OPEN SPACES TO HELP THEIR TEAMMATES KEEP POSSESSION. THIS PLAYER ACTION IS TYPICALLY CALLED “SUPPORT” OR “SUPPORTING”. LEARNING TO SUPPORT REQUIRES TRAINING ACTIVITIES WITH AT LEAST ONE TEAMMATE.



# FROM INDIVIDUAL TO TEAM DEVELOPMENT

THE FINAL DEVELOPMENTAL LAYER RELATES TO HELPING PLAYERS UNDERSTAND HOW TO CREATE SPACE AWAY FROM THE BALL TO ENCOURAGE PASSING AND BALL CIRCULATION.

THIS IS THE BEGINNING OF POSITIONAL LEARNING AND THE FOUNDATION OF TEAM PLAY.

IMPORTANTLY, ONE KEY OBJECTIVE OF DEVELOPING POSITIONAL UNDERSTANDING IS TO CREATE 1vs0, 1vs1, 2vs1 AND 2vs2 SITUATIONS AS THE BALL CIRCULATES TO DIFFERENT GROUPS OF PLAYERS IN DIFFERENT PARTS OF THE FIELD.



# FROM INDIVIDUAL TO TEAM DEVELOPMENT

THE FOLLOWING “PRACTICE” ACTIVITIES PROVIDE EXAMPLES OF HOW COACHES CAN FACILITATE THE DEVELOPMENT OF INDIVIDUAL, GROUP, AND TEAM PLAY IN YOUNG OR INEXPERIENCED PLAYERS.

FOR INEXPERIENCED COACHES, NO SOCCER KNOWLEDGE IS REQUIRED... SIMPLY ADDING THE ELEMENT OF COMPETITION WILL PROVIDE LOTS OF MEANINGFUL REPETITION... AND FUN!

FOR THOSE COACHES WITH SOCCER BACKGROUNDS, HELPING PLAYERS RECOGNIZE TACTICAL SITUATIONS WILL HELP ACCELERATE PLAYER-LEARNING.





# ORGANIZING 1vs1 AND 2vs2 PRACTICES



## ORGANIZING 1vs1 PRACTICES FOR A TEAM

Field Sizes: ~20 yards x ~15 yards  
Playing Time: ~60 seconds per round  
Goals: 3 yards wide



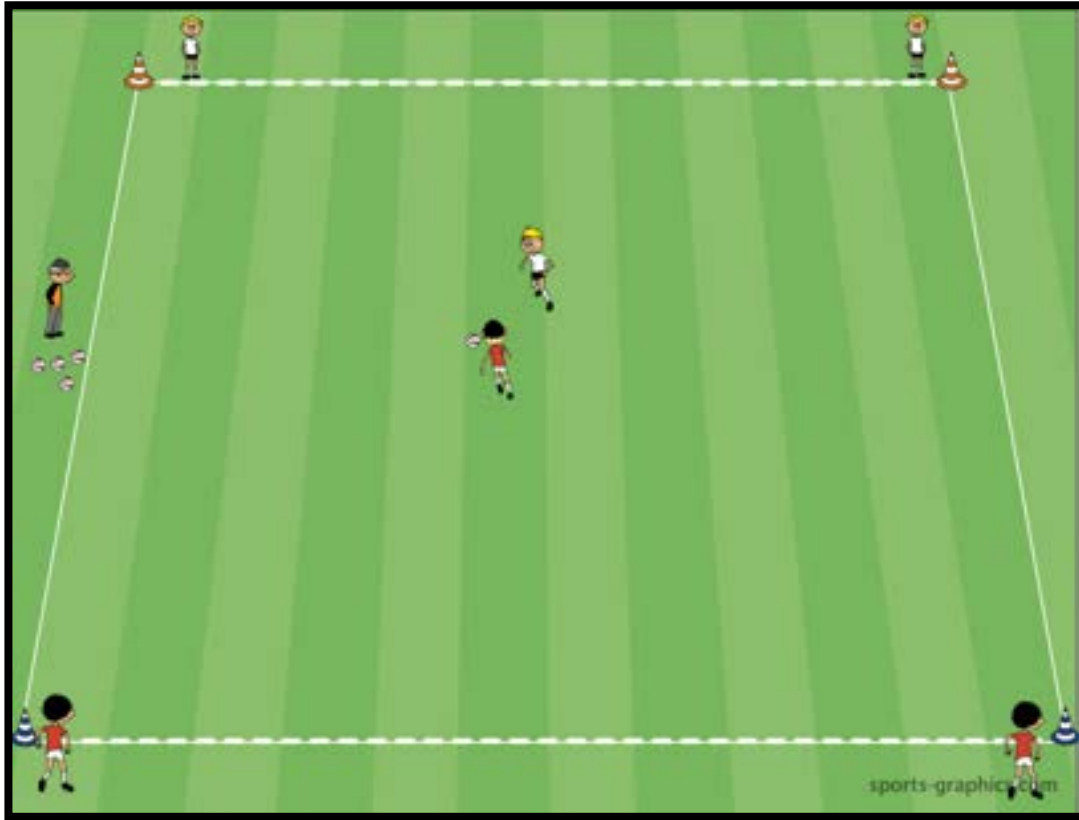
# ORGANIZING 1vs1 AND 2vs2 PRACTICES



**ROTATING PLAYERS BETWEEN THE GOAL AND THE FIELD CREATES 2vs2 GAMES WITH A PERIOD OF ACTIVE REST**

Field Sizes: ~20 yards x ~15 yards  
Playing Time: ~60 seconds per round  
Goals: ~4 yards

# ORGANIZING 1vs1 AND 2vs2 PRACTICES

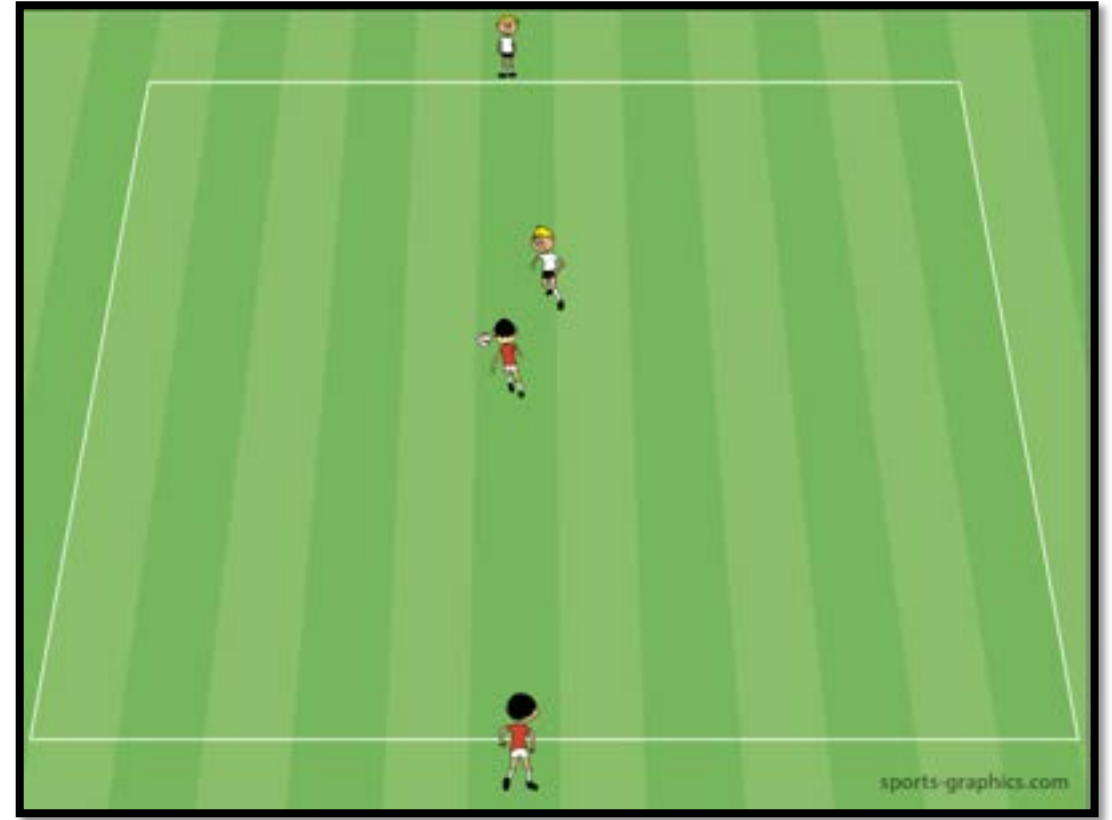


## 1vs1 DRIBBLE ACROSS THE SHORT LINE

Field Size: ~16 yards x ~12 yards

Playing Time: ~20 seconds per round

Goal lines: ~ 12 yards wide



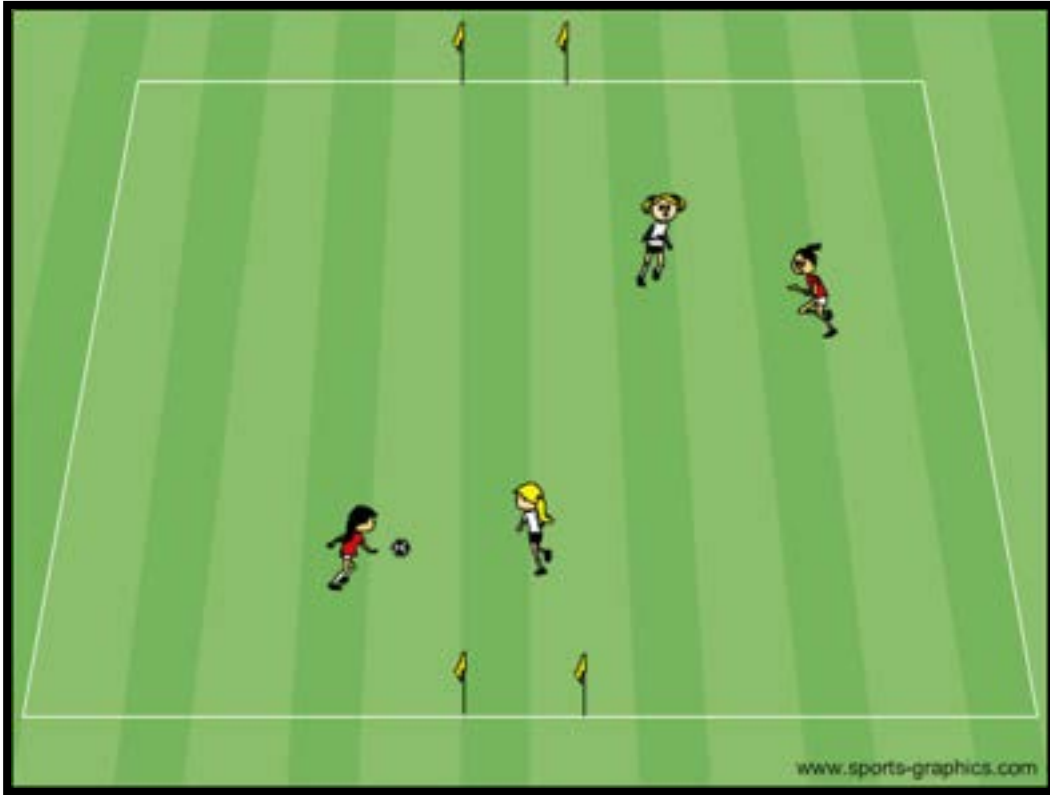
## 1vs1 TO A TARGET WITH A SUPPORT PLAYER

