



Coaching 9v9 Soccer

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Weekly Session Topics

WEEK 1:
PRESSING FROM
THE FRONT

WEEK 2:
PLAYING OUT
FROM THE BACK

WEEK 3:
SWITCHING PLAY

WEEK 4:
DEFENSIVE
TRANSITIONS

WEEK 5:
ATTACKING
TRANSITIONS

WEEK 6:
COMMUNICATION

WEEK 7:
PROGRESSIVE
POSSESSION

WEEK 8:
SUPPORT IN
DEFENSE

WEEK 9:
SUPPORT IN
ATTACK

WEEK 10:
FIRST TOUCH

WEEK 11:
DEFENDING 1V1s

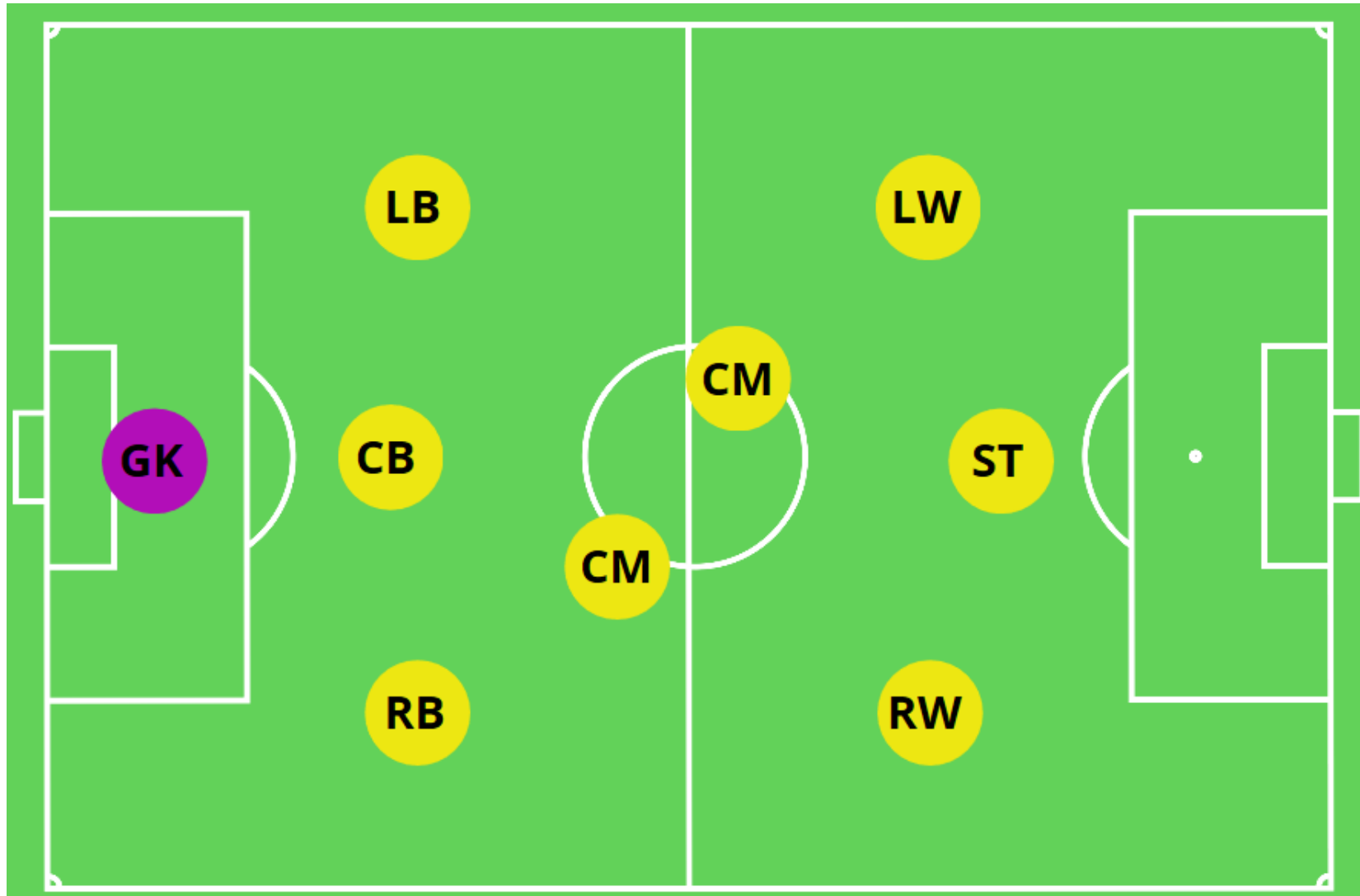
