



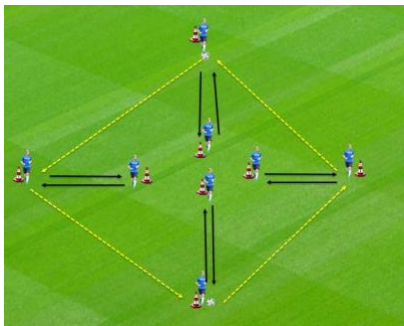
U11 & U12

9v9 Game Model Week #1

10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

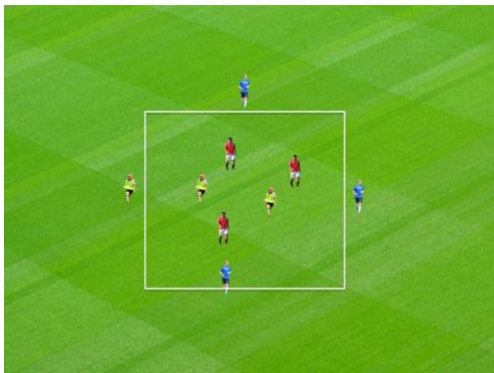
Exercise #1) Passing & Receiving - 8 player or other technical exercises as needed – 10 minutes

No wasted steps between receiving & passing. Coordinated movement, eye contact, pace & tempo of the pattern.



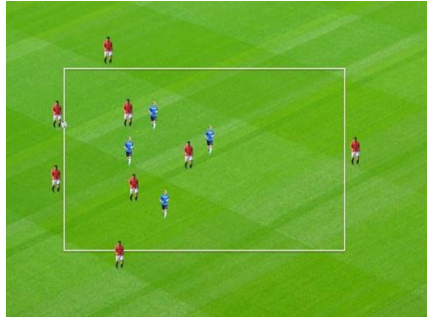
Exercise #2) 3v3+3 Positional – 15 minutes

Green always in middle and outside. Can have defenders touch hands in middle if the players are having hard time keeping the ball. 2-touch only.

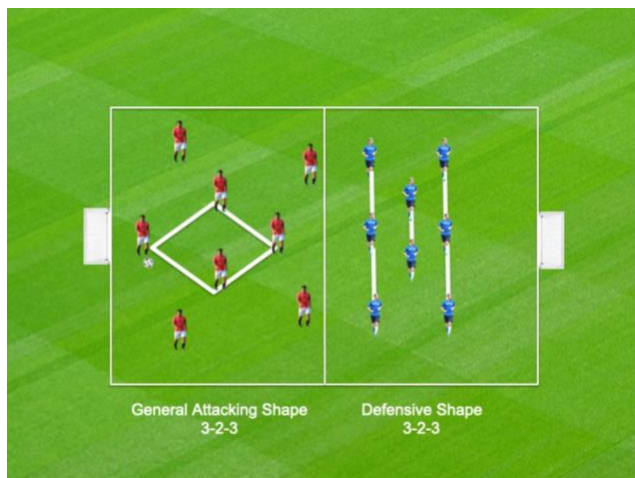


Exercise #3) 8v4 Formation Specific Conditioned Rondo Game – 10 minutes

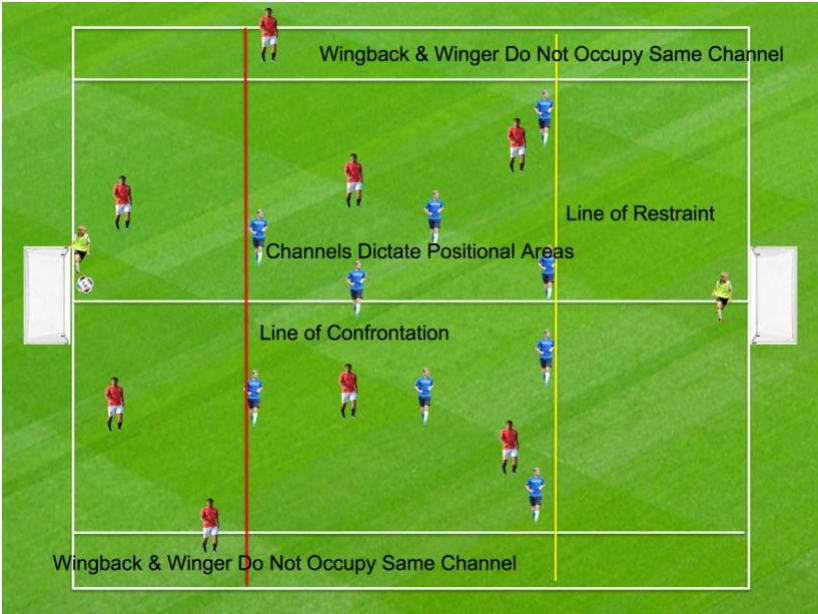
Inside the grid is 3v4, but outside is an additional 5 red players. If red team lose the ball in the middle, they should immediately press to win it back. Variation: if possession is lost the blue have 2-touch, as only the 3 inside red players can press. Can modify it to 3 blue defenders if it is too difficult.



Exercise #4) Game – 20 minutes – Depending on numbers and day

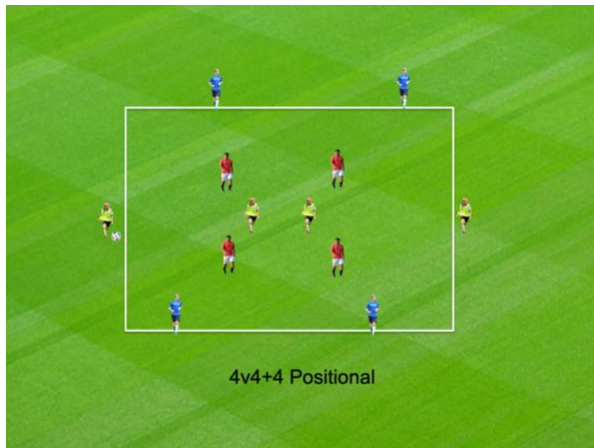


Phase of Play 9v9 Game Model with Constraints



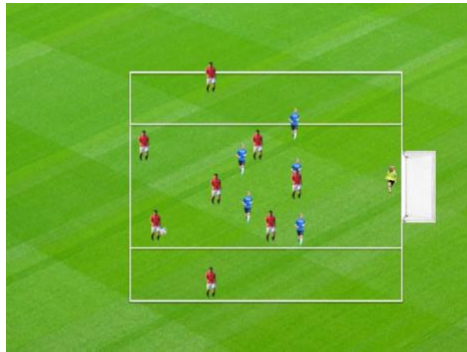
Exercise #1) 4v4 Positional – 15 minutes

This positional rondo is more complicated with 2 players in the middle. Each middle player must take up positions in space, be sure to not run through each other's passing lanes or reduce the space by playing too close to each other. When possession is lost the red team will assign a central player, as the other 2 players go to the same place on the outside.

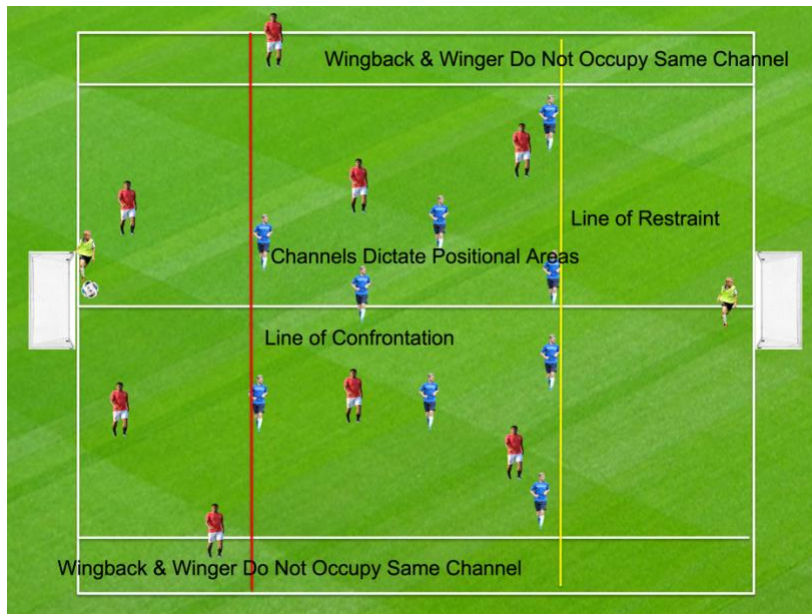


Exercise #2) Formation specific constraints in lanes. 2-1-2-3 vs 5. - Time: 25 minutes

Attacking team must stay in their lanes but the defending team can go to any lane. If the ball is wide defending team should only occupy 2 lanes total (center & wide). Can build up and add counter goals so defenders can counter attack in 5 passes or less.