Field Size: ~20 yards x ~16 yards

Playing Time: 45-60 seconds per round

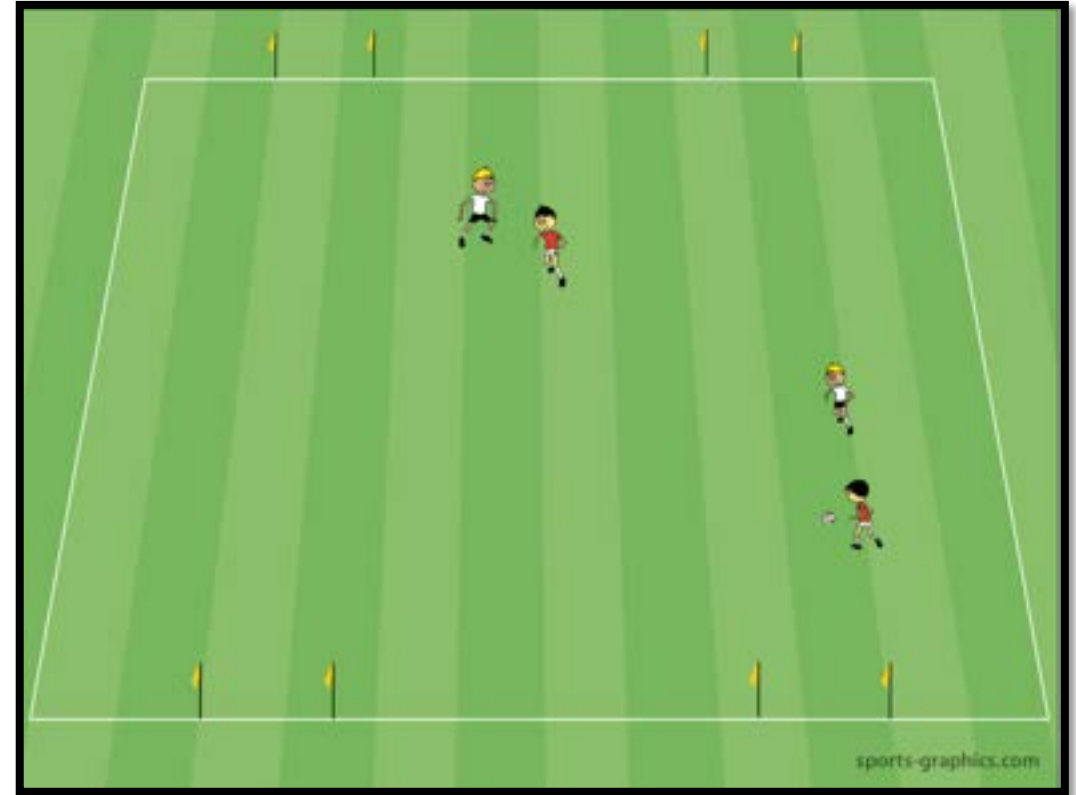
Goals: Pass to the opposing team's support player

# ORGANIZING 1vs1 AND 2vs2 PRACTICES



## 2vs2 TO A SMALL CENTRAL GOAL

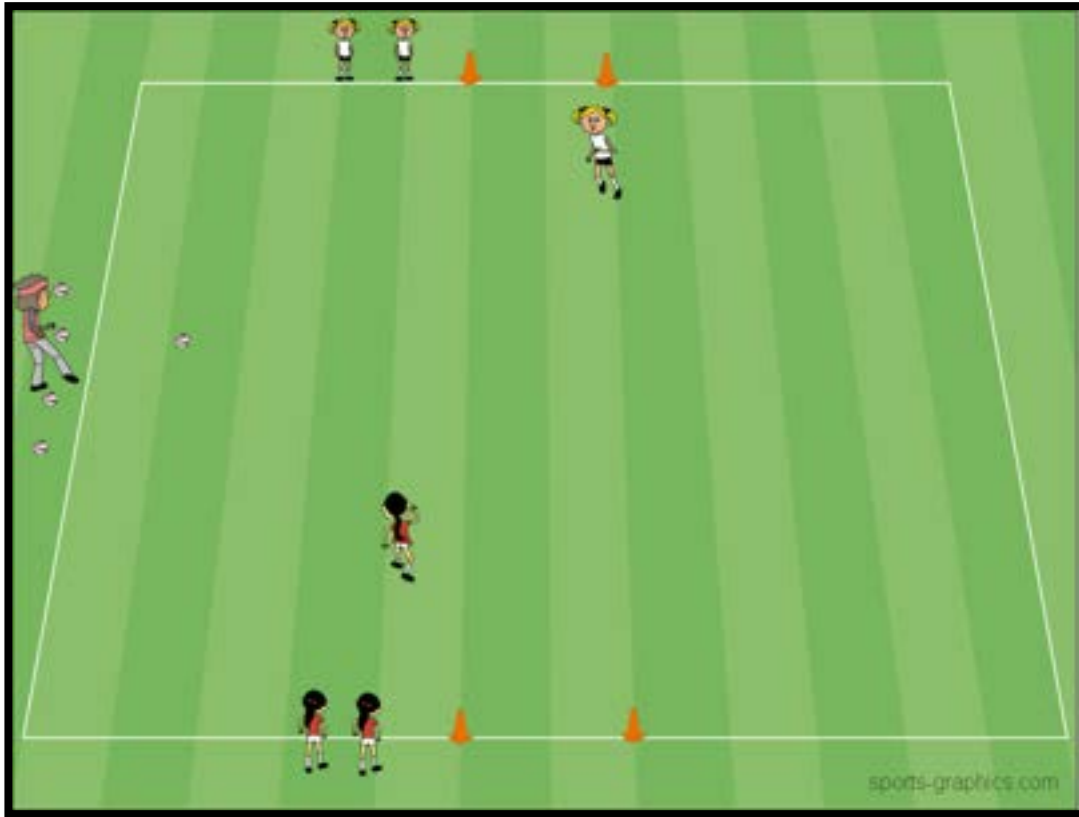
Field Size: ~24 yards x ~16 yards  
Playing Time: 2 minutes per game  
Goals: 3 yards wide



## 2vs2 TO TWO SMALL GOALS ON THE SHORT LINE

Field Size: ~24 yards x ~16 yards  
Playing Time: 2 minutes per game  
Goals: 3 yards wide

# ORGANIZING 1vs1 AND 2vs2 PRACTICES



## 1vs1 / 2vs1 / 2vs2 TO A SMALL CENTRAL GOAL

Field Size: ~20 yards x ~16 yards

Playing Time: 20-30 seconds per round

Goals: 3 yards wide



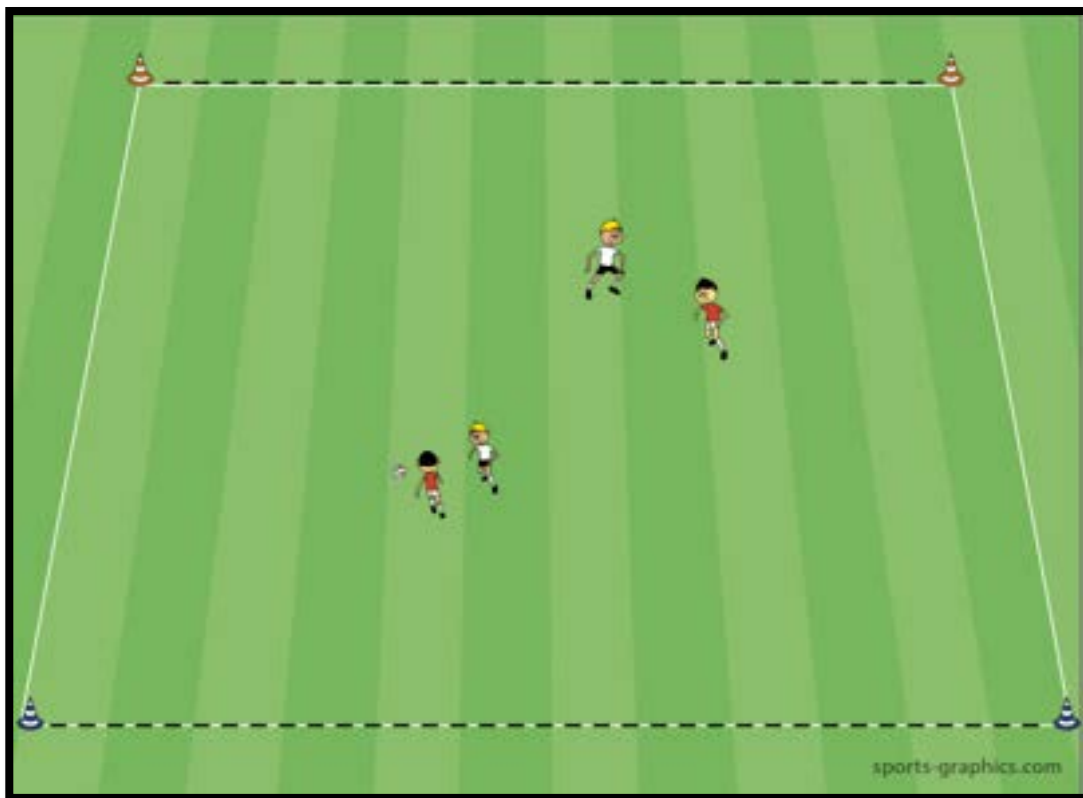
## 2vs2 TO A GOAL WITH A GOALKEEPER

Field Size: ~20 yards x ~16 yards

Playing Time: 1 minute per round

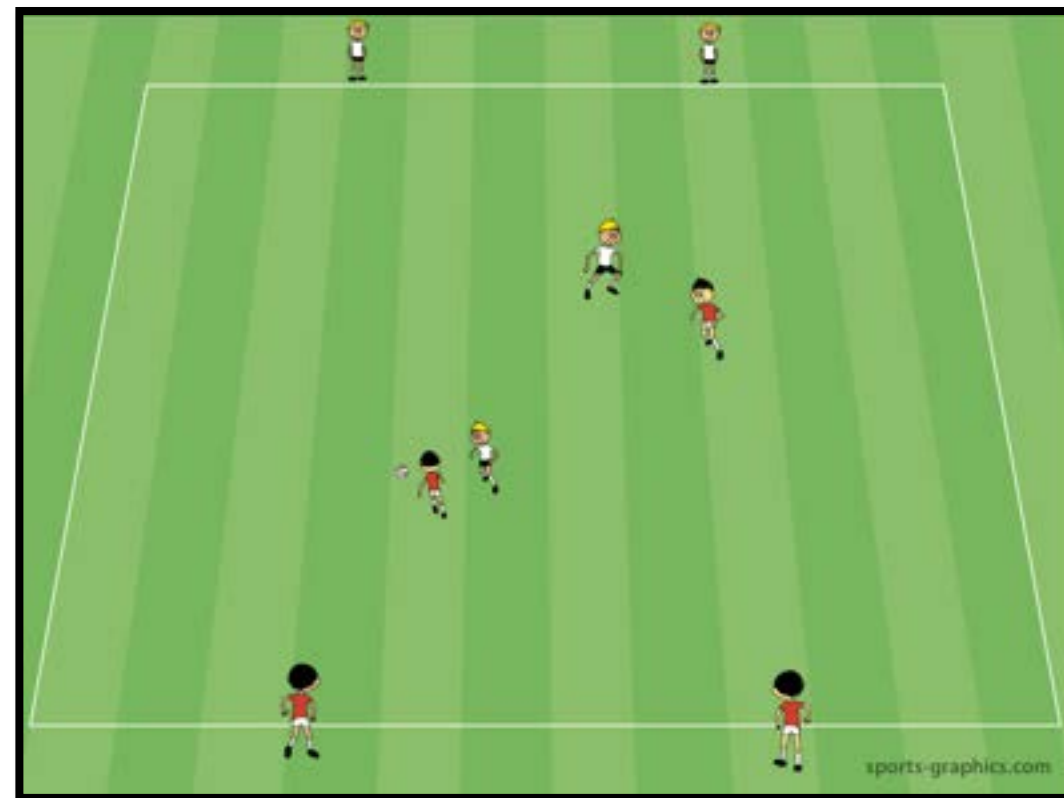
Goals: 5-6 yards wide

# ORGANIZING 1vs1 AND 2vs2 PRACTICES



## 2vs2 DRIBBLE ACROSS THE SHORT LINE

Field Size: ~24 yards x ~16 yards  
Playing Time: 1 minute per game  
Goal Lines: 16 yards wide



## 2vs2 TO TARGETS WITH SUPPORT PLAYERS

Field Size: ~24 yards x ~16 yards  
Playing Time: 1 minute per game  
Goals: Pass to the opposing team's support players



# DEVELOPING GROUP PLAY

WHILE GAMES OF 1vs1 AND 2vs2 HELP ISOLATE INDIVIDUAL ATTACKING AND DEFENDING SKILLS, SOCCER IS FUNDAMENTALLY A GAME ABOUT MOVING IN RELATION TO THE GOALS, THE BALL, THE OPPONENTS, AND TEAMMATES.

TO BALANCE INDIVIDUAL SKILL DEVELOPMENT WITH GROUP TACTICAL DEVELOPMENT, THE IDEAL GAME FORM FOR INEXPERIENCED PLAYERS IS 3vs3 WITH A GOALKEEPER AND TWO FIELD PLAYERS ON EACH TEAM.



## 3vs3 TO A GOAL WITH A GOALKEEPER

Field Size: ~30 yards x ~20 yards

Playing Time: 3 minutes per game

Goals: 4-6 yards wide





# DEVELOPING GROUP PLAY

3vs3 AND 4vs4 GAMES ARE GENERALLY THE LARGEST GAME-FORMS THAT HELP IMPROVE SPATIAL AWARENESS AND GROUP PLAY WITHOUT THE NEED FOR POSITIONAL ORGANIZATION.

SOME COMMON FORMS OF THESE GAMES ARE SHOWN ON THE FOLLOWING SLIDES.