WEEK 12:
ATTACKING 1V1s

WEEK 13:
COMBINATION
PLAY

WEEK 14:
SHOOTING &
FINISHING

WEEK 15:
ATTACK-MINDED
FULLBACKS

System of Play: 3-2-3



Pressing ✓

Playing out from
the back ✓

Switching Play ✓

3 Defenders

2 Central Midfielders

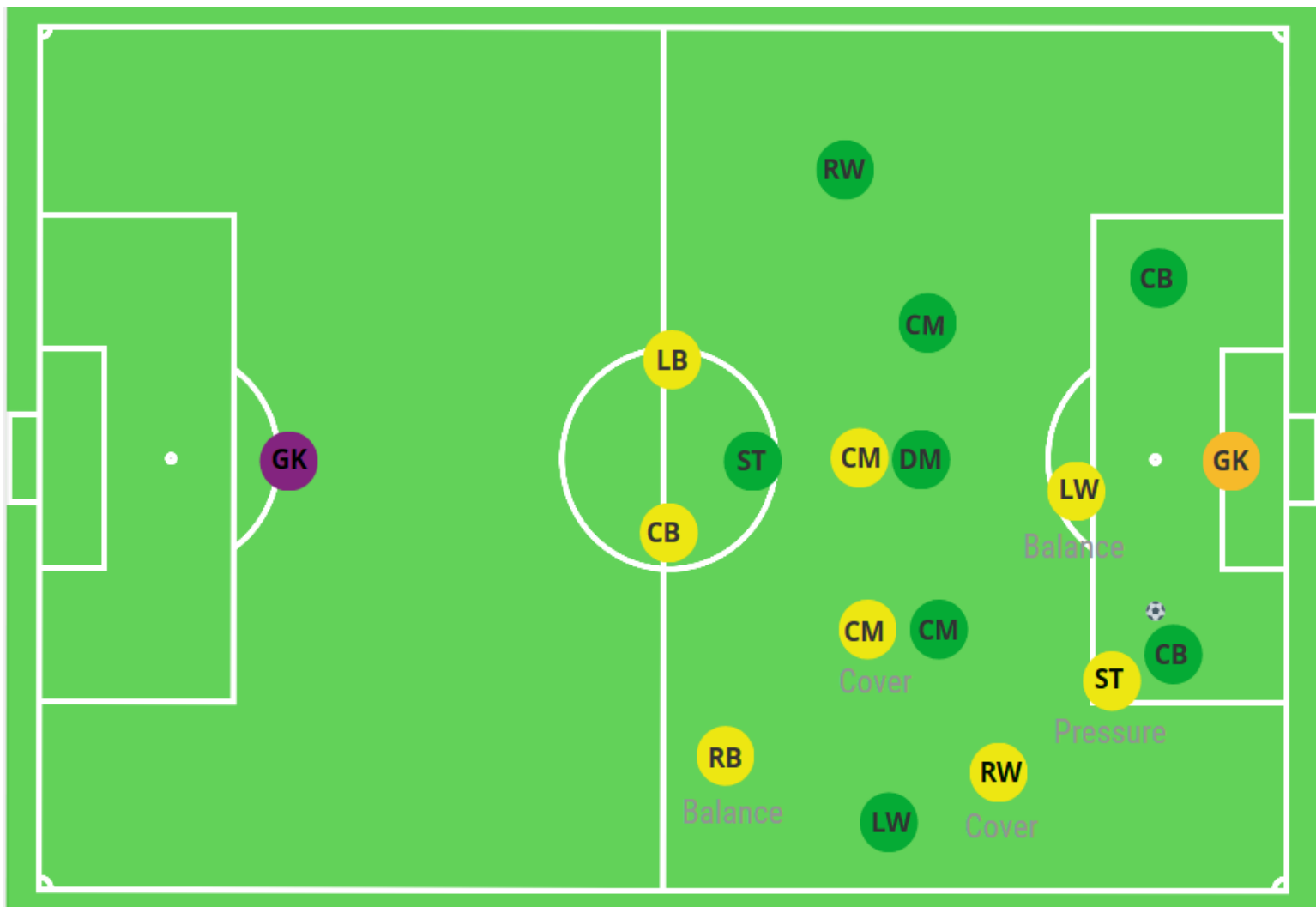
3 Attackers



Principle of Play #1

Pressing from the Front

1. Pressing from the Front



Key Factors

1. Striker First To Press

- Immediately and quickly.