Exercise #3) Game: 25 minutes





U11 & U12

9v9 Game Model Week #2

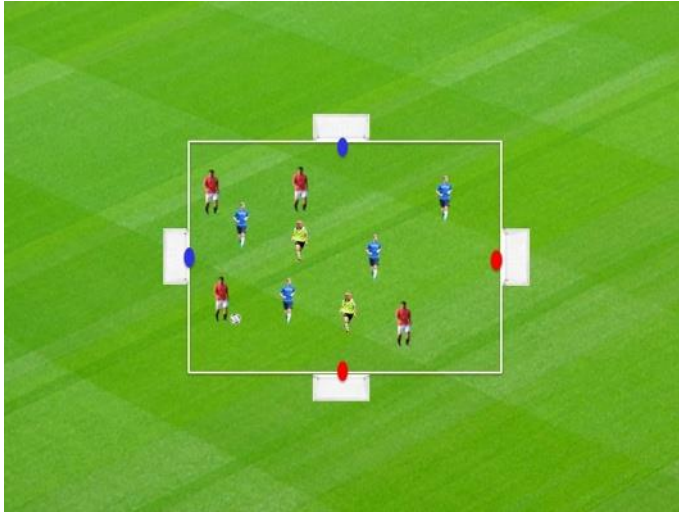
10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

Exercise #1)

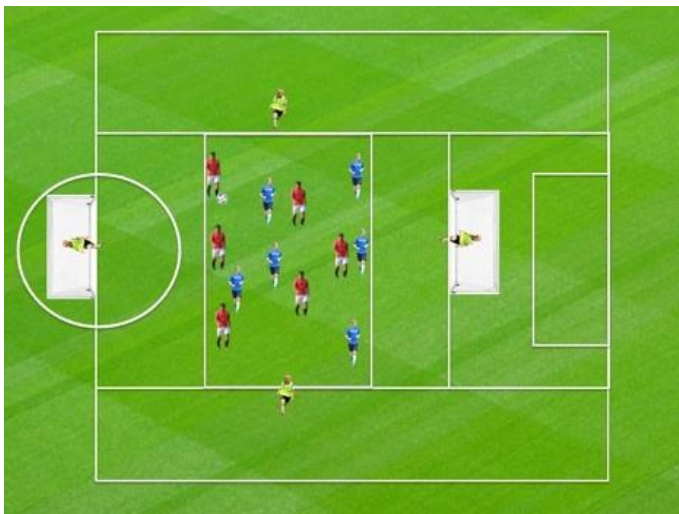
4v4+2 Positional Rondo



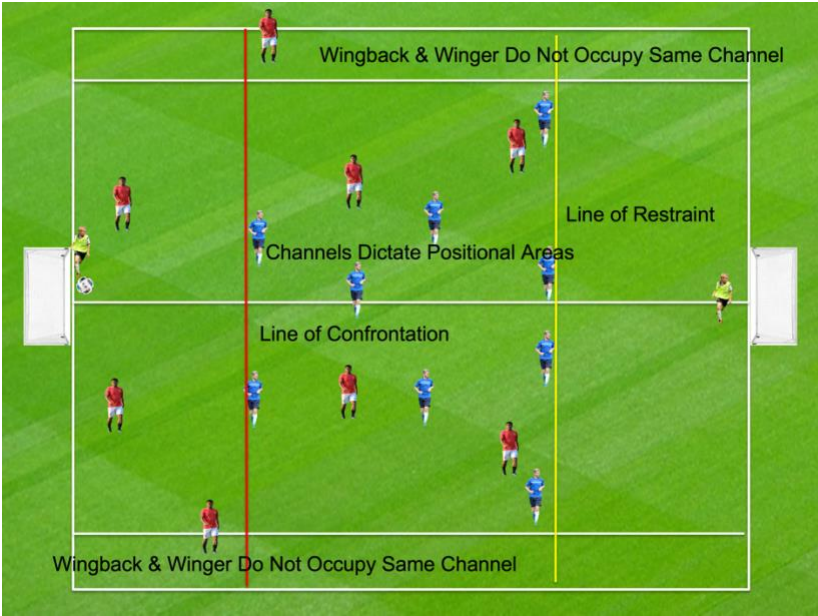
Exercise #2) 6v4 Positional Exercise to 2-Goals – the team in possession has the “plus” players and takes on a positional shape – they can score on either of the 2-goals designated - 2-touch limit. 12 passes in a row can also count as a point.



Exercise #3 6v6+2 Positional – focus on possession and timing of run into space

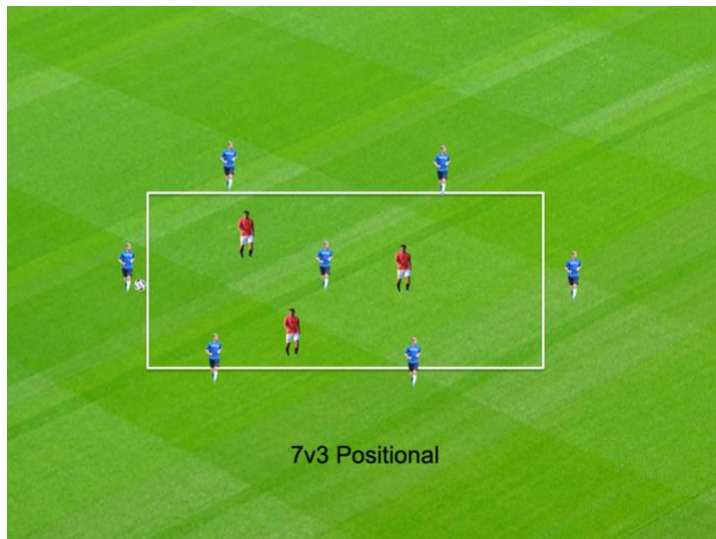


Exercise #4) Phase of Play – formation specific with constraints



10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

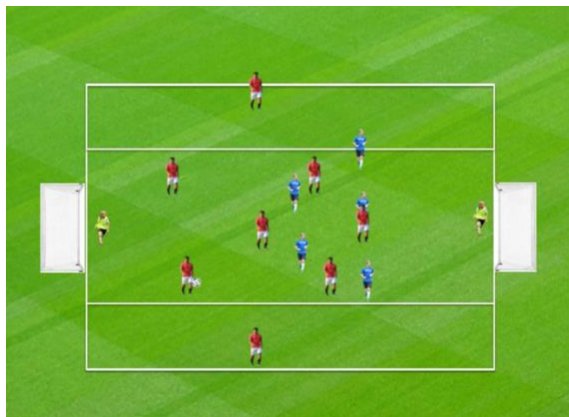
Exercise #1) 7v3 1-Touch Positional Rondo – the complexity is higher from exercise #15 as a middle 1-touch player is added. You can elect to make middle player 2-touch to encourage back foot play.



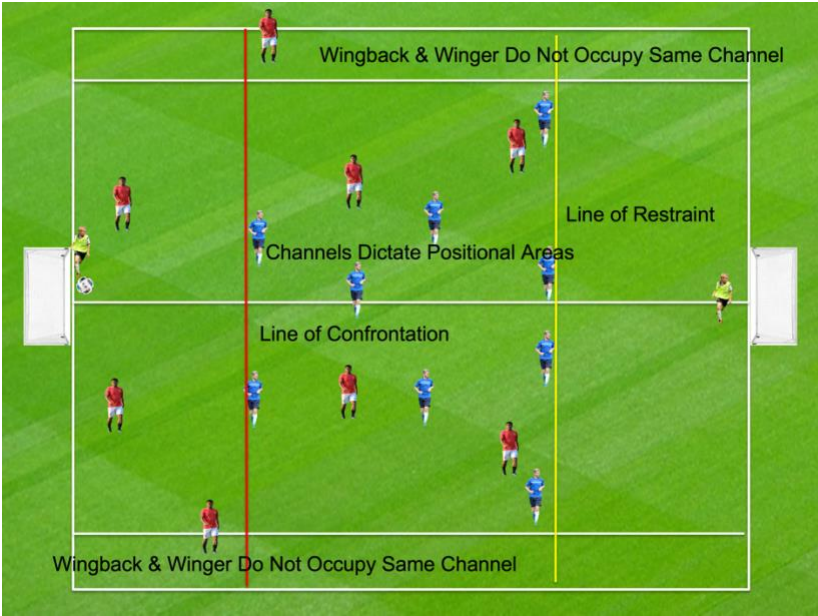
Exercise #3) Game Play in Lanes: 8 v 5 (can modify for the numbers you have – 7v4, 8v3) - 25 minutes

This is an important constraint-based game where players must stay in their designated lanes.

Defenders can work on defensive compactness – occupying the wide lane with the ball and the middle lane only. If that ball is in the middle lane the defense can have player in all three lanes. Adding variability to the exercise can be done in many ways.



Exercise #4) Game Play : 20 minutes





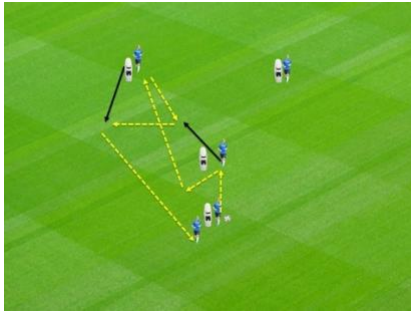
U11 & U12

9v9 Game Model Week #3

10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

Exercise #1) Y Passing & Receiving – 12 minutes

Rotate one side to other side. Players rotate forward 1 spot. Can fit 5 – 7 players.