# DEVELOPING GROUP PLAY

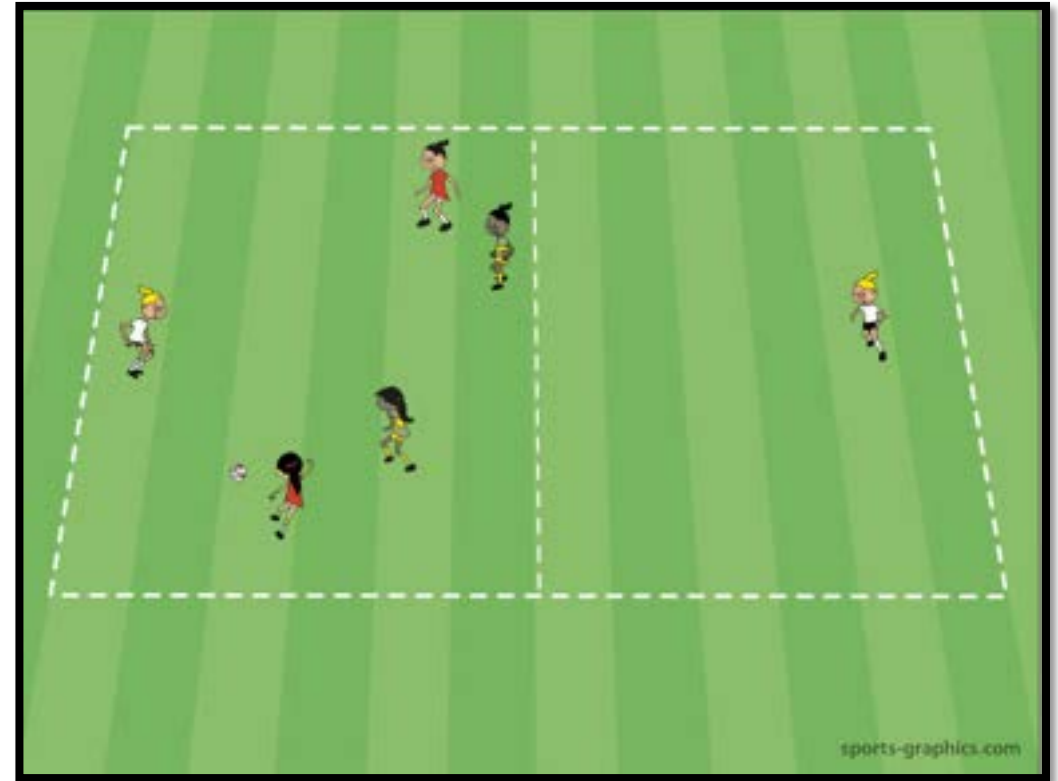


## 2vs2+4 NEUTRAL SUPPORT PLAYERS

Field Size: ~20 yards x ~20 yards

Playing Time: 1 minute per round

Scoring: # passes involving the central players



## 2vs2+2 KEEP-A-WAY GAME

Field Size: ~24 yards x ~16 yards

Playing Time: 1 minute per round

Scoring: Highest # consecutive passes.

# DEVELOPING GROUP PLAY



## 3vs2 and 2vs3 TO A GOAL WITH A GOALKEEPER(S)

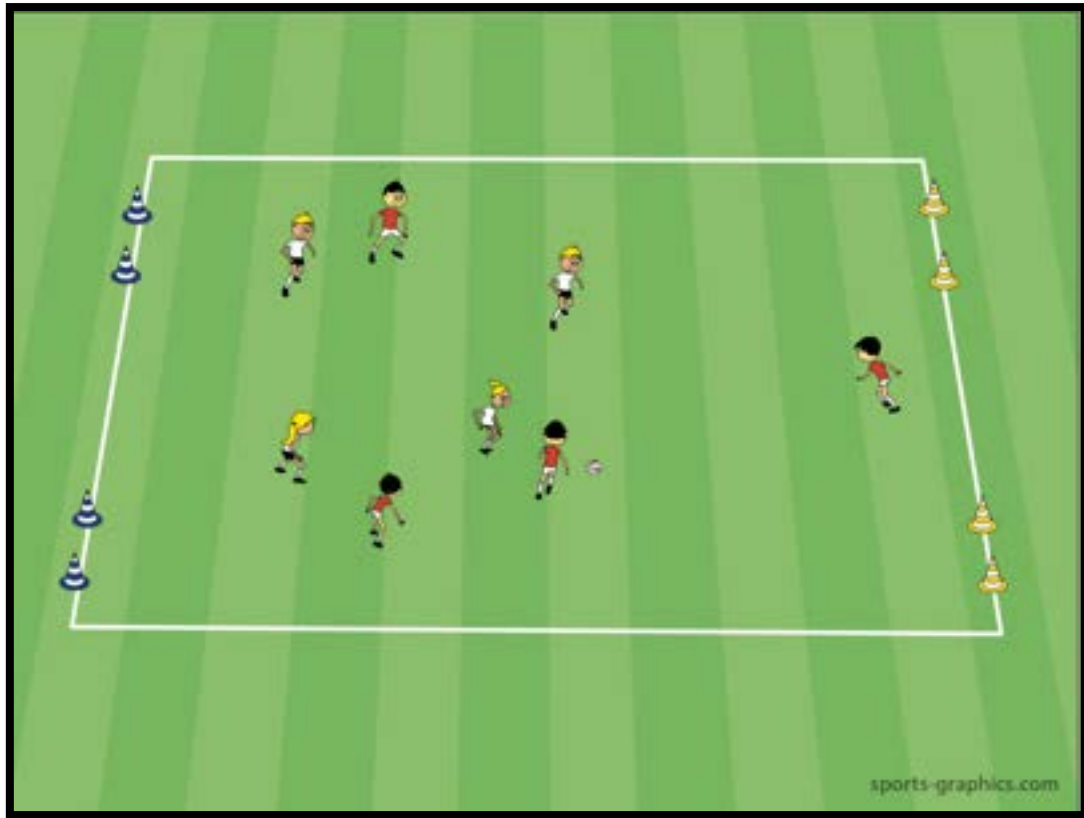
Field Size: ~25 yards x ~20 yards  
Playing Time: 2 minutes per game  
Goals: 6-8 yards wide



## 2vs2 TO TWO GOALS WITH GOALKEEPERS (Goals on the long lines)

Field Size: ~20 yards x ~25 yards  
Playing Time: 2 minutes per game  
Goals: 4-6 yards wide

# DEVELOPING GROUP PLAY



## 4vs4 TO TWO SMALL GOALS ON THE SHORT LINES

Field Size: ~35 yards x ~25 yards  
Playing Time: 5 minutes per game  
Goals: 3 yards wide

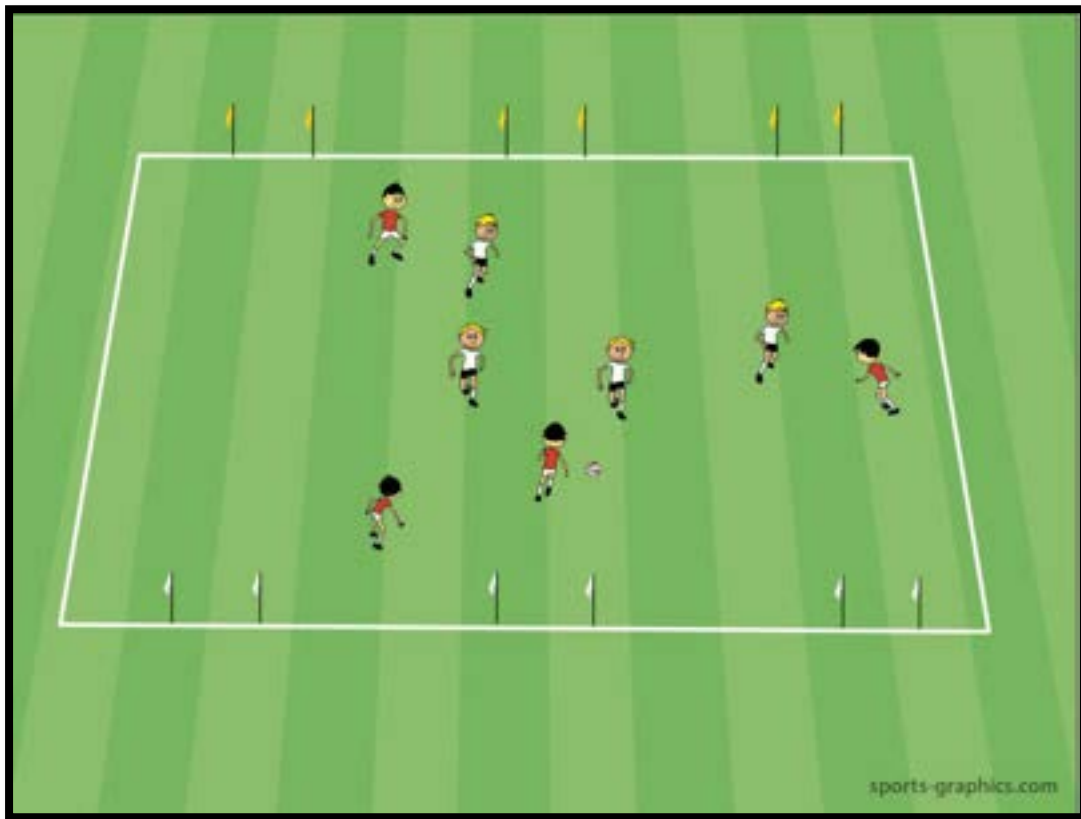


## 4vs4 TO TARGETS WITH SUPPORT PLAYERS

Field Size: ~35 yards x ~25 yards  
Playing Time: 3 minutes per round  
Goals: Pass to the opponent's support players

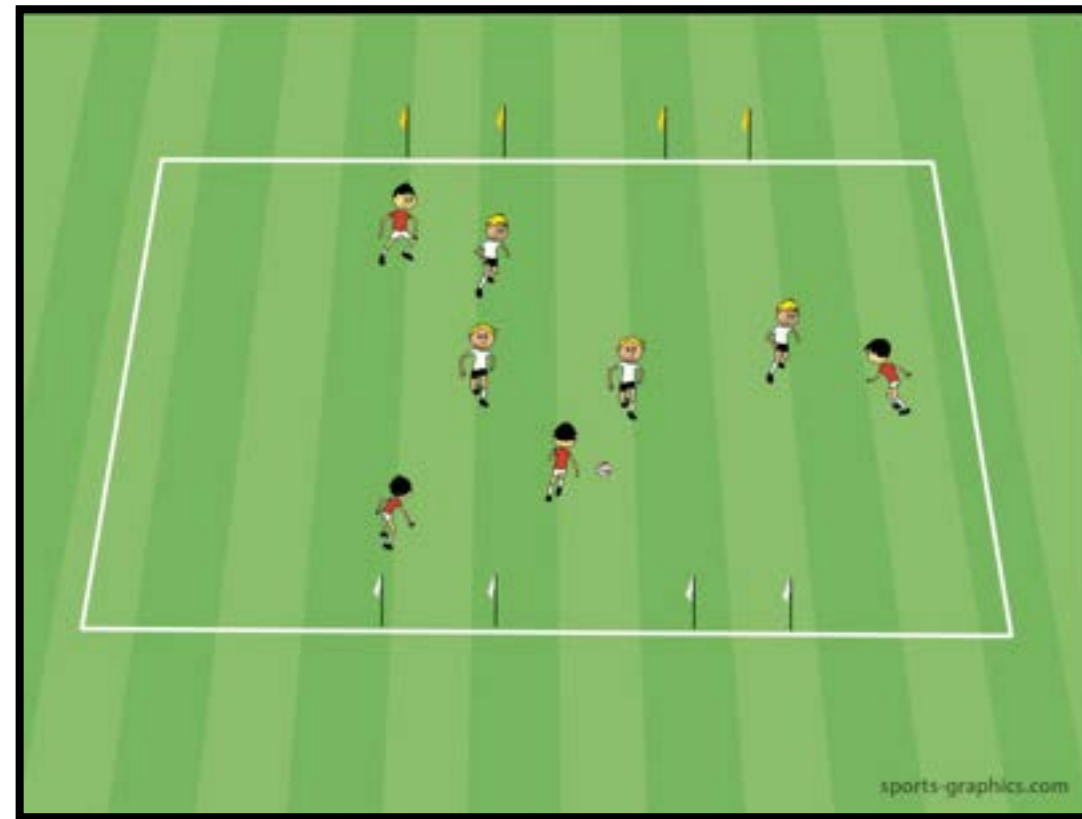


# DEVELOPING GROUP PLAY



## 4vs4 TO THREE SMALL GOALS ON THE LONG LINES

Field Size: ~35 yards x ~25 yards  
Playing Time: 5 minutes per game  
Goals: 3 yards wide



## 4vs4 TO TWO SMALL CENTRAL GOALS (Goals on the long lines)

Field Size: ~35 yards x ~25 yards  
Playing Time: 5 minutes per game  
Goals: 3 yards wide

# DEVELOPING GROUP PLAY



## 4vs4 TO A GOAL WITH A DROP GOALKEEPER

Field Size: ~35 yards x ~25 yards

Playing Time: 5 minutes per game

Goals: 4-5 yards wide





# “SCAFFOLDING”

EVERY YOUNG PERSON LEARNS NEW SKILLS  
WITH THE HELP OF SOMEONE OLDER OR  
MORE EXPERIENCED.