2. Force Inside

- Force toward their own goal, where the far-sided winger waits to pounce.
- Slanted body angle to cut off the outside.

3. Diamond Shape

- Maintain diamond shape. Striker at the point of the diamond, wingers at the sides and central midfielder at the lowest point of the diamond.

4. Pressure, Cover, Balance

- Striker press, near-sided winger cover, central midfielder cover, far-sided winger provide balance.
- Both CM's may be required to get involved depending on a switch of play.
- If ball moves to another player, maintain the diamond shape and shift who provides pressure, cover and balance based on who is now closest to the ball and what players need to be covered.

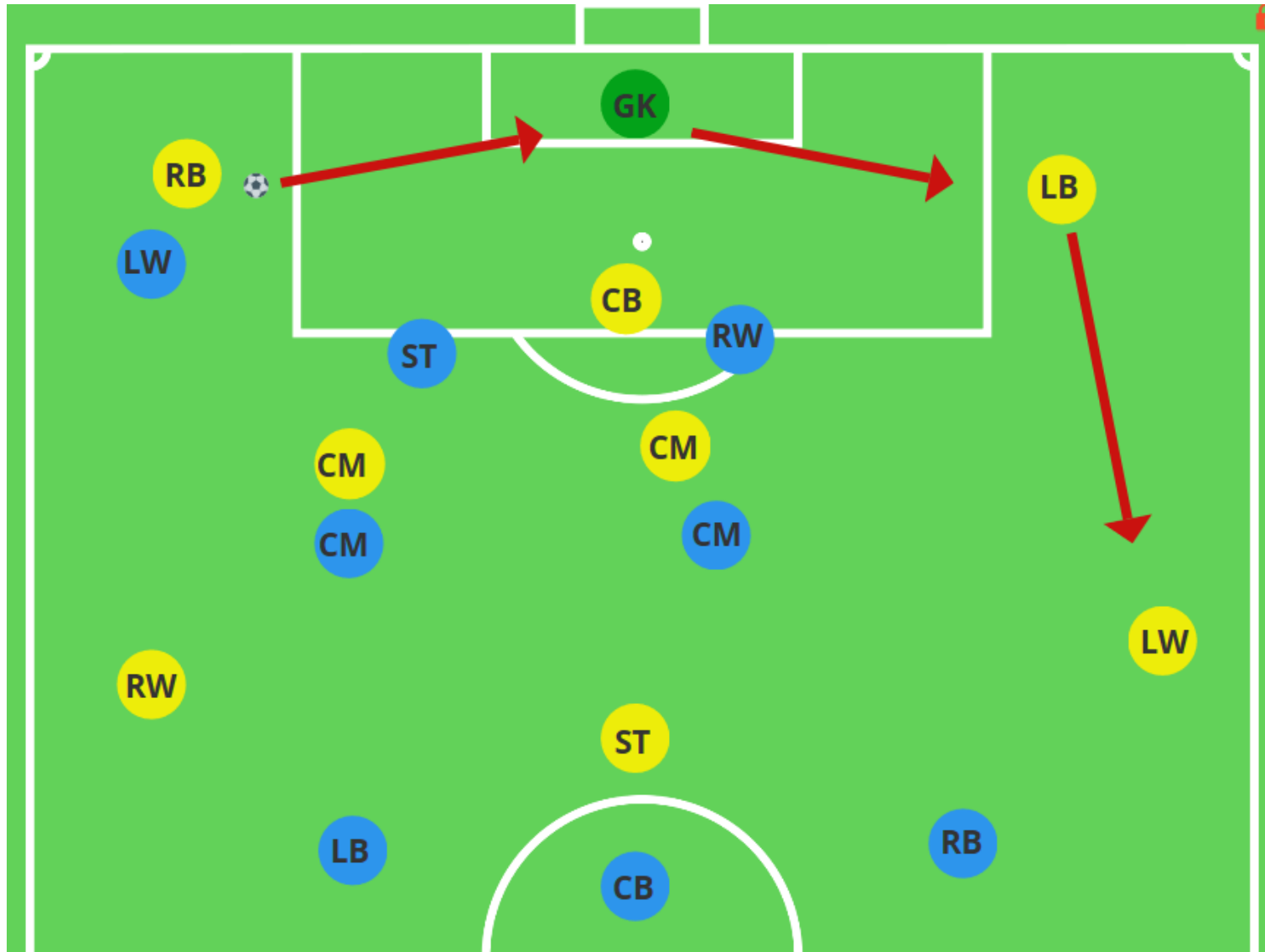


Principle of Play #2

Playing out from the Back

Playing out from the Back

Key Factors



1.Space in Between the Lines

- Central midfielders and strikers create space in between the lines of the opposition.