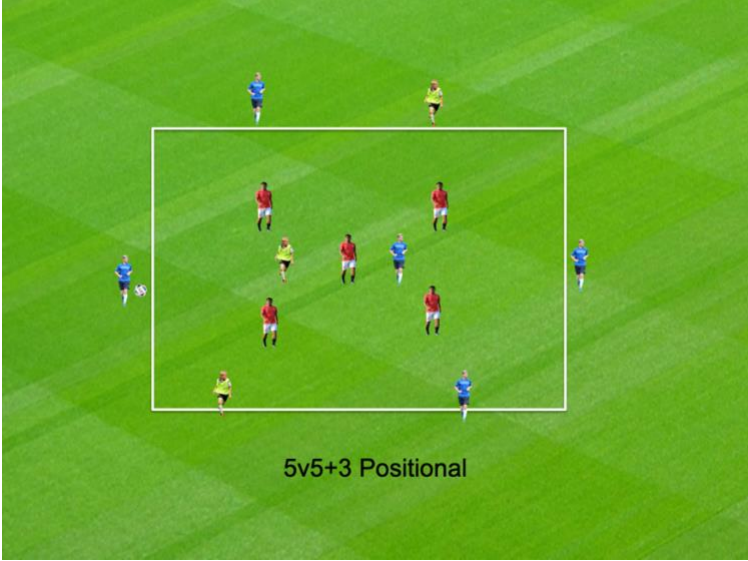


Exercise #2) 2v2+2 – 15 minutes

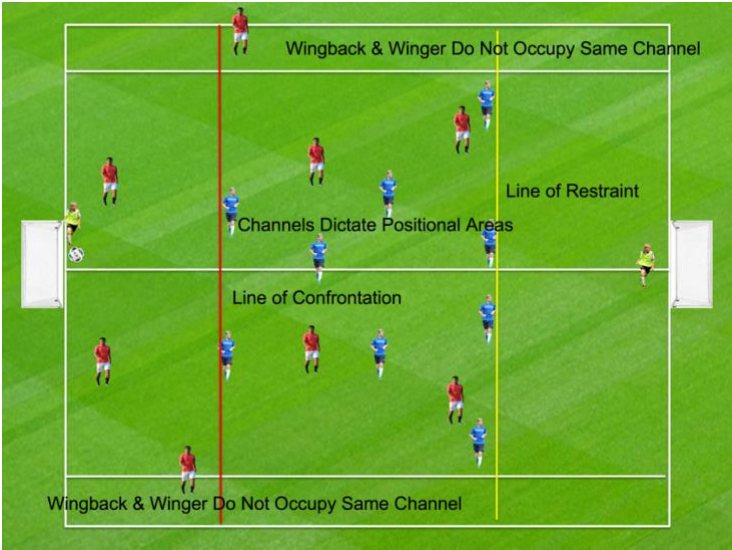
Designated one team as the neutral players. Switch out neutral players every 4 minutes. Simple possession game.



Exercise #3) 5v5+3 — 25 minutes

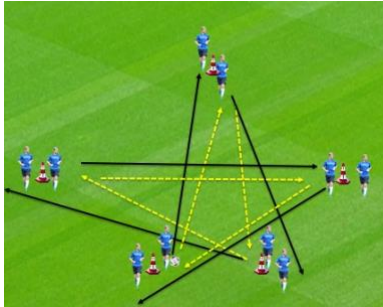


Exercise #4) Game Play : 25 Minutes



Exercise #1) Passing & Receiving – 12 minutes

Simple Barcelona Star – 2-touch only – work to 2-balls if the team is finding a flow.



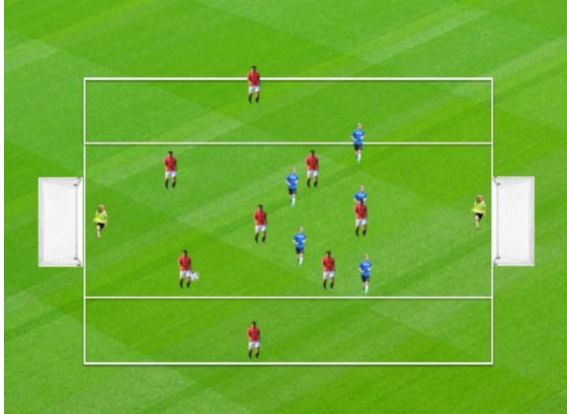
Exercise #2) This exercise creates a constant 3v2 with the yellow player always playing with team in possession. Finding the open space and creating clear passing options is the goal. This exercise should be very positional. Players can interchange positions, but the team on the ball should only have to adjust small distances to create passing angles.



Exercise #3) Game Play in Lanes: 8 v 5 (can modify for the numbers you have – 7v4, 8v3) - 25 minutes

This is an important constraint-based game where players must stay in their designated lanes.

Defenders can work on defensive compactness – occupying the wide lane with the ball and the middle lane only. If that ball is in the middle lane the defense can have player in all three lanes. Adding variability to the exercise can be done in many ways.



Exercise #4) Turn exercise #3 into a equal numbers game or with plus players. – 20 minutes



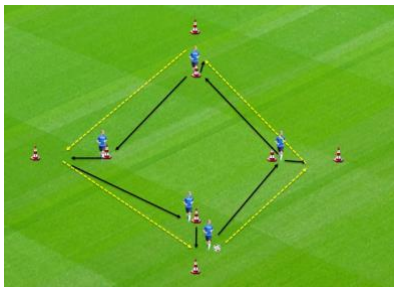
U11 & U12

9v9 Game Model Week #4

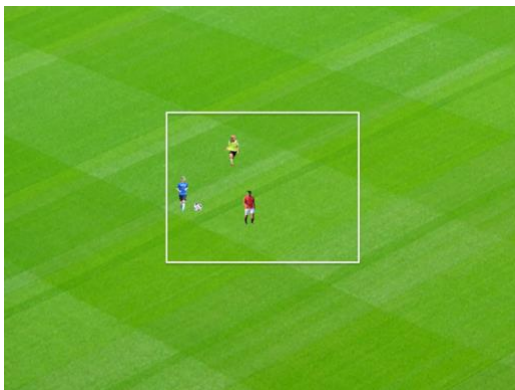
10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

Exercise #1) Passing & Receiving – 10 minutes

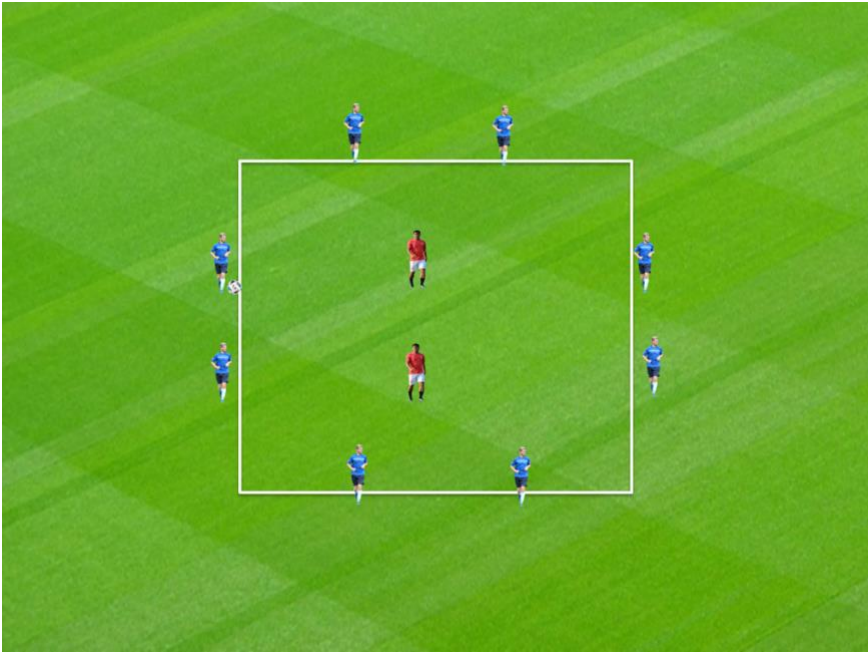
This is a simple set-up that can also be converted to following your pass and 6 players.



