

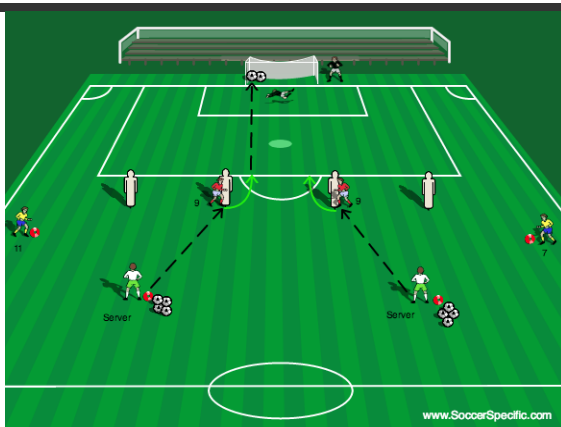


Nines And Wingers

Date: Mar 26, 2016 | Team: SoccerSpecific

Duration: 30 Minutes

Intensity: ● (5/10) | Category: Tech / Tact



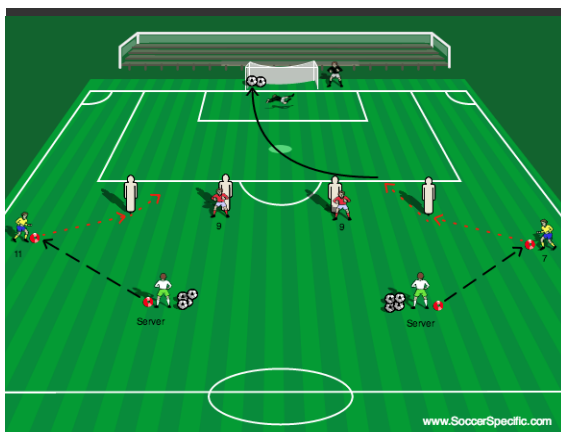
1

⌚ 10 Reps ↗ Final Third

Setup: Four mannequins representing the back four are placed 12 yards apart as shown in the diagram. Group of balls are placed with the two servers, the servers represent central midfielders (6, 8, or 10) or can be coaches dictating the pace and frequency of the attack. Two GKs alternating reps and wingers placed in wide areas as shown.

Instructions: Working with your front four attacking players, both #9s, #7, and #11. Sequence ONE and TWO: The center forward #9 holds his starting position very tight to the central defender, a crisp ball is played on the ground into the #9's feet. The #9 must seal off the defender with his first touch and shoot with his second touch. Once the sequence has finished, repeat the same movements with the other server and #9.

Coaching Points: Center forward must be strong and sideways on when receiving the entry ball. Must use upper and lower body to deny defenders ability to get close to the ball. The first touch could be with either foot but must be into space away from the defender, second touch is an accurate finish on goal. Inside of the foot placement near and far post, force the GK to move laterally and get set.



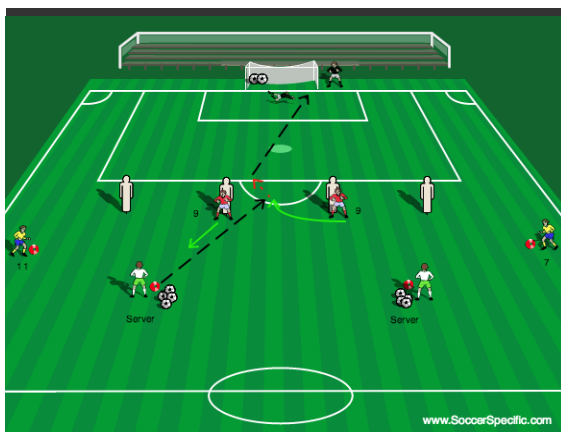
2

⌚ 10 Reps ↗ Final Third

Setup: Four mannequins representing the back four are placed 12 yards apart as shown in the diagram. Group of balls are placed with the two servers, the servers represent central midfielders (6, 8, or 10) or can be coaches dictating the pace and frequency of the attack. Two GKs alternating reps and wingers placed in wide areas as shown.

Instructions: Working with your front four attacking players, both #9s, #7, and #11. Sequence THREE and FIVE: The server plays a driven ball to the #7 or #11's feet. The winger takes his first touch into space towards the outside back as shown. The winger beats the defender inside and shoots on goal from a more central location.

Coaching Points: Wingers must play at game speed when penetrating on the dribble. It is very important that they commit the defender, feint to go outside and then cut inside, seal the defender off, with the last touch directed towards the mouth of the goal. Quality of finishing near and far post. Move the GK.