2. Shifting & Width

- Maintain width to allow for switches and outlets away from the goal.
- Shift as a unit toward the side with the ball.

3. Positional Rotation

- Create chaos for the opposition through *positional rotation* of the two fullbacks and two central midfielders OR striker(s) with central midfielders.

4. Switching Play

- Don't force it forwards if not on; go backwards and look to switch instead.
- Use goalkeeper or central players as method of switching play rather than long diagonals.
- Create a strong side in order to exploit a weak side in the opposition.



Principle of Play #3

Switching Play

3. Switching Play

Key Factors

1. Use of Central Players to Switch

- Utilize central players to switch play, particularly central midfielders when in the opposition's half. In other moments, use centre back, goalkeeper or even the striker.

2. Fullbacks Create Overloads

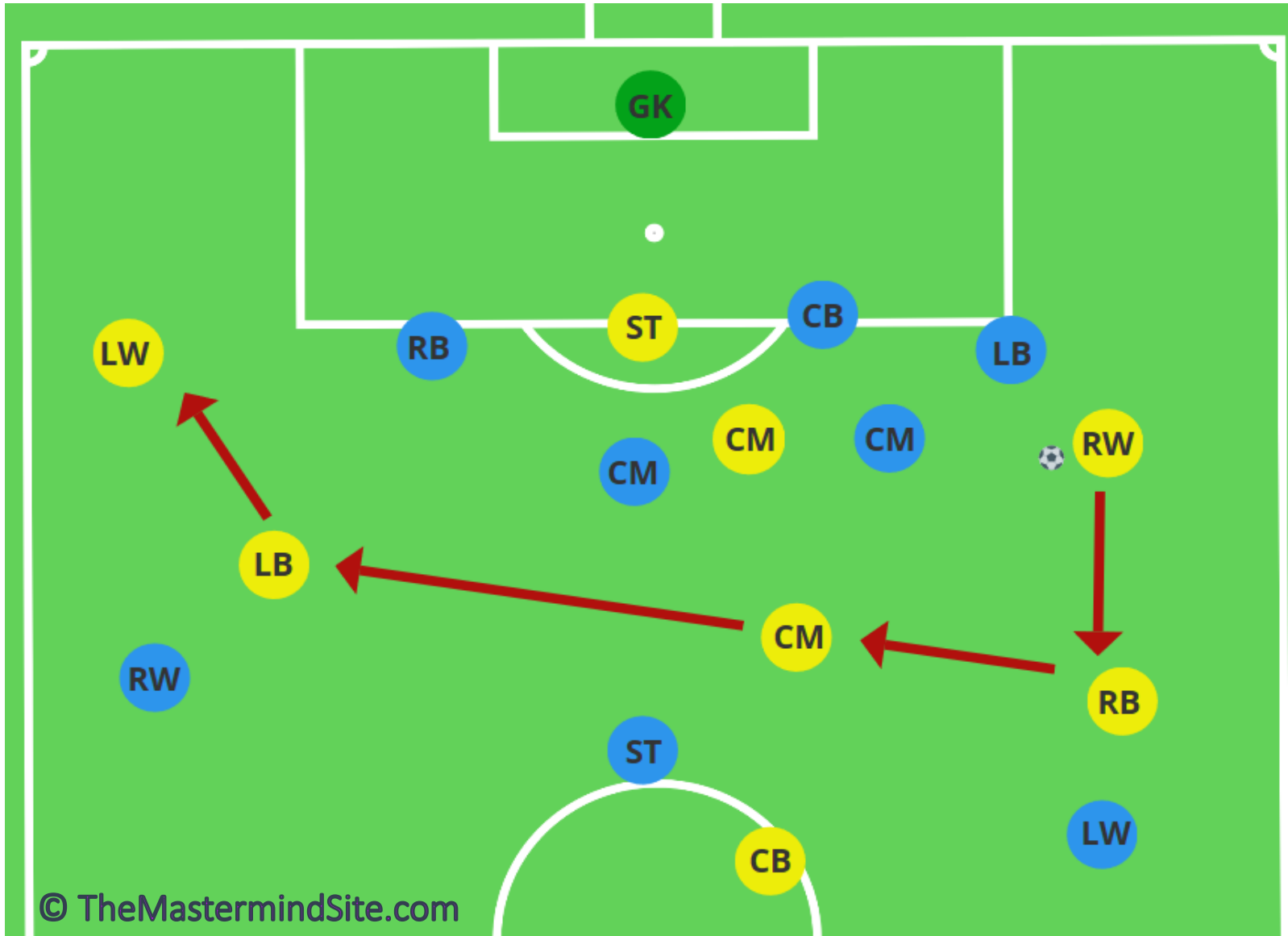
- Far-sided fullback goes forward to create numerical superiority in attack down the weak side.