FROM EATING TO STANDING AND WALKING  
TO SHOE-TIEING TO BIKE-RIDING TO READING  
AND WRITING TO ARTS AND CRAFTS TO  
SPORT SKILLS TO SOCIAL AND LIFE-SKILLS,  
YOUNG PEOPLE DEVELOP MORE EFFICIENTLY  
AND MORE NATURALLY WHEN PARENTS,  
TEACHERS, MENTORS AND ROLE MODELS  
PROVIDE A “SCAFFOLD” TO HELP THEM  
LEARN NEW OR CHALLENGING SKILLS.



# “SCAFFOLDING”

THE CONCEPT OF SCAFFOLDING EXPLAINS WHY MANY YOUNGSTERS ARE OFTEN SEEN AS “NATURALS” WHEN THEY APPEAR TO BE WELL AHEAD OF THEIR PEERS.

IN REALITY, IT IS MORE LIKELY THAT A PARENT OR SIBLING OR NEIGHBOR OR FAMILY FRIEND HAS HELPED TO ACCELERATE LEARNING, SIMPLY BY ENGAGING WITH THEM AT HOME.

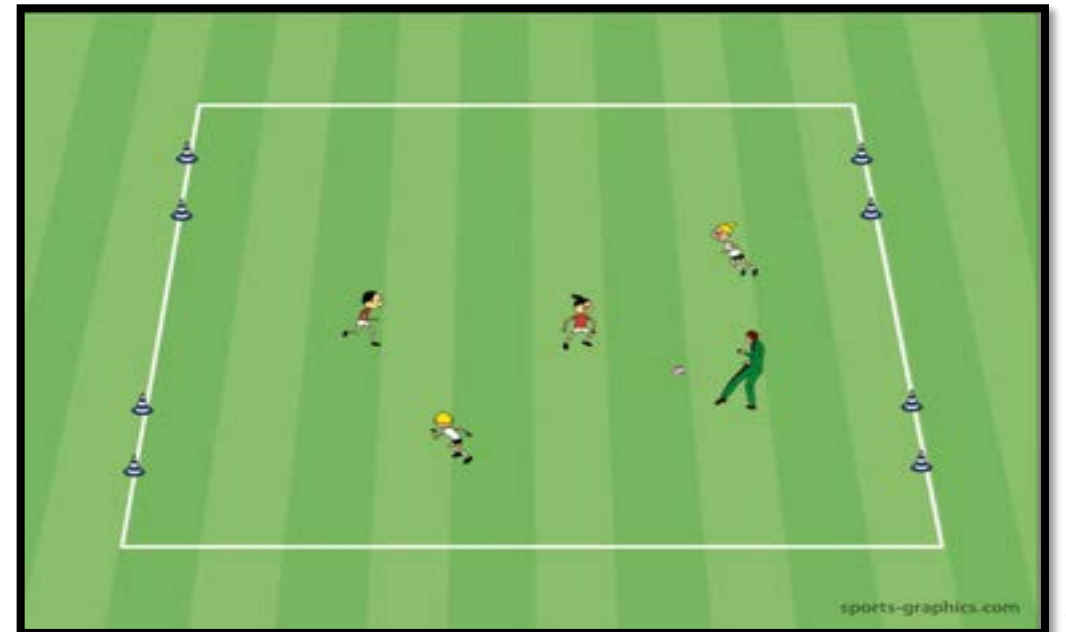
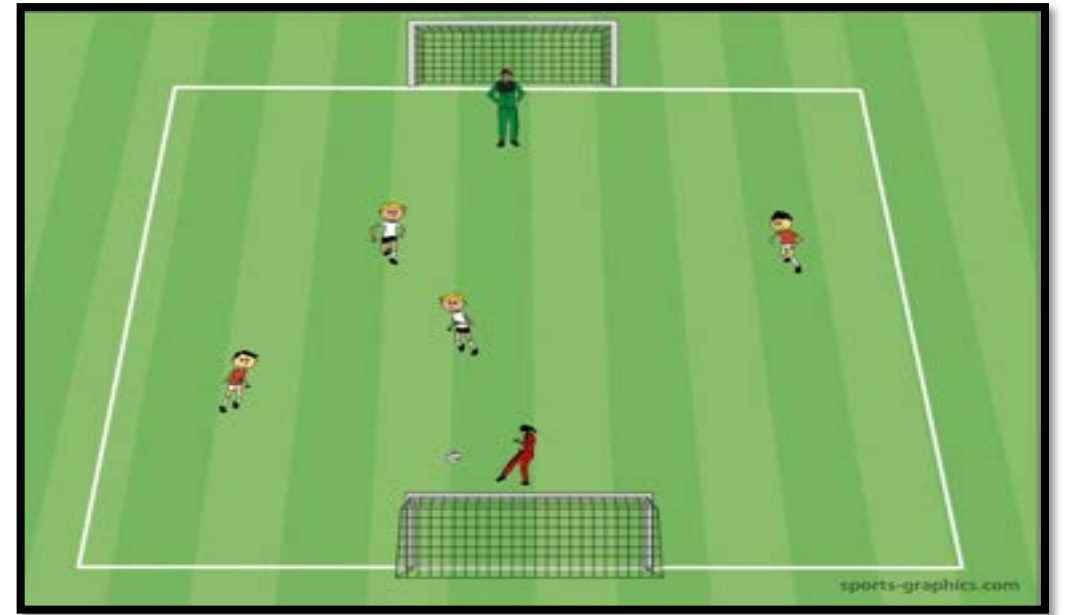
THE TRADITIONAL SCAFFOLDING OF SPORT-LEARNING HAS BEEN REMOVED AS YOUTH SPORTS HAVE BECOME MORE ORGANIZED AND MORE SEGREGATED INTO DISCRETE AGE BANDS.



# “SCAFFOLDING”

RESTORING THE SCAFFOLDING CONCEPT FOR YOUNG OR INEXPERIENCED SOCCER PLAYERS CAN BE AS SIMPLE AS ADDING A COACH OR PARENT OR OLDER SIBLING TO PLAY AS THE GOALKEEPER.

WHEN COACHES OR OTHER ADULTS WITH PLAYING BACKGROUNDS ARE AVAILABLE, PARTICIPATING ON THE FIELD AS ACTIVE TEAMMATES, OR AS A NEUTRAL PLAYER FOR BOTH TEAMS, ALSO PROVIDES OPPORTUNITIES TO CHANGE THE LEARNING DYNAMIC.



# “SCAFFOLDING”



## 4vs4 + NEUTRAL ADULT KEEP-A-WAY

Field Size: ~35 yards x ~25 yards

Playing Time: 5 minutes per game

Goals: Varies..



## 4vs4 + NEUTRAL ADULT TO TWO SMALL GOALS

(Goals on the short lines)

Field Size: ~35 yards x ~25 yards

Playing Time: 5 minutes per game

Goals: 3 yards wide



# DEVELOPING GROUP PLAY



**4vs4 + NEUTRAL ADULT TO A GOAL WITH A GOALKEEPER**

Field Size: ~35 yards x ~25 yards

Playing Time: 5 minutes per game

Goals: 4-5 yards wide





# DEVELOPING POSITIONAL AWARENESS

WHEN PLAYERS HAVE DEVELOPED **a)** THE SKILLS TO SHARE THE BALL AND **b)** THE TACTICAL AWARENESS TO CREATE AND USE SPACE, POSITIONAL COACHING IS THE NEXT IMPORTANT STEP IN THEIR DEVELOPMENT.

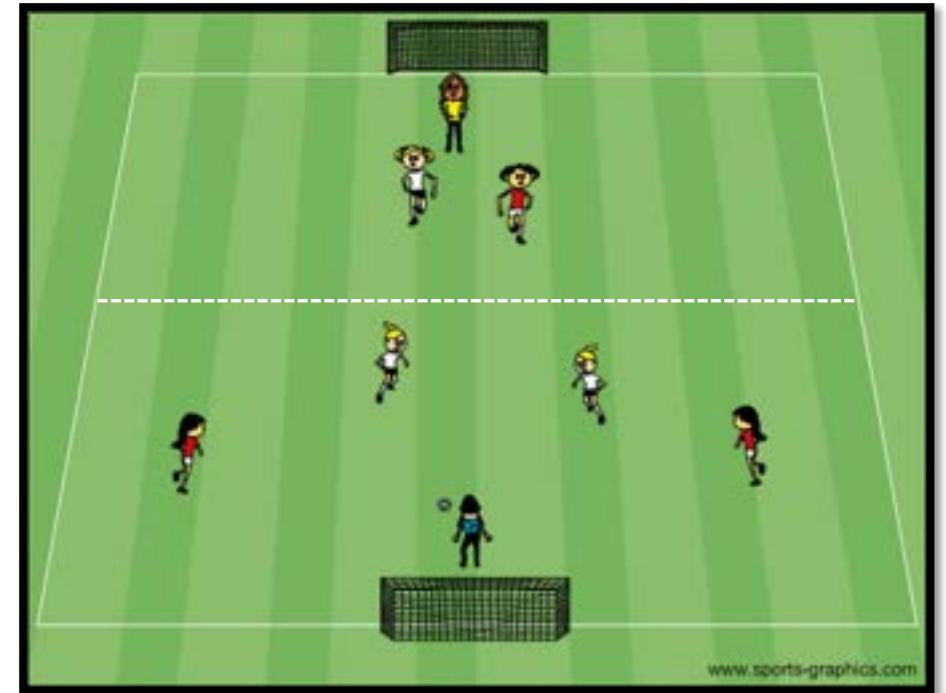
AS WITH BASIC SKILL LEARNING, PLAYERS NEED TO EXPERIENCE SOCCER GAMES WITH SMALLER NUMBERS TO PROVIDE TIME AND SPACE TO PROCESS AND LEARN **a)** WHERE TO MOVE... AND **b)** WHEN TO MOVE.



# DEVELOPING POSITIONAL AWARENESS – STEP 1

THE STARTING ORGANIZATION FOR DEVELOPING POSITIONAL AWARENESS IS 4vs4, WITH A GOALKEEPER AND THREE FIELD PLAYERS ON EACH TEAM.

IN THIS 4vs4 POSITIONAL GAME, THE THREE FIELD PLAYERS ARE RESTRICTED FROM BEING IN THE SAME HALF TOGETHER. THERE CAN BE TWO PLAYERS IN THE DEFENDING (BACK) HALF OR TWO PLAYERS IN THE ATTACKING (FRONT) HALF AND THE PLAYERS CAN INTER-CHANGE POSITIONS WITHIN THE FLOW OF THE GAME.



Field Size: ~36 yards x ~25 yards  
Playing Time: ~4 minutes per game  
Goals: 5-6 yards wide

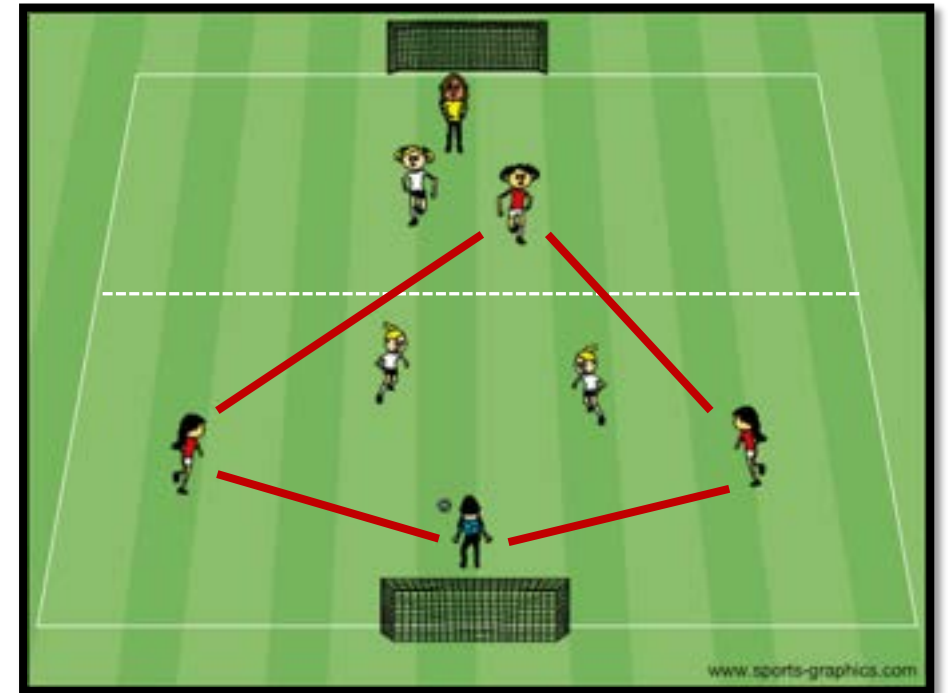
# DEVELOPING POSITIONAL AWARENESS – STEP 1

THE MAIN TACTICAL CUE, OR TRIGGER, FOR THE ATTACKING TEAM TO SPREAD OUT IS WHEN THEIR GOALKEEPER HAS POSSESSION.