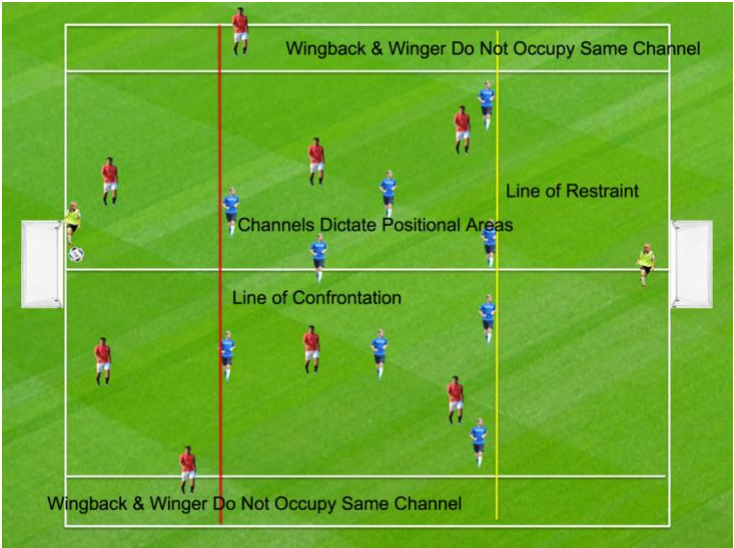
Exercise #2) This exercise creates a constant 2v1 with the yellow player always playing with the player in possession. Finding the open space and creating a clear passing option is the idea. The size of the grid and touches allowed can be adjusted for the level.



Exercise #3) 8v2 – 1-Touch – 10 minutes

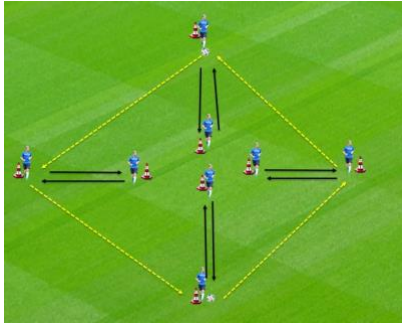


Exercise #4) Game Play: 25 minutes – can always adjust to small-sided games

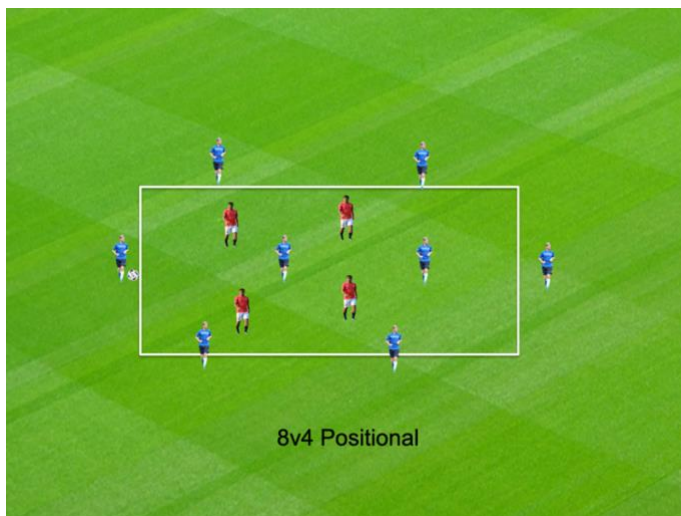


Exercise #1) Passing & Receiving – 15 minutes

Excellent exercise with many variations. 8 players

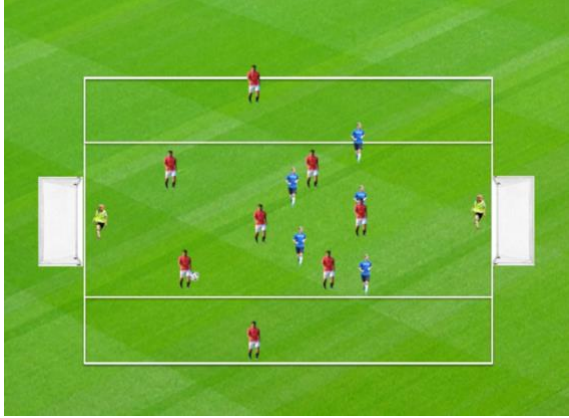


Exercise #2) 8v4 Positional Rondo – 12 minutes

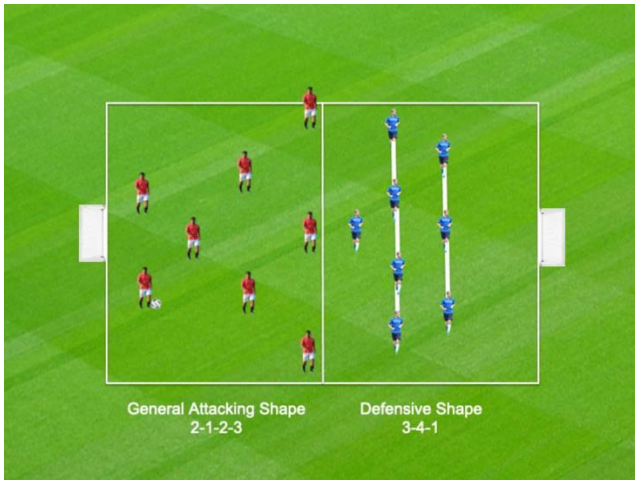


Exercise #3) Game Play in Lanes: 8 v 5 (can modify for the numbers you have – 7v4, 8v3) - 25 minutes

This is an important constraint-based game where players must stay in their designated lanes. You can start to work tactics in this set-up. Have the red team train working the ball out from the back. Have the blue team set-up in a high press trying to start the build-up. Feel free to work tactics in this second session. The main tactics will be a high press from goal-kicks and also working the ball out of the back.



Exercise #4) Game Play: 30 Minutes – or small-sided games – depends on numbers



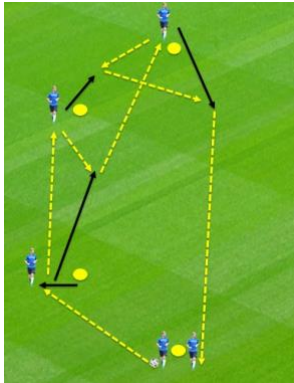


U11 & U12

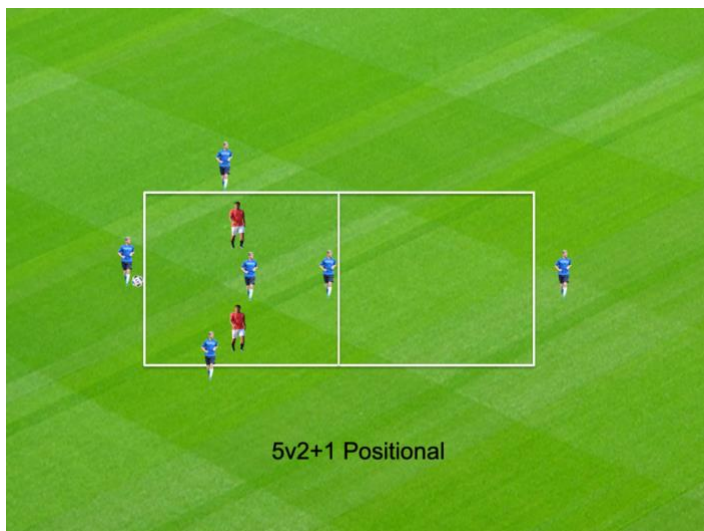
9v9 Game Model Week #5

10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

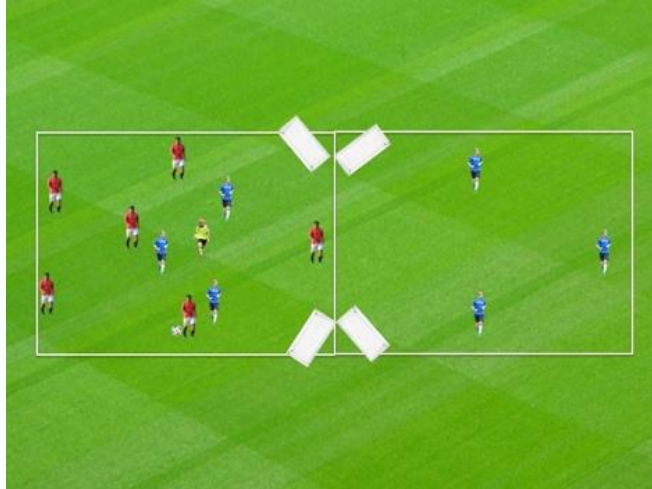
Exercise #1) Passing & Receiving – 12 minutes



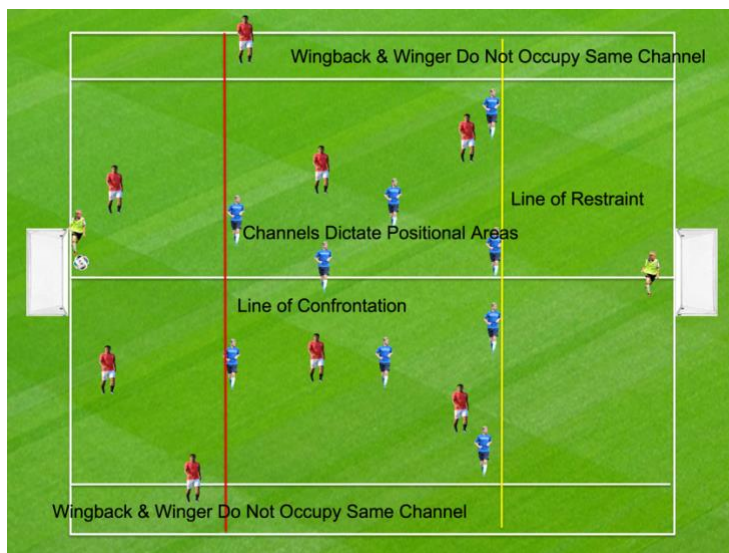
Exercise #2) 5v2+1 Transitional Rondo –The middle player will now travel with the side players after “x” amount of passes are completed.