3. Avoid Two Players in Same Passing Lane

- Two players in same passing lane will only slow us down, like in the picture shown when we could instead go direct from right back to left back.

4. Activate Speed after Switch

- Slow tempo down to go backwards and switch but speed up immediately after the switch. Don't allow other team to shift across in time.



Alternate System of Play: 2-4-2



Pressing ✓

Playing out from
the back ✓

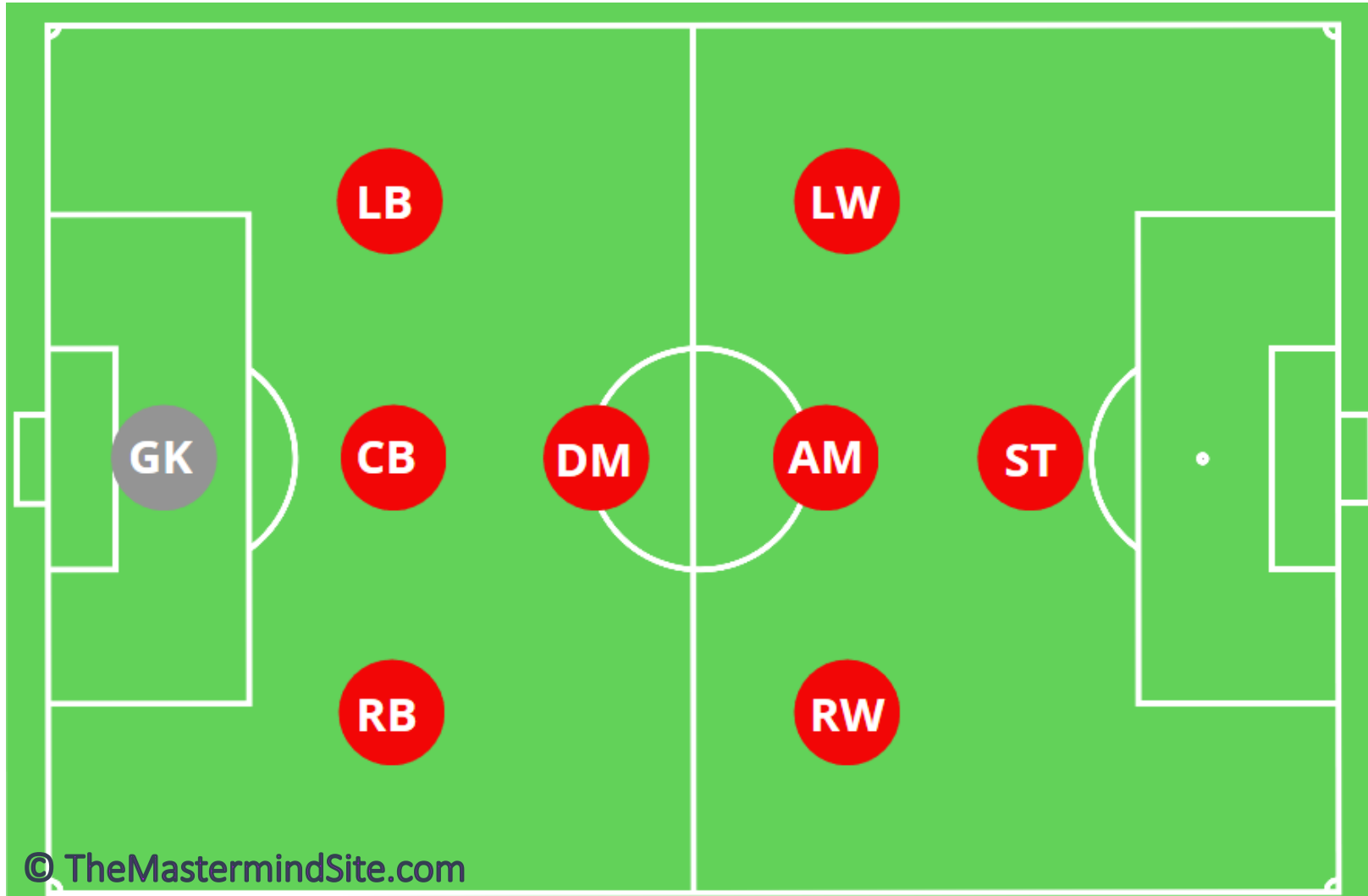
Switching Play ✓

2 Centre-Backs
4 Midfielders
2 Strikers



Playing Against a 3-1-3-1

3-1-3-1 Key Characteristics



This team's values & how to stop...

- **Physicality**

Match them with strength and aggression.

- **Defensive-Mid-Attacking Mid Balance**

Central midfielders play in between the lines created by them when in possession. Striker moves to get away from DM's desire to screen