3

⌚ 10 Reps ↗ Final Third

Setup: Four mannequins representing the back four are placed 12 yards apart as shown in the diagram. Group of balls are placed with the two servers, the servers represent central midfielders (6, 8, or 10) or can be coaches dictating the pace and frequency of the attack. Two GKs alternating reps and wingers placed in wide areas as shown.

Instructions: Working with your front four attacking players, both #9s, #7, and #11. Sequence FOUR and SIX: Ball side #9 checks to the ball which initiates the far side #9 to initiate his run across the back four. Ball side #9 drags out the right central defender and the ball is played into the path of the second center forward as shown with a finish on goal.

Coaching Points: Visual cues and timing of the runs of both center forwards working together and off each others' shoulder. Convincingly checking to the ball and dragging the central defender out from goal creating space for the other forward to run into. Second #9 taking first touch into space away from the defender and forcing the GK to move across his goal mouth. Technical finishing with inside of the foot.



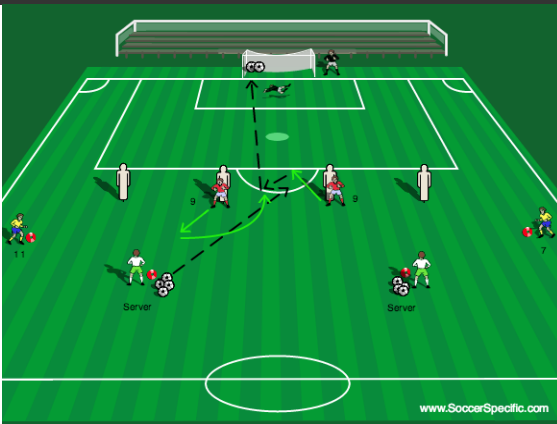


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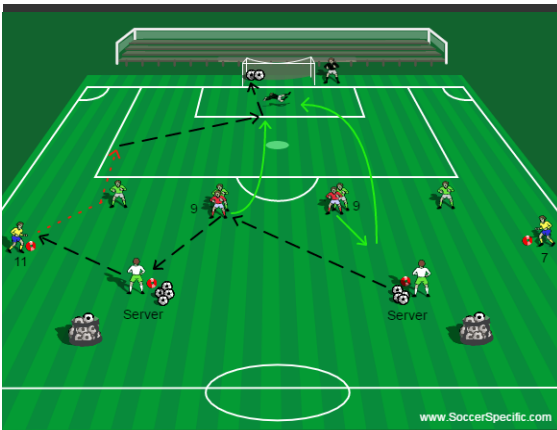
Setup: Four mannequins representing the back four are placed 12 yards apart as shown in the diagram. Group of balls are placed with the two servers, the servers represent central midfielders (6, 8, or 10) or can be coaches dictating the pace and frequency of the attack. Two GKs alternating reps and wingers placed in wide areas as shown.

Instructions: Working with your front four attacking players, both #9s, #7, and #11. Sequence SEVEN and EIGHT: Ball side #9 checks to the ball which initiates the far side #9 to pull away from the defender. Server plays an entry ball to the far side #9 who lays the ball off to the ball side #9 who has dragged the central defender out, spun and checked underneath for a first time finish on goal.

Coaching Points: Visual cues and timing of the runs of both center forwards working together and off each others' shoulder. Convincingly checking to the ball and dragging the central defender out from goal creating space for the other forward to run into. Proper layoff for a first time finish, layoff away from defender. Technical finishing with inside of the foot.

4

⌚ 10 Reps ↗ Final Third



Setup: Four mannequins are replaced with live defenders as shown in the diagram. Group of balls are placed with the two servers, the servers represent central midfielders (6, 8, or 10) or can be coaches dictating the pace and frequency of the attack. Two GKs alternating reps and wingers placed in wide areas as shown.

Instructions: Working with your front four attacking players, both #9s, #7, and #11. Sequence NINE and TEN: As shown, near side #9 checks to the ball, ball is played to the second #9 who lays back to the other server who hits a first time ball out wide to the #11. The #11 penetrates on the dribble, feints and gets a cross off to both #9's running near and far post.

Coaching Points: Any previous pattern or combination of previous patterns apply as long as it is done at game speed. As your team experiences more success, add live defenders as shown. All previous technical and tactical coaching points apply.

5

⌚ 10 Reps ↗ Final Third