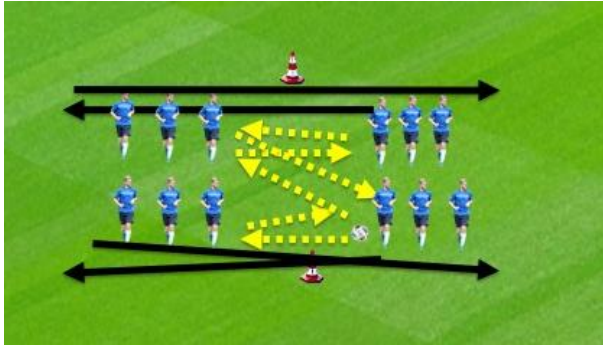
Exercise #3) 6+1v3 Positional Rondo to Small-Goals – team in possession self-organizes into a positional shape as the 1 “plus” player joins the team in possession. The defensive team presses 3 players but this number can be adjusted to fit the level. The team in possession can score on either goal with a 2-touch limit after a set number of passes.



Exercise #4) Game Play or Small-Sided – 25 minutes



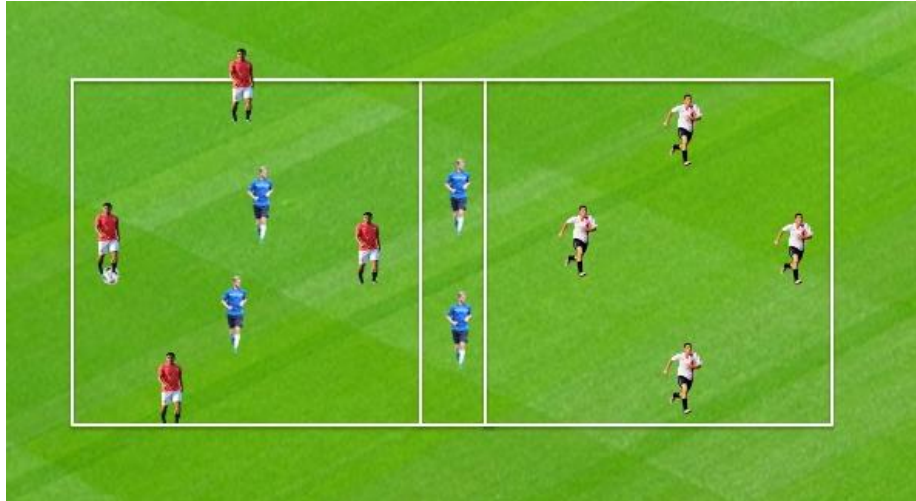
Exercise #1) Passing & Receiving with variations – 1-touch - 10 minutes



Exercise #2) 5v5+2 Positional – the complexity in the middle is increased with the addition of a 5th defender. This makes scanning, body positioning, finding space, not occupying the same passing lanes, and playing simply and quick more important.

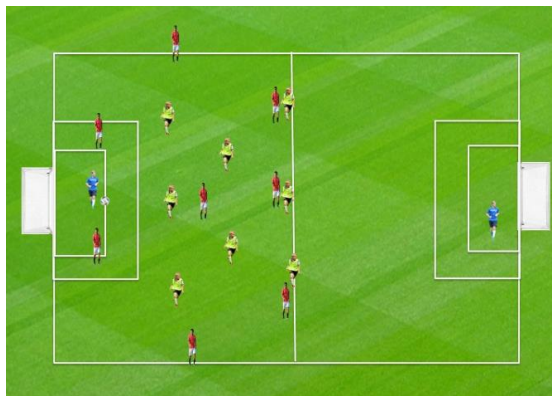


Exercise #3) 4v2 – Three teams – 15 minutes



Exercise #4) Game Play: 30 minutes

Notice the se-up of the red team working the ball out from the back. Always a numerical advantage with the keeper as the +1. Front 3 pin the defensive back line high. The defending team in a 3-2-3. They can full press using proper angles to force play one direction. Work your game tactics using this set-up. Set-up different lines of confrontation and restraint along with lines to force attacking support and defensive compactness.





U11 & U12

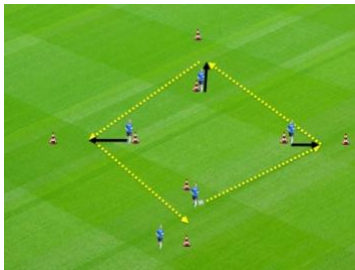
9v9 Game Model Week #6

10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

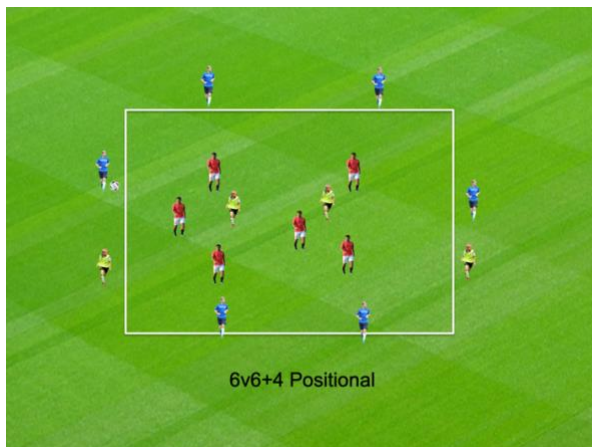
Exercise #1) Passing & Receiving – 12 minutes

Back pedal receive to the back foot, no wasted steps between receiving and passing.

Follow your pass to the next spot.

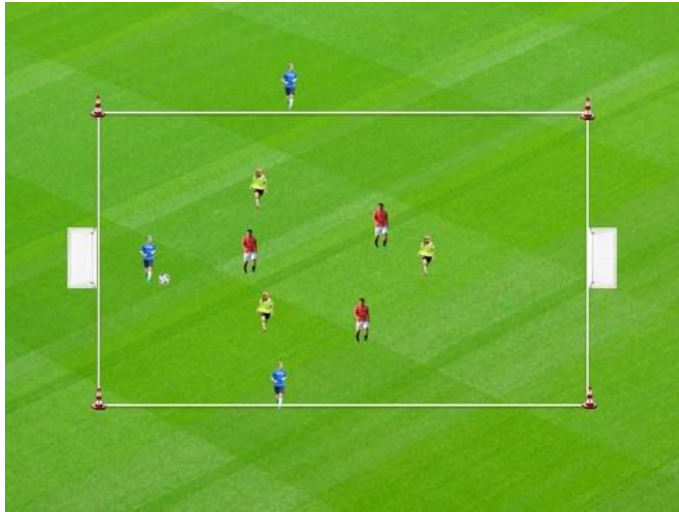


Exercise #2) 6v6+4 Positional Rondo – this builds on exercise #9 by adding another defender in the middle and another outside player. The space in the middle becomes more difficult to control. The progression would be to increase the complexity in the middle by adding another central player on yellow, creating a 6v3 in the middle.

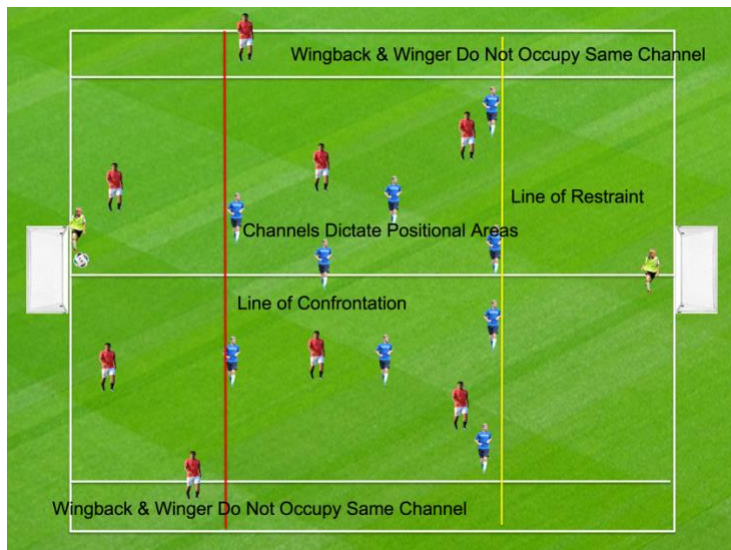


Exercise #3) Positional Rondo – 6v3 to small goals – 25 minutes

Rotate the blue team every 6 minutes.