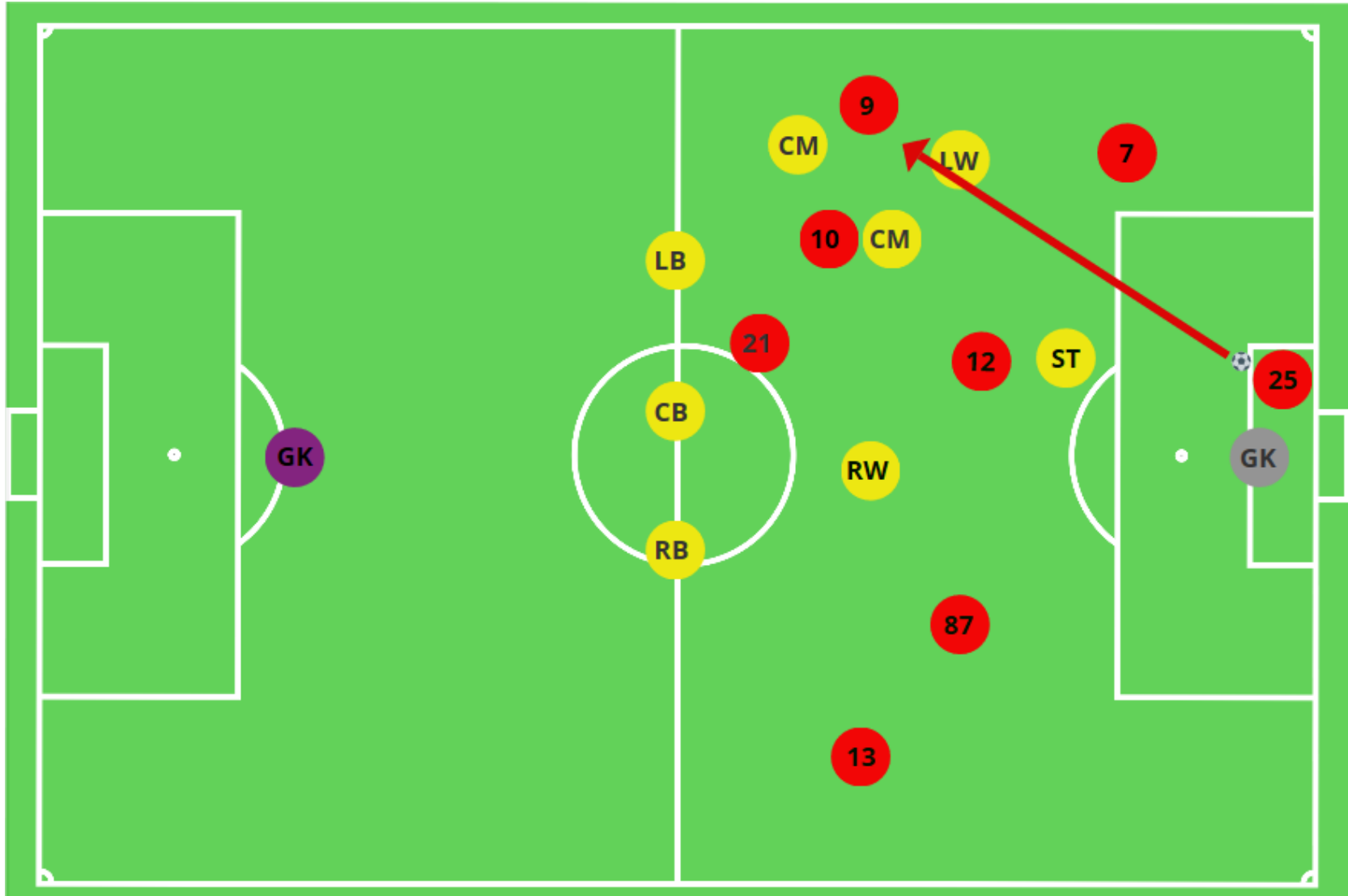
- **Long-balls on goal kicks.**

Resort to a low-block rather than pressing high. Anticipate the side of the kick based on keeper's body position and eye contact.

This Team's Key Players

CENTRE-BACK	ATTACKING MIDFIELDER	DEFENSIVE MIDFIELDER
<ul style="list-style-type: none"> - Marks the striker like glue - <i>Constant movement to get away. Scanning to see their position. If they get too tight, beat them with a quick change of speed/direction.</i> - Plays well out from the back - <i>Pressure immediately and intensely. Don't give time and space. Communicate who should pressure.</i> - Aggressive - <i>Force into a mistake, force them into making a foul through quick changes of direction/speed.</i> 	<ul style="list-style-type: none"> - Strong horizontal movement to take up dangerous positions. - <i>Central midfielders communicating about their movement when opposition has the ball</i> - Often looks to play vertical early - <i>Centre-back ensure their striker is covered to intercept and stop passes into the striker.</i> 	<ul style="list-style-type: none"> - Solid positional awareness - <i>Central midfielders play in between the lines (in between AM and DM) to get away from them when we have the ball.</i> - Screens the striker - <i>Striker movement in between the three defenders and get away DM when coming deep to receive the ball. Come slightly to the left or right to receive based on position of the ball.</i> - Times tackles well - <i>Change of direction and change of speed.</i> - <i>Be patient, look to switch play.</i>

Long Balls (part. on Goal Kicks)