HERE, THE RED TEAM HAS CREATED SPACE BY FORMING A DIAMOND, OPENING UP TO THE SIDES AND AHEAD OF THE GOALKEEPER.

THE GOALKEEPER SHOULD DRIBBLE FORWARD TO DRAW A DEFENDER BEFORE DECIDING TO PASS TO THE MOST OPEN TEAMMATE.

THERE IS NO OFFSIDE RULE IN THIS GAME.



Field Size: ~36 yards x ~25 yards  
Playing Time: ~4 minutes per game  
Goals: 5-6 yards wide

# DEVELOPING POSITIONAL AWARENESS – STEP 1

THE NEXT STEP IS TO ELIMINATE THE ARTIFICIAL MOVEMENT OF PLAYERS WITHIN THE GAME. THIS IS ACHIEVED BY REPLACING THE HALF-WAY LINE WITH OFFSIDE LINES AT EACH END OF THE FIELD.

THESE LINES PROVIDE A VISUAL MARKER FOR THE FORWARD TO OPEN SPACE BETWEEN THE BACK AND THE FRONT OF THEIR TEAM.

THE OFFSIDE RULE IS APPLIED IN THE SPACE BETWEEN THE OFFSIDE LINE AND THE GOAL.



Field Size: ~36 yards x ~25 yards  
Offside lines @ 8-10 yards from each goal  
Playing Time: ~4 minutes per game  
Goals: 5-6 yards wide



# DEVELOPING POSITIONAL AWARENESS – STEP 2

FIVE VERSUS FIVE (5vs5) IS THE FIRST VERSION OF SOCCER THAT HAS AT LEAST ONE PLAYER IN EACH LINE (EACH PART) OF THE TEAM.

FOR THIS SITUATION, THERE IS A GOALKEEPER, TWO PLAYERS IN THE BACK, A PLAYER IN THE MIDFIELD, AND A PLAYER IN THE FRONT.

WITH THIS RISING COMPLEXITY, IT IS WORTH REVISITING THE BASIC TACTICAL SITUATIONS FOR ATTACKING AND DEFENDING; AND ADDING POSITIONAL NUMBERS TO THE CONVERSATION.



Field Size: ~40 yards x ~25 yards  
Offside lines @ 10 yards from each goal  
Playing Time: ~4 minutes per game  
Goals: 5-6 yards wide

# DEVELOPING POSITIONAL AWARENESS – STEP 2

“COACHING” ANY INVASION-TYPE SPORT  
RELATES TO HELPING THE PLAYERS  
UNDERSTAND HOW TO ATTACK AND DEFEND  
BETWEEN THE TWO GOALS.

AS SHOWN IN THE TABLE, SOCCER IS  
TYPICALLY BROKEN DOWN INTO **FOUR**  
SITUATIONS RELATING TO PLAYING IN AN  
AREA OF THE FIELD; **TWO** SITUATIONS THAT  
RELATE TO PLAYING CLOSE TO THE GOAL;  
AND **TWO** MOMENTS WHEN THE BALL  
CHANGES POSSESSION.

STANDARD TACTICAL SITUATIONS IN SOCCER	
ATTACKING	
	BUILDING-UP FROM THE DEFENSIVE HALF
	BUILDING-UP IN THE ATTACKING HALF
	CREATING CHANCES AND SCORING GOALS
	TRANSITIONING TO DEFENDING
DEFENDING	
	DEFENDING IN THE ATTACKING HALF
	DEFENDING IN THE DEFENDING HALF
	DENYING CHANCES AND RECOVERING POSSESSION
	TRANSITIONING TO ATTACKING



# DEVELOPING POSITIONAL AWARENESS – STEP 2

THE TACTICAL SITUATION SHOWN HERE FOR THE RED TEAM IS BUILDING UP FROM THE DEFENSIVE HALF.

POSITIONALLY... THE FORWARD (#9) PLAYS AT THE FRONT OF THE TEAM.

THE CENTRAL MIDFIELDER (#8) IS THE LINK BETWEEN THE FRONT AND BACK OF THE TEAM.

AND THE RIGHT CENTER BACK (#4) AND LEFT CENTER BACK (#5) OPEN UP THE SPACES TO THE SIDES TO HELP THE GOALKEEPER (#1) BEGIN THE ATTACK.



# DEVELOPING POSITIONAL AWARENESS – STEP 2

LOOKING FROM THE OTHER TEAM'S PERSPECTIVE, THE WHITE TEAM IS DEFENDING IN THE ATTACKING HALF.

HERE, THE COACH HAS DECIDED TO PLAY WITH TWO PLAYERS IN THE FRONT (#8 & #9) AND HAS MOVED A CENTER BACK (#5) TO DEFEND IN THE MIDFIELD, LEAVING ONE CENTER BACK (#4) ALONE TO DEFEND THE RED STRIKER.





# DEVELOPING POSITIONAL AWARENESS – STEP 2

IN SOCCER, POSITIONS ARE NEVER FIXED AND EACH COACH SHOULD DEVELOP THEIR OWN IDEAS ON HOW THEY WANT THEIR PLAYERS TO MOVE IN EACH OF THE STANDARD GAME SITUATIONS.

HOW THE PLAYERS INTERPRETE THOSE IDEAS DEFINES THE TEAM'S STYLE OF PLAY.

EVERY COACH IS DIFFERENT!  
EVERY PLAYER IS DIFFERENT!  
EVERY TEAM IS DIFFERENT!



# DEVELOPING POSITIONAL AWARENESS – STEP 3

THE GAME-FORM WITH FIVE FIELD PLAYERS AND A GOALKEEPER (6vs6) IS THE FIRST POSITIONAL ARRANGEMENT WHERE TWO PLAYERS ARE OPERATING IN THE SAME GENERAL AREA OF THE TEAM... IN THIS EXAMPLE, THE MIDFIELD LINE.

AS PLAYERS AGE AND THEIR GAME-FORMS EVOLVE FROM 7vs7 TO 9vs9 TO 11vs11, DEVELOPING POSITIONAL AWARENESS WITHIN AND BETWEEN THE THREE (BACK, MIDDLE AND FRONT) LINES BECOMES AN IMPORTANT TEAMBUILDING CONCEPT.



## DEVELOPING POSITIONAL AWARENESS – STEP 3

WHEN BUILDING UP FROM THE DEFENSIVE HALF, ONE PLAYER CAN BE ASSIGNED A POSITION AT THE BACK OF THE MIDFIELD (#6), WHILE THE OTHER CAN BE ASSIGNED TO A MORE ATTACKING ROLE (#8). ONCE THE BALL IS IN MOTION, THESE PLAYERS MUST LEARN WHEN TO OPERATE CLOSER TOGETHER AND WHEN TO STAY APART.



# STEPPING BACK

**“LEARNING SOCCER BY PLAYING SOCCER”**





# WHAT IF MY PLAYERS DON'T MOVE?

IT IS NOT UNCOMMON TO FIND PLAYERS WHO LACK THE TACTICAL AWARENESS TO MOVE BACK AND FORTH WITH THE FLOW OF THE GAME. THESE PLAYERS MAY BE NEW TO SOCCER, MAY HAVE BEEN RESTRICTED IN THEIR ABILITY TO MOVE WITHIN THE GAME, OR MAY SIMPLY LACK EXPERIENCE WITH GAME-BASED PRACTICE ACTIVITIES.

TO REMEDIATE, A STEP BACKWARDS IS REQUIRED.

THE FOLLOWING SLIDES PROVIDE EXAMPLES OF HOW ELEMENTARY TRAINING ACTIVITIES CAN BE PROGRESSED IN COMPLEXITY - OVER TIME - TO HELP YOUNG OR INEXPERIENCED PLAYERS DEVELOP THE SKILLS AND HABITS ASSOCIATED WITH MOVING WITH THE BALL, CREATING SPACE, MOVING INTO OPEN SPACE AND MOVING AWAY FROM DEFENDERS TO SUPPORT TEAMMATES.