Exercise #4) Phase of Play Game Play or Small-sided





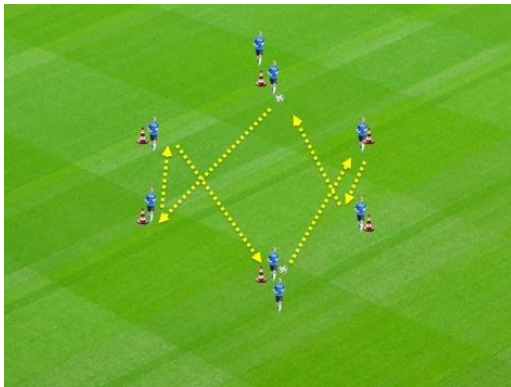
U11 & U12

9v9 Game Model Week #6

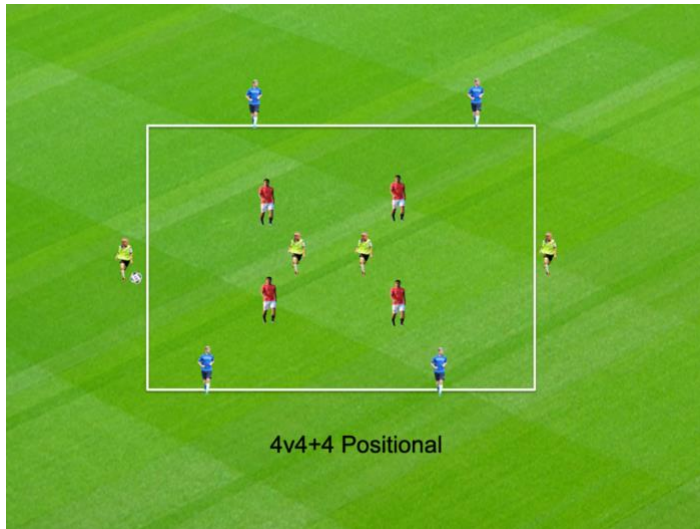
10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

Exercise #1) Passing & Receiving – 12 minutes

Follow your pass. Can use 8 – 12 players. Body position and 1 or 2-touch depending on where in the pattern you are at.



Exercise #2) 4v4 +4 Positional Rondo – this exercise has been made famous by Pep Guardiola. The 2 players in the middle must operate together filling central spaces, not crowding each other or crossing passing lanes. The central yellow players are most likely the center midfielders, but in a developmental setting this can be a rotation. The outside players will come in the square to defend when possession is lost. The players always go to the same spots, so the rotation is simple.



Exercise #3) 4v4+1 with end line player – 25 minutes

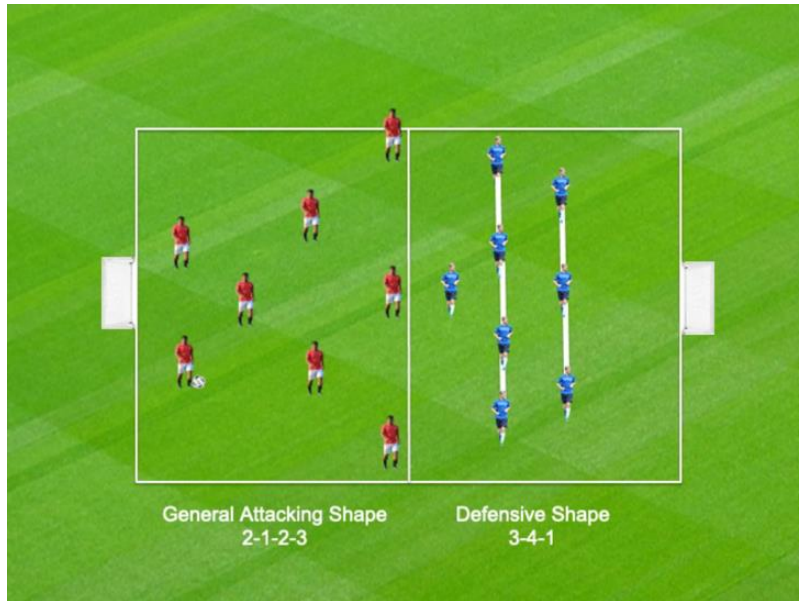
This game is about switching the point of attack and keeping possession of the ball.

Create different environments with touch restrictions, free play, must use bumper etc.

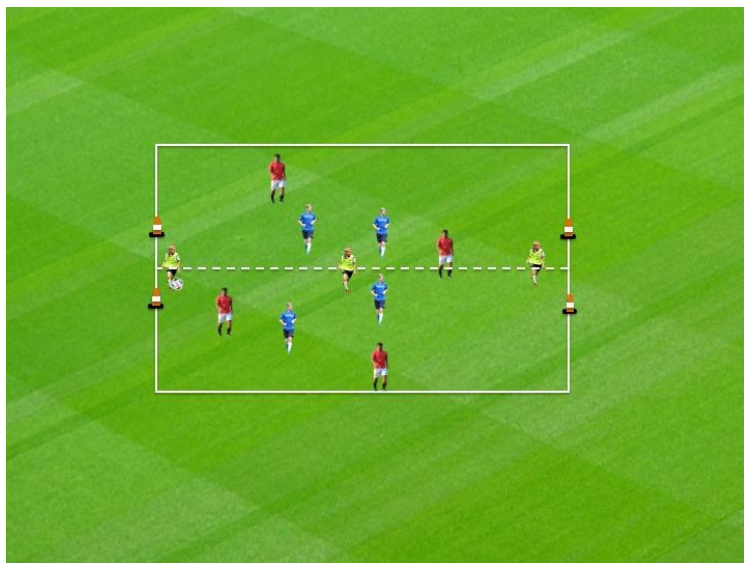


Exercise #4) Game Play: 20 minutes

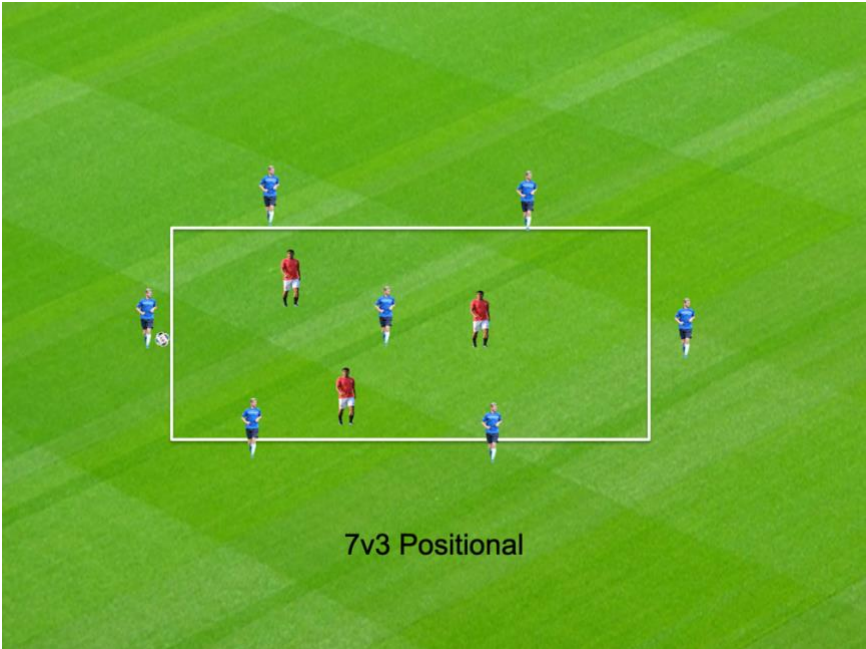
Design specific to the number of players you have.



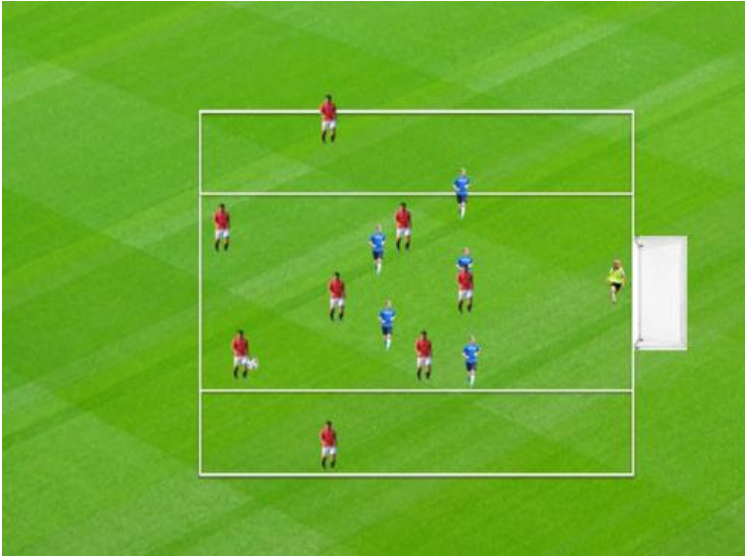
Exercise #1) 4v4+1+2 GK's – this exercise can be formation specific and positional. The objective is to work the ball on the ground to the keeper on the opposite side for a point. There is no scoring on the goals. The keepers benefit from playing with their feet only in the area that represents the goal area. The center-line is marked to give guidance for player positioning. The specific set-up in this exercise was to simulate a 4 person midfield in a 3-2-2-3 formation.