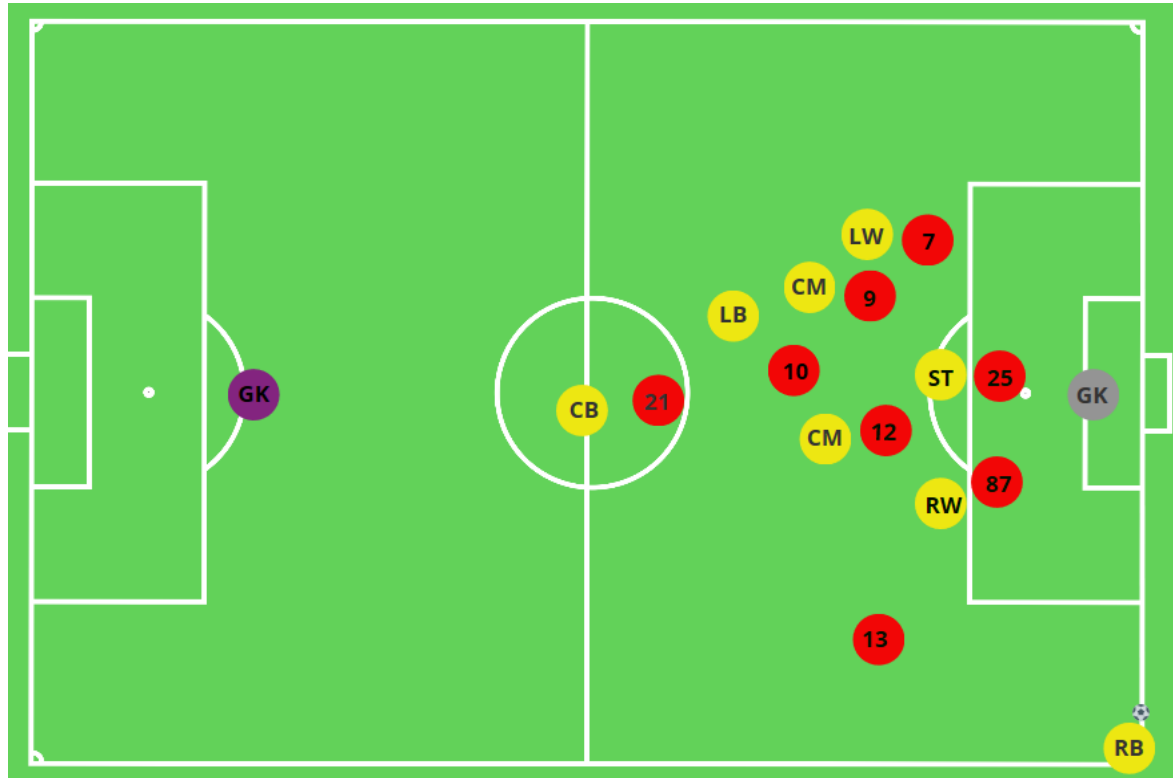


They favour the right side on goal kicks and look to play high and wide to their right winger.

If we believe they are going to play to that side, we can shift to the right and cut off all right-sided options.

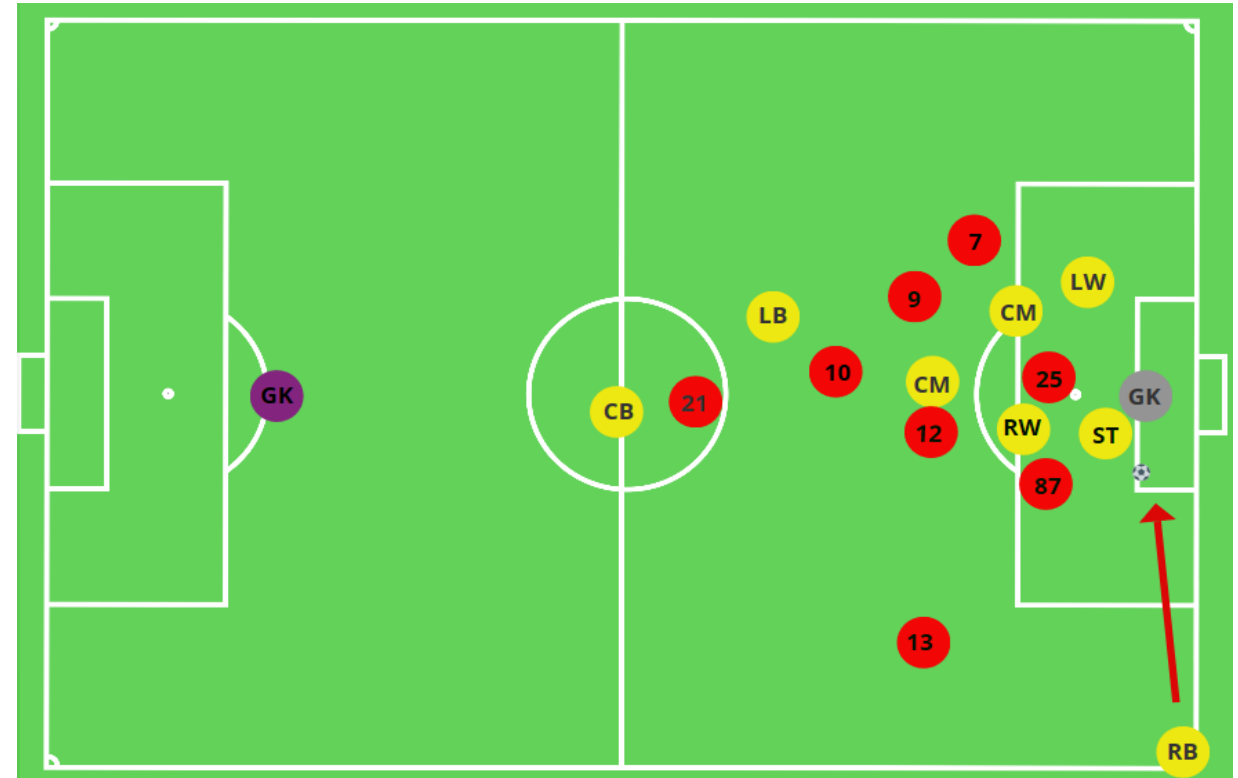
The fullbacks do not need to cover, rather the central midfielders and wingers should instead. This is what is called a "low-block" as opposed to "high pressing."

They Mark Tight on Corner Kicks



They mark tight. With each player on one of our players.

Start outside the box, creating more distance for us to run into.



Time the run into the box at exactly the right moment.

Corner kick taker can have their hand up and put their hand down right before they take the kick.

Two or three players stay outside the box. Try and have four in the box by the time the ball reaches their penalty area.



Coaching 9v9 Soccer

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