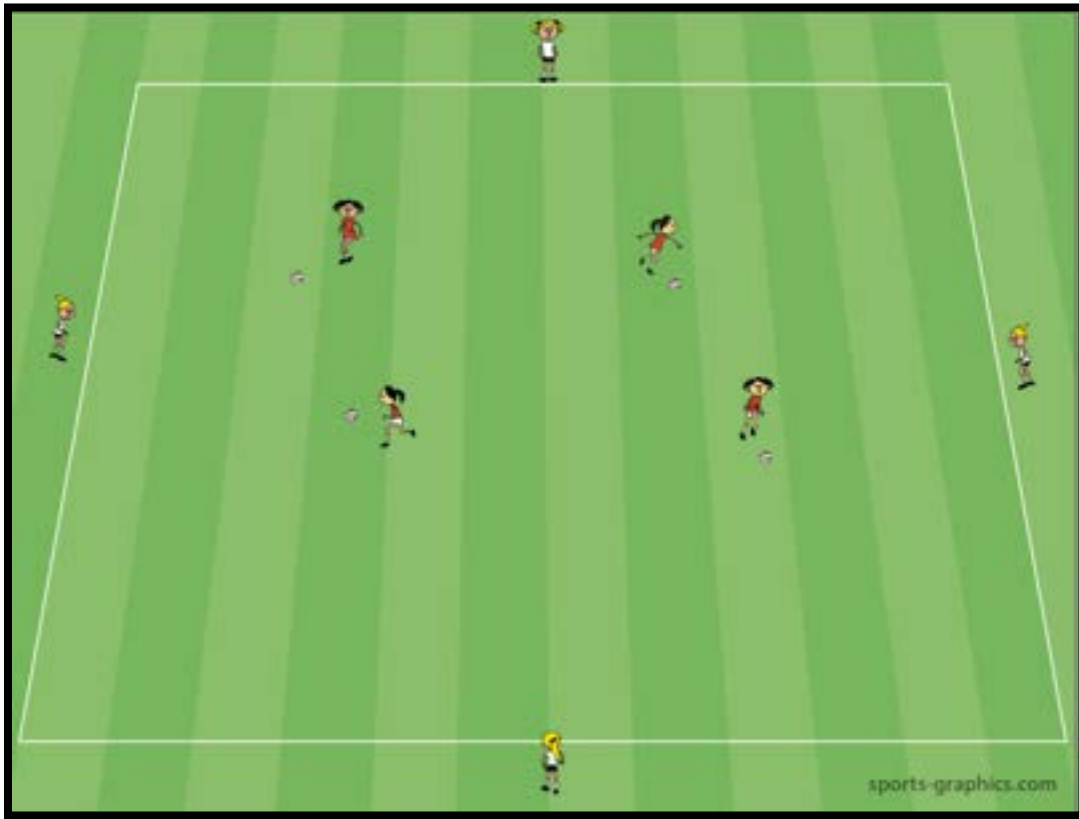




# ACTIVITY #1

**"PASS AND MOVE"**

# ACTIVITY #1



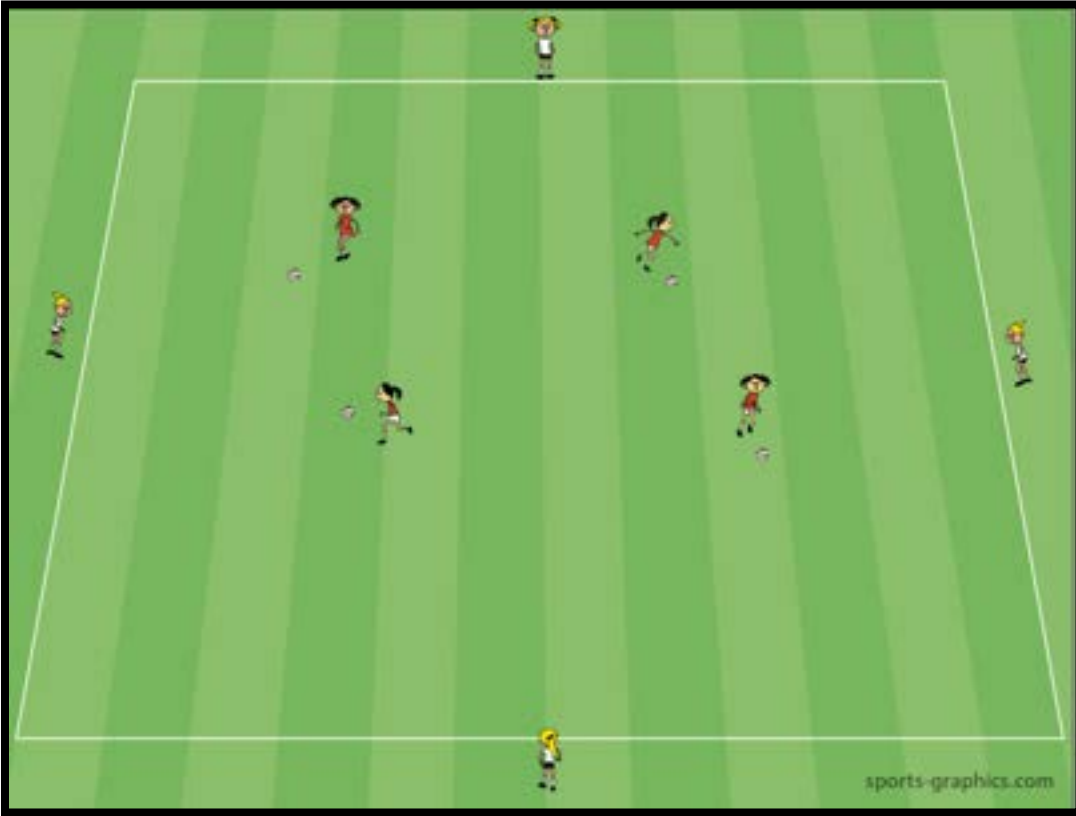
## ORGANIZATION

**DIVIDE 8 PLAYERS INTO TWO TEAMS  
(RED AND WHITE SHOWN).**

**FOUR WHITE PLAYERS START ON THE  
SIDELINES AND FOUR RED PLAYERS - EACH  
WITH A BALL - START INSIDE THE GAME.**

Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

# ACTIVITY #1



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

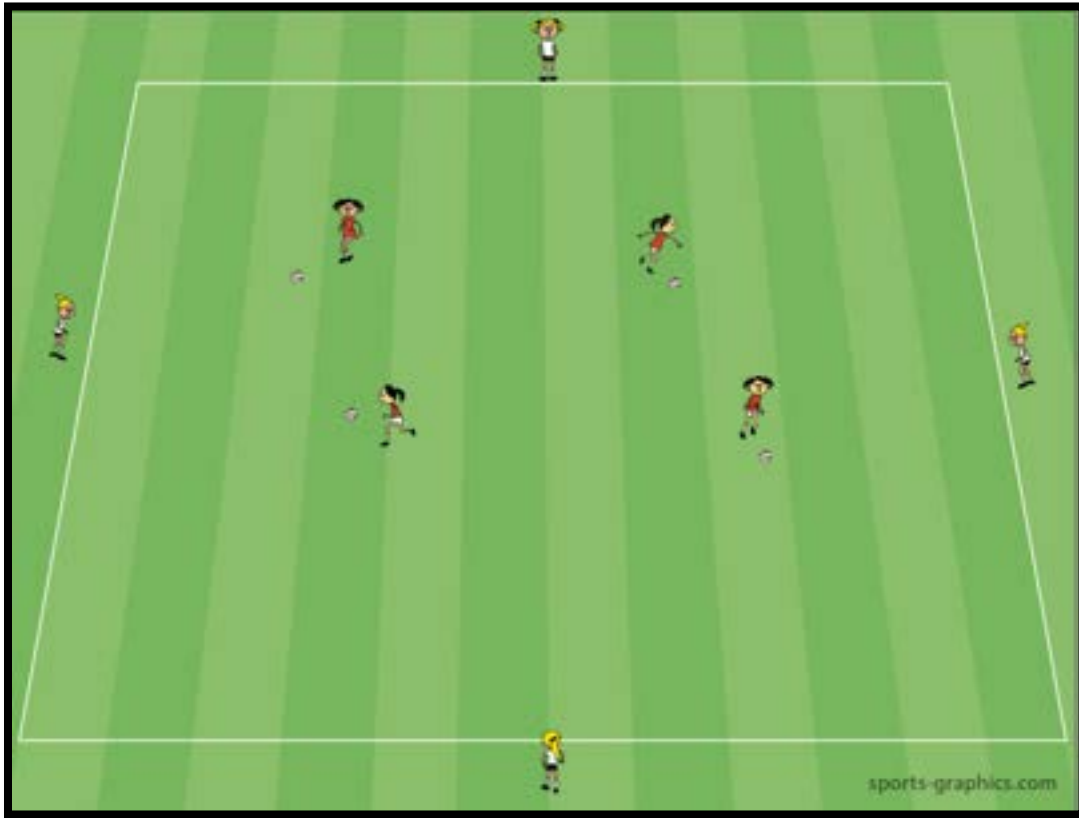
## ORGANIZATION

**THE RED PLAYERS “SCORE” BY PASSING TO ANY SIDELINE (WHITE) PLAYER WHO DOES NOT HAVE A BALL.**

**ONCE A “GOAL” HAS BEEN SCORED, THE RED PLAYERS MOVE TO GET A NEW BALL FROM ONE OF THE OTHER SIDELINE (WHITE) PLAYERS.**



# ACTIVITY #1



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

## ORGANIZATION

**THE ACTIVITY IS INITIALLY ARRANGED AS AN INDIVIDUAL COMPETITION WITHIN EACH TEAM (RED VS RED OR WHITE VS WHITE).**

**ROTATE THE TEAMS AFTER 60 SECONDS AND PLAY 2-4 ROUNDS PER TEAM.**

**THE PLAYER ON EACH TEAM (RED OR WHITE) WITH THE MOST PASSES TO THE SIDELINE PLAYERS WINS THE ROUND.**



# ACTIVITY #2

**"HEADS UP"**

## ACTIVITY #2



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

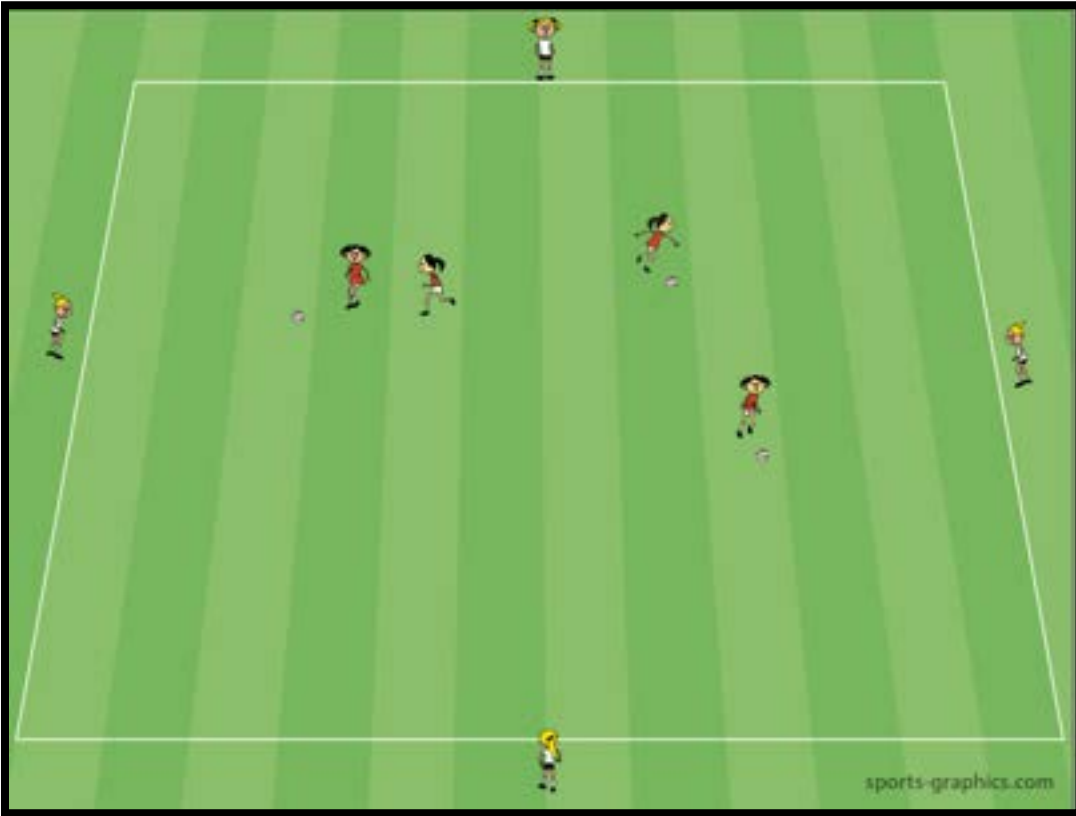
## ORGANIZATION

**REMOVE ONE BALL FROM THE “ACTIVE” TEAM (RED SHOWN). THERE WILL BE FOUR PLAYERS COMPETING FOR THREE BALLS.**

**THE PLAYER STARTING WITHOUT A BALL, OR THE PLAYER WHO LOSES POSSESSION, MUST REGAIN POSSESSION IN ORDER TO SCORE.**

**DETERMINE AN INDIVIDUAL WINNER AFTER EACH 60-SECOND ROUND.**

## ACTIVITY #2



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

### ORGANIZATION

**ROTATE THE TEAMS AFTER EACH 60-SECOND ROUND AND PLAY 4 ROUNDS PER TEAM (8 ROUNDS TOTAL).**

**EACH OF THE 8 PLAYERS WILL START ONE 60-SECOND ROUND WITHOUT A BALL.**



# ACTIVITY #3

**"LOSE YOUR DEFENDER"**



# ACTIVITY #3



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

## ORGANIZATION

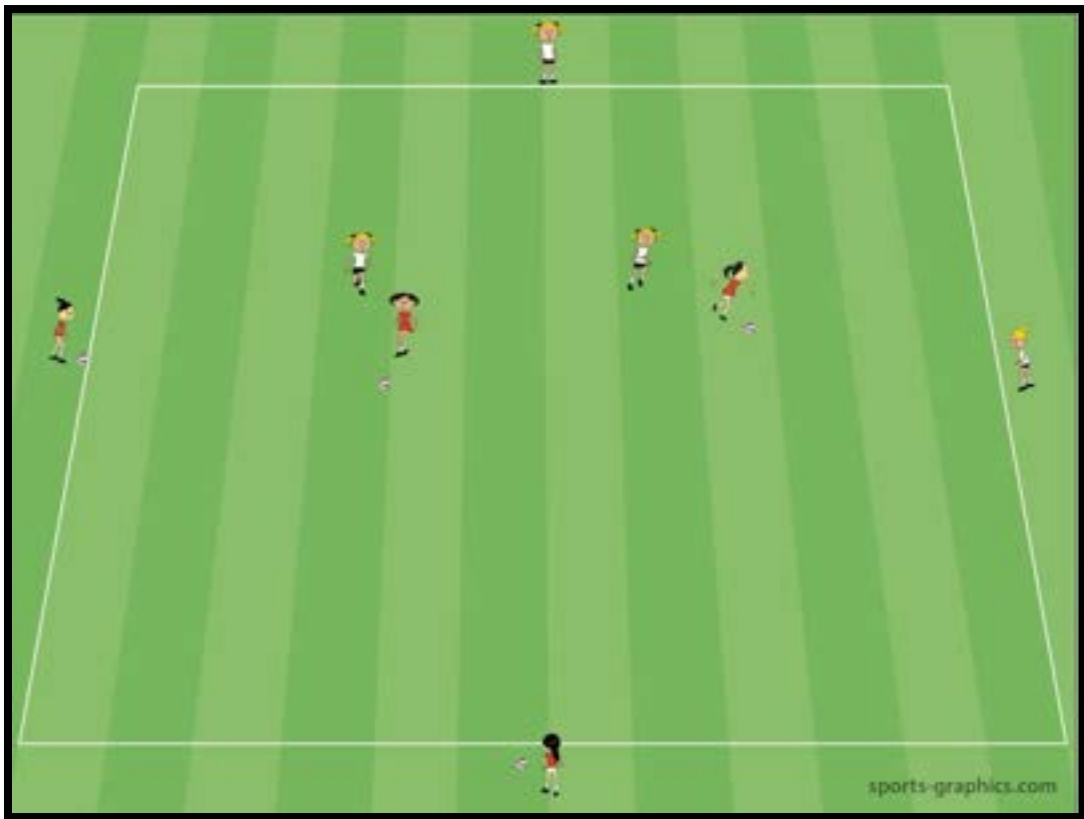
**PAIR UP A RED PLAYER AND A WHITE PLAYER FOR A “TEAM” COMPETITION (RED VS WHITE).**