Exercise #2) Rondo 7v3 – 2-touch – 15 minutes

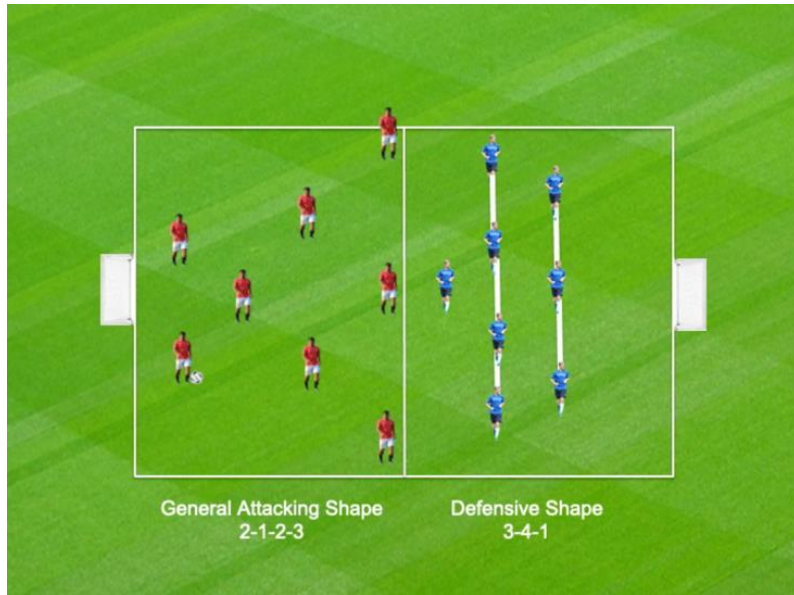


Exercise #3) Game Model – 3 Lanes – 8v5 Attacking – 25 minutes



Exercise #4) Game Play: 20 minutes

Design specific to the number of players you have.





U11 & U12

9v9 Game Model Week #7

10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

Exercise #1) 1-Touch Passing – 10 minutes

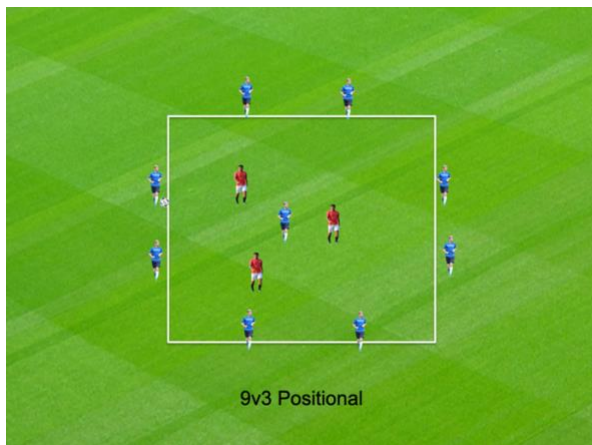
3 Variations : A) run to other line after 1-touch B) stay in same line after pass.

C) combination after pass and change lines.



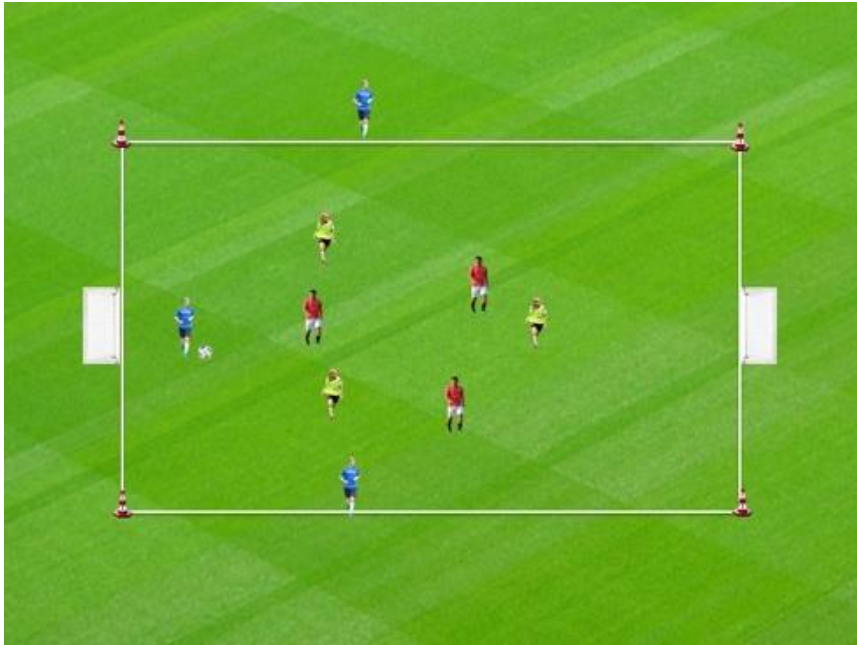
Exercise #2) Rondo 9v3 – 10 minutes

Can do 2-touch or if the level is higher all 1-touch. Find a good flow.



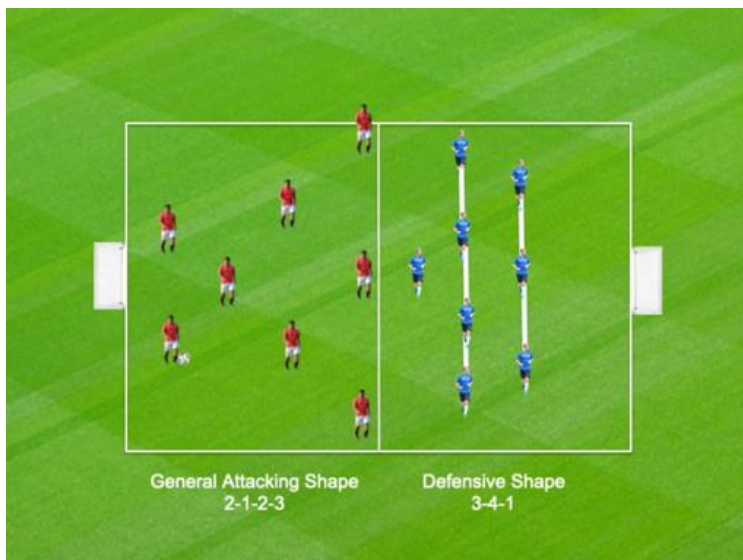
Exercise #3) Positional Rondo – 6v3 to small goals – 25 minutes

Rotate the blue team every 6 minutes. Can adjust to build numbers if you have more.



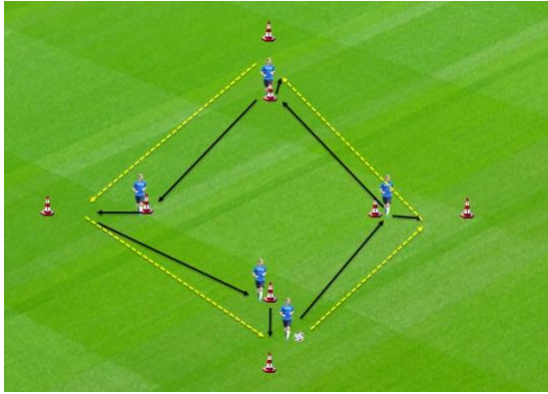
Exercise #4) Game Play: 20 minutes

Design specific to the number of players you have.

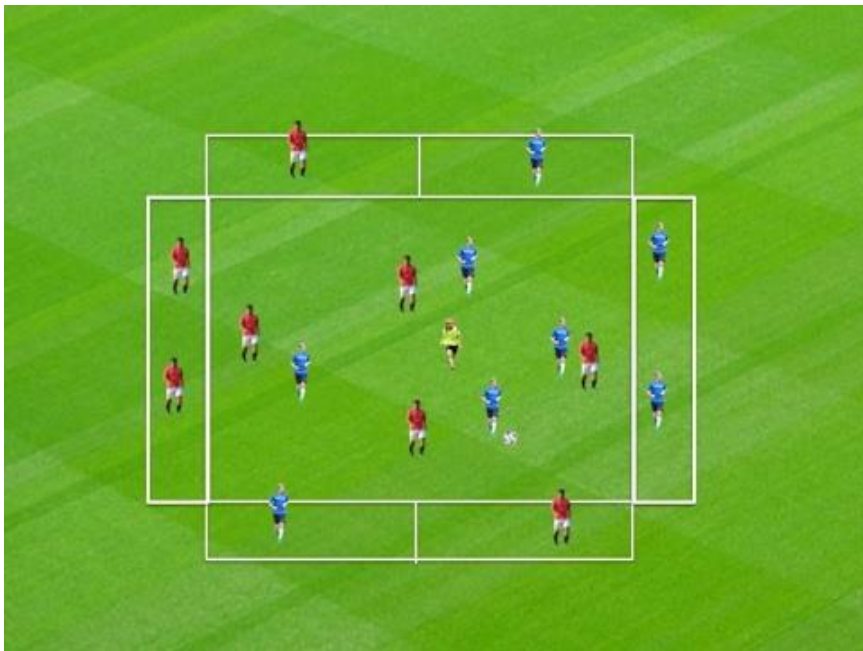


Exercise #1) Passing & Receiving to the Back Foot – can add many variations– 12 minutes

Follow your pass. Pass to the back foot. No wasted steps in between.