**THE GAME IS ORGANIZED AS FOUR SEPARATE 1V1 COMPETITIONS, WITH TWO PAIRS ACTIVELY PARTICIPATING AND TWO PAIRS ACTIVELY RESTING.**

**THE FOUR PLAYERS ON THE SIDELINES ARE “NEUTRAL” AND SHOULD HELP EITHER COLOR.**

**TO BEGIN EACH ROUND, ALL FOUR PLAYERS IN THE SAME TEAM (RED SHOWN) START WITH A BALL.**

## ACTIVITY #3



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

## ORGANIZATION

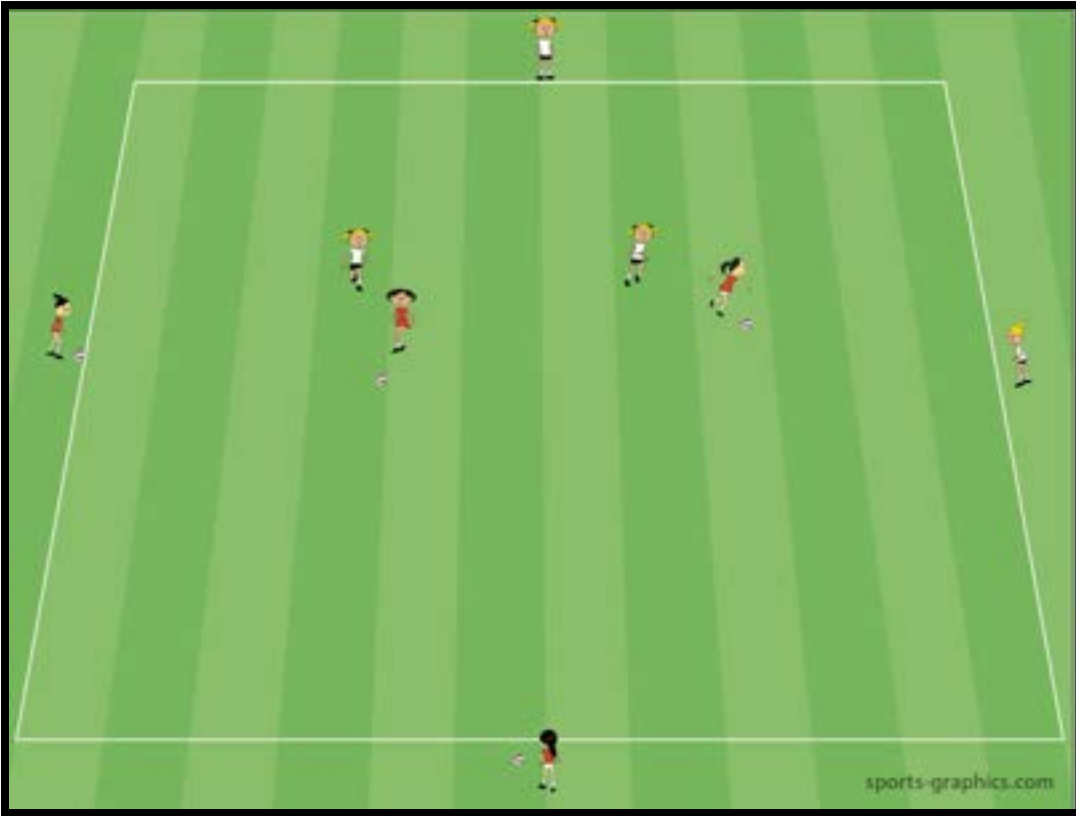
**THE RED TEAM SHOULD START THE FIRST TWO ROUNDS IN POSSESSION. THE WHITE TEAM WILL START THE NEXT TWO ROUNDS IN POSSESSION.**

**IF THE ATTACKING PLAYER PASSES THE BALL TO A NEUTRAL PLAYER WHO ALREADY HAS A BALL, POSSESSION IS LOST.**

**IF THE ATTACKING PLAYER KICKS THE BALL OUT OF BOUNDS, POSSESSION IS LOST.**

**IF THE DEFENDING PLAYER KICKS THE BALL OUT OF BOUNDS, THE ATTACKING PLAYER RETAINS POSSESSION.**

## ACTIVITY #3



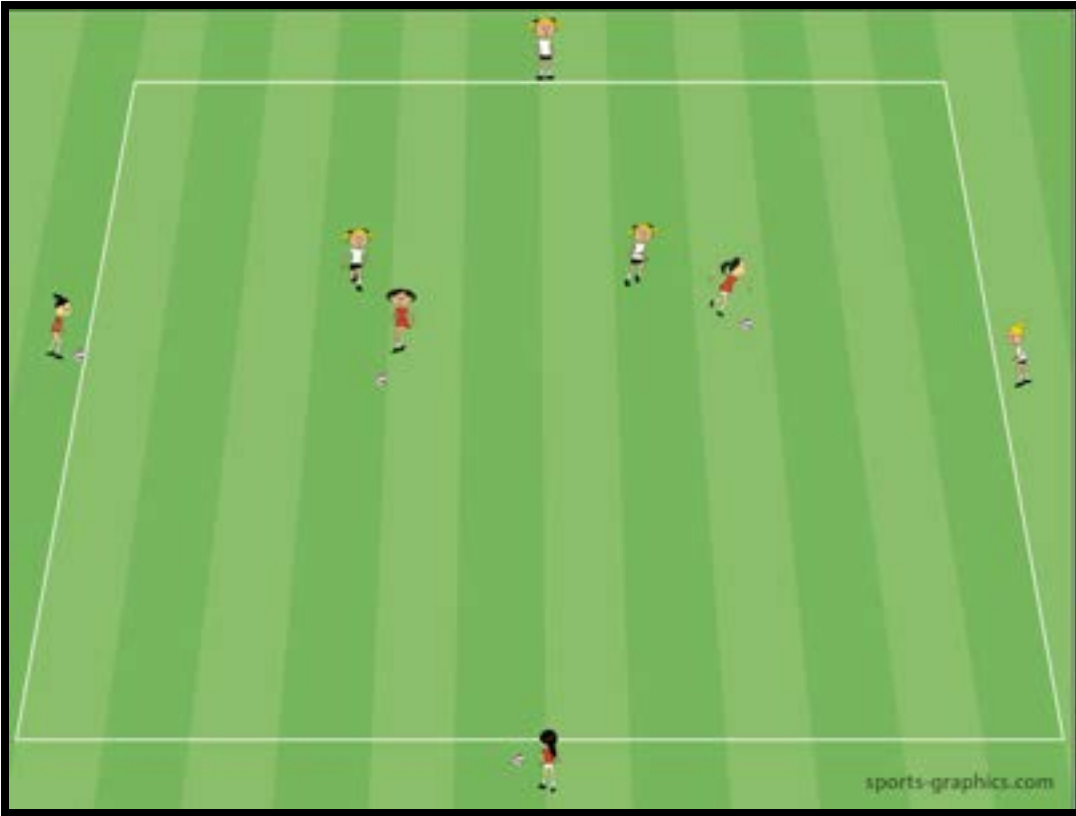
Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

## ORGANIZATION

**WHEN THE DEFENDING PLAYER WINS POSSESSION, THEY TAKE OVER CONTROL OF THE GAME AND SCORE IN THE USUAL WAY.**

**EACH PAIR WILL PLAY TWO ROUNDS AGAINST EACH OTHER. AT THE END OF THE FIRST ROUND, THE PLAYERS SHOULD CONFIRM THE SCORE BEFORE MOVING TO THE SIDELINE TO ACTIVELY REST AS THE NEUTRAL PLAYERS.**

# ACTIVITY #3



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

## ORGANIZATION

**WHEN THE PLAYERS RETURN TO THE GAME AFTER ACTIVELY RESTING, EACH INDIVIDUAL WILL RETAIN THEIR POINTS TOTAL FOR THE SECOND ROUND.**

**AFTER FOUR ROUNDS, AND WITH EACH PARTNER STARTING ONE ROUND IN POSSESSION, THE TEAM WINNER (RED OR WHITE) CAN BE DETERMINED.**



# ACTIVITY #4

**"POSSESSING WITH TEAMMATES"**



# ACTIVITY #4



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

## ORGANIZATION

**EACH TEAM HAS FOUR PLAYERS WHO ROTATE AFTER EACH 60-SECOND ROUND.**

**THE GAME IS 2V2 WITH THE FOUR RESTING PLAYERS SERVING AS NEUTRALS ON THE OUTSIDE OF THE SQUARE.**

**EACH GROUP OF FOUR SHOULD PLAY 3-4 ROUNDS.**

## ACTIVITY #4



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

## ORGANIZATION

**POINTS ARE SCORED IN TWO WAYS.**

**WHEN A PLAYER IN THE CENTER OF THE GAME PASSES TO A NEUTRAL PLAYER AND THEIR TEAM RECEIVES THE BALL BACK, THE TEAM SCORES ONE POINT.**

**WHEN THE TEAMMATES INSIDE THE GAME COMPLETE A PASS TO EACH OTHER, THEIR TEAM RECEIVES TWO POINTS.**

# ACTIVITY #4



Field Size: 20-25 yds x 20-25 yds  
Playing Time: 60 seconds per round

## ORGANIZATION

**NORMAL OUT OF BOUNDS RULES APPLY.**

**THE NEUTRAL PLAYERS CANNOT BE  
DEFENDED WHEN THEY ARE OUTSIDE  
THE PLAYING AREA.**



# ACTIVITY #5

**"LET'S ADD DIRECTION"**

## ACTIVITY #5



Field Size: ~25 yards x ~20 yards  
Playing Time: 60 seconds per round

## ORGANIZATION

**EACH TEAM HAS FOUR PLAYERS.**

**TWO PLAYERS FROM EACH TEAM ACTIVELY PARTICIPATE IN A 2V2 GAME, WHILE THE OTHER TWO PLAYERS FROM EACH TEAM ACTIVELY REST ON THE END LINES.**

**THE PLAYERS ON THE END LINES SERVE AS SUPPORT PLAYERS FOR THEIR OWN TEAM AND TARGET PLAYERS (GOALS) FOR THE OTHER TEAM.**

**\*IT IS POSSIBLE TO PLAY THE GAME WITH ONLY ONE PLAYER ON EACH END LINE.**



# ACTIVITY #5



Field Size: ~25 yards x ~20 yards  
Playing Time: 60 seconds per round

## ORGANIZATION

**THE BALL CAN BE PASSED BACKWARDS TO THE SUPPORTING TEAMMATES.**

**TEAMS SCORE BY PASSING THE BALL TO THE OPPONENT'S SUPPORT PLAYERS. HERE, RED PASSES TO WHITE AND WHITE PASSES TO RED.**

**AFTER EITHER TEAM SCORES THREE GOALS, BOTH SETS OF PLAYERS CHANGE PLACES.**

# ACTIVITY #5



Field Size: ~25 yards x ~20 yards  
Playing Time: 60 seconds per round

## ORGANIZATION

**IN THIS ACTIVITY, THE SUPPORT PLAYERS ARE NOT ALLOWED TO SCORE DIRECTLY.**

**INDIRECT KICK-INS REPLACE THROW-INS.**

**CORNER KICKS ARE NOT TAKEN, BUT SCORE ½ GOAL FOR THE ATTACKING TEAM.**

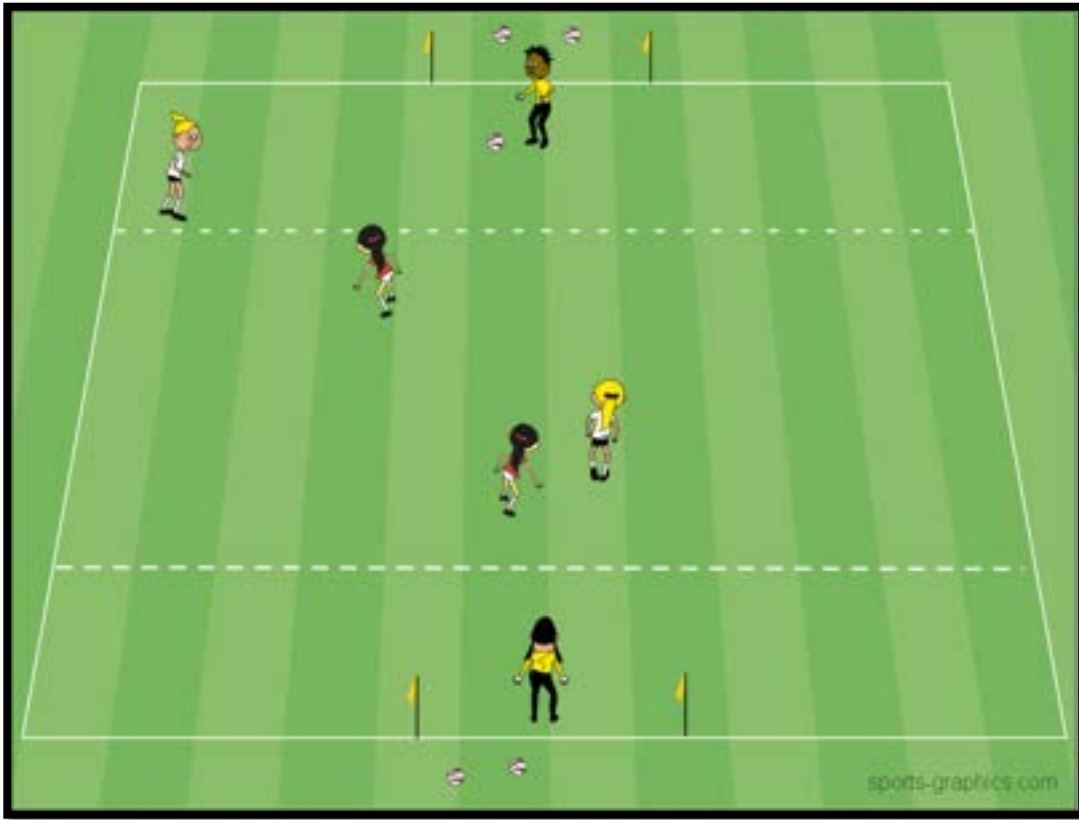
**TO ENCOURAGE MORE POSSESSION AND MOVEMENT AWAY FROM DEFENDERS, REQUIRING ONE-TOUCH GOALS “MAY” BE ADDED AS A CONDITION.**



# ACTIVITY #6

**"LET'S ADD REAL GOALS"**

# ACTIVITY #6



Field Size: ~25 yards x ~20 yards  
Playing Time: 90 seconds to 2 minutes per round

## ORGANIZATION

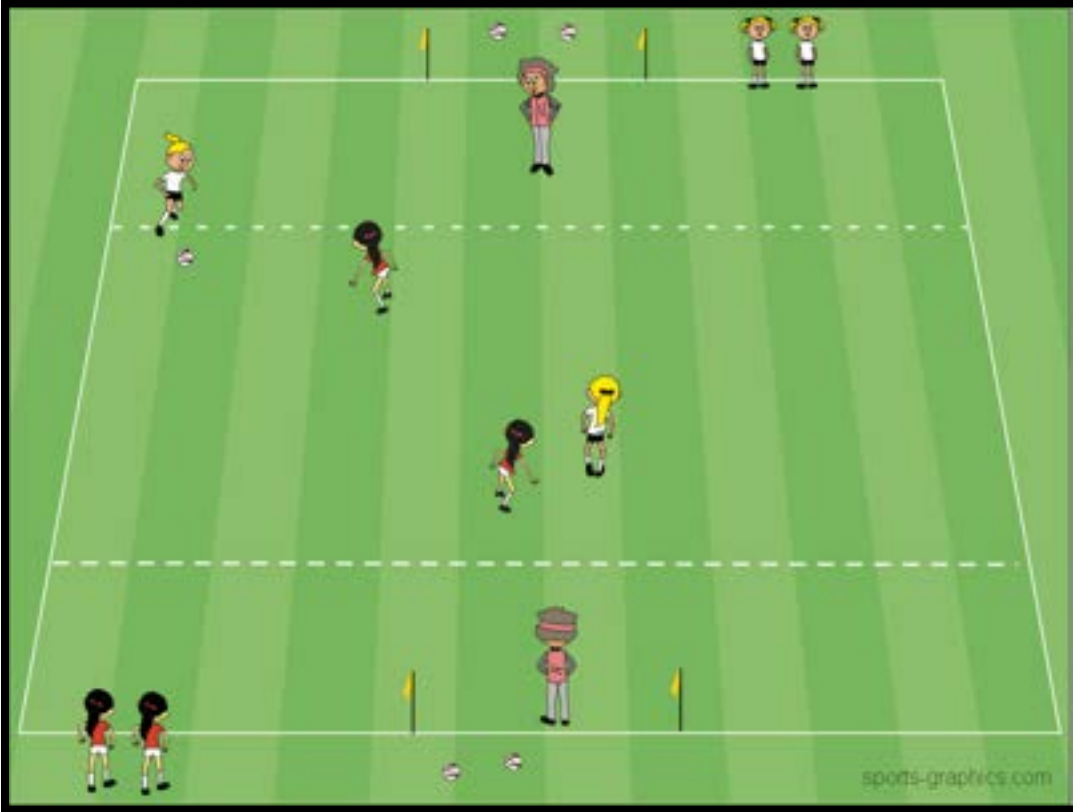
**EACH TEAM HAS TWO FIELD PLAYERS  
AND A GOALKEEPER.**

**A GOAL AREA / OFFSIDE LINE IS ADDED  
8-10 YARDS FROM EACH GOAL.**

**THE GOALKEEPERS MUST PLAY WITHIN  
THEIR GOAL AREA.**

**THE THREE PLAYERS ROTATE INTO GOAL  
AFTER EACH ROUND.**

# ACTIVITY #6



## ORGANIZATION

**FOR PARTICULARLY YOUNG OR INEXPERIENCED PLAYERS, THE COACHES CAN SERVE AS THE GOALKEEPERS.**

**TO ACCOMMODATE GROUPS OF 8 PLAYERS, TWO RESTING PLAYERS CAN ROTATE WITH THE TWO ACTIVE PLAYERS AFTER EACH ROUND.**

Field Size: ~25 yards x ~20 yards  
Playing Time: 90 seconds to 2 minutes per round

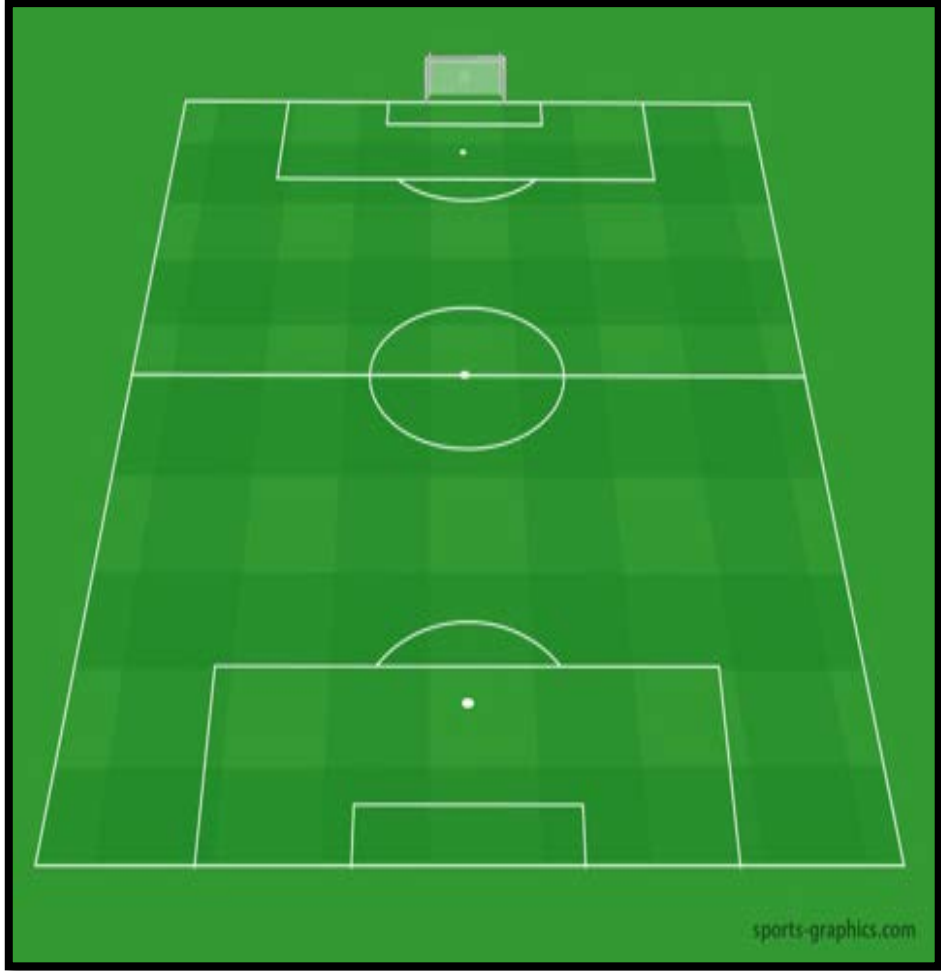


# PLAY – 2

**“LEARNING SOCCER BY PLAYING SOCCER”**



# PRACTICE PLANNING: **PLAY-2**



PLAY-2 IS THE OPPORTUNITY TO LET THE PLAYERS EXPERIENCE THE GAME IN THE FORMAT CLOSEST TO THEIR COMPETITIVE MATCHES, WHICH ARE TYPICALLY 4vs4 (U6), 7vs7 (U10), 9vs9 (U12) OR 11vs11 (U13+).

IDEALLY, THESE PRACTICE GAMES WOULD BE PLAYED ON A FIELD SPACE WHICH ALSO REPLICATES THE “FORMAL” MATCHES, BUT THIS IS NOT ALWAYS POSSIBLE. WHEN A FULL-SIZE GAME FIELD IS NOT AVAILABLE, THE PLAYING NUMBERS SHOULD BE SCALED BACK TO ENSURE THE PLAYERS HAVE ENOUGH TIME AND SPACE TO MAKE MEANINGFUL DECISIONS ON AND OFF THE BALL.



# PRACTICE PLANNING: **PLAY-2**

AS PLAYING NUMBERS RISE ABOVE 4vs4, SOME POSITIONAL ORGANIZATION IS NECESSARY TO HELP THE PLAYERS UNDERSTAND WHERE AND WHEN TO MOVE WITHIN THE GAME. **HOWEVER, IT IS IMPORTANT TO NOTE THAT...**

- EVERY PLAYER IS AN “ATTACKER” WHEN THEIR TEAM HAS POSSESSION.
- EVERY PLAYER IS A “DEFENDER” WHEN THE OTHER TEAM HAS POSSESSION.
- THERE IS NO CODIFIED RESTRICTION ON WHO CAN SCORE GOALS OR WHERE ANY PLAYER CAN MOVE ON THE FIELD.



# PRACTICE PLANNING: **PLAY-2**

THIS IMAGE SHOWS THE GENERIC POSITIONAL NUMBERING FOR AN 11-A-SIDE TEAM PLAYING WITH...

- A GOALKEEPER (THE ONLY REQUIRED POSITION)
- FOUR DEFENDERS (2-3-4-5)
- THREE MIDFIELDERS (6-8-10)
- AND THREE FORWARDS (7-9-11)

NUMERICALLY, THIS FORMATION WOULD BE DESCRIBED AS “1-4-3-3” AND THE ASSOCIATED POSITIONAL NAMES ARE SHOWN ON THE NEXT SLIDE.



# POSITIONS AND POSITIONAL NUMBERS



**#11: Left Winger**

**#10: Attacking Midfielder**

**#9: Center Forward**

**#8: Central Midfielder**

**#7: Right Winger**

**#6: Defensive Midfielder**

**#5: Left Center Back**

**#4: Right Center Back**

**#3: Left Back**

**#2: Right Back**

**#1: Goalkeeper**



# PRACTICE PLANNING: **PLAY-2**

THERE IS NO “CORRECT” FORMATION IN SOCCER AND COACHES CAN AND SHOULD ORGANIZE THEIR TEAMS TO SERVE THE GAME-FORM THEY ARE COACHING AND THEIR PREFERRED STYLE OF PLAY.



THE FOLLOWING SLIDES SHOW EXAMPLES OF HOW SMALLER VERSIONS OF 11vs11 CAN BE SHAPED TO SUIT THE AVAILABLE NUMBERS IN PLAY-2.

# PRACTICE PLANNING: **PLAY-2**

## SUGGESTED FORMATIONS FOR 5vs5 AND 6vs6.



Field Size: ~50 yards x ~30 yards  
Playing Time: 5 minutes per round



Field Size: ~60 yards x ~40 yards  
Playing Time: 6 minutes per round

# PRACTICE PLANNING: **PLAY-2**

## SUGGESTED FORMATIONS FOR 7vs7



Field Size: ~70 yards x ~45 yards  
Playing Time: 7 minutes per round

# PRACTICE PLANNING: **PLAY-2**

## SUGGESTED FORMATIONS FOR 8vs8



Field Size: ~80 yards x ~55 yards  
Playing Time: 8 minutes per round

# PRACTICE PLANNING: **PLAY-2**

## SUGGESTED FORMATIONS FOR 9vs9

Field Size: ~90 yards x ~60 yards  
Playing Time: 9 minutes per round







BETTER COACHES  
BETTER ENVIRONMENT  
HAPPIER PLAYERS  
BETTER RETENTION





**THANK YOU  
AND  
GOOD LUCK!**

**FOR MORE INFORMATION  
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