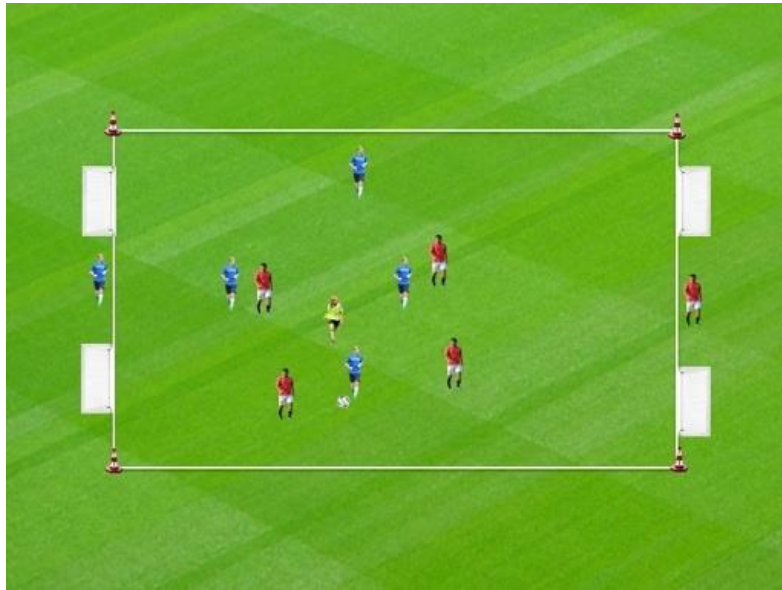
Exercise #2) 8v8+1 Positional Rondo – pure positional exercise. The middle players in possession can take a positional shape that is formation specific. Create variability with 2-touch inside 1-touch outside and then reverse it. – would need to combine with another team for numbers.



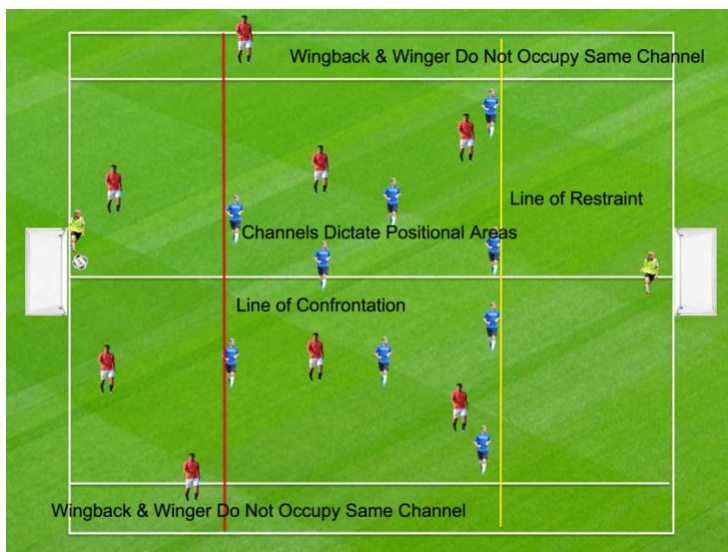
Exercise #3) 4v4+1 with end line player – 25 minutes

This game is about switching the point of attack and keeping possession of the ball.

Create different environments with touch restrictions, free play, must use bumper etc.



Exercise #4) Game Play: 25 minutes





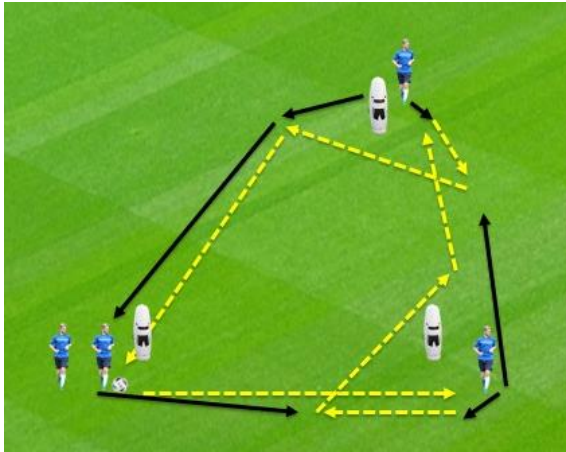
U11 & U12

9v9 Game Model Week #8

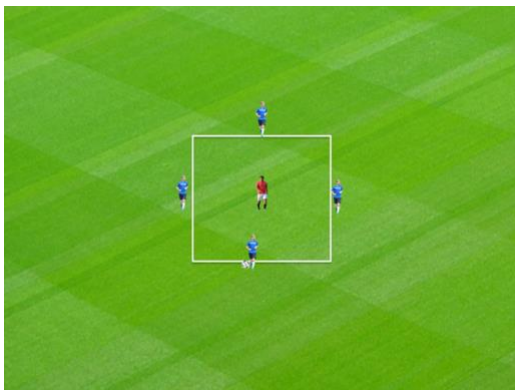
10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

Exercise #1) Barcelona Triangle with 3 variations– 10 minutes

Many variations



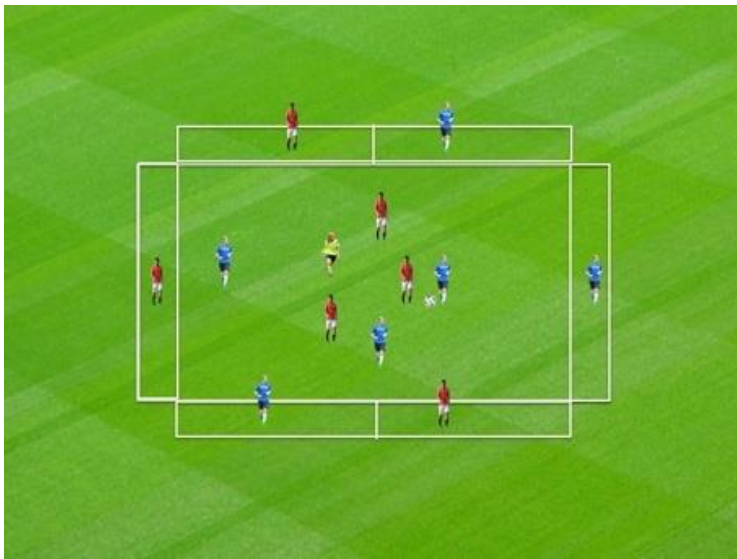
Exercise #2) 4v1 1-touch and can transition into a moving rondo – 10 min



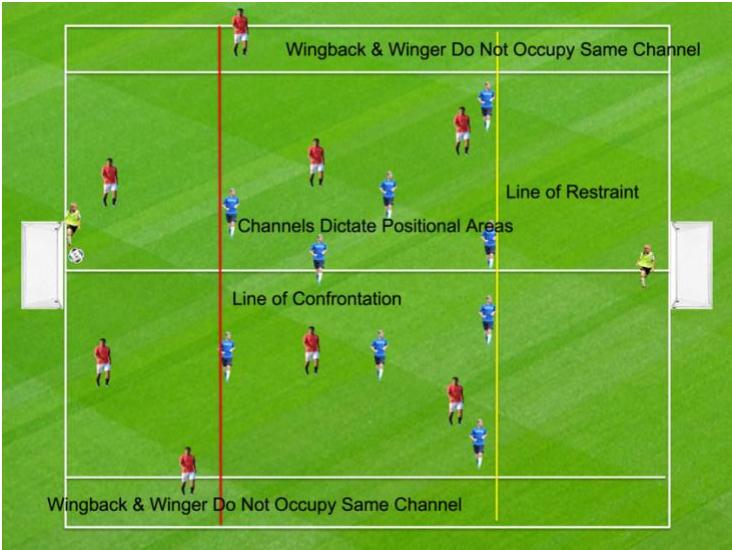
Exercise #3) Positional Exercise – 25 minutes

Rotate inside players every 3 minutes with outside players.

Change touch restrictions of inside and outside players.



Exercise #4) Game Play – 30 minutes





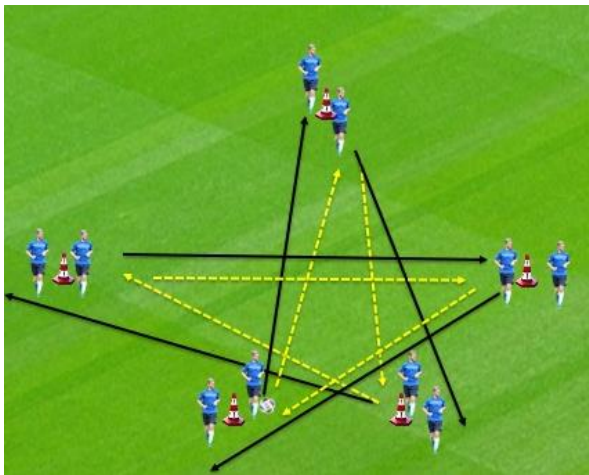
U11 & U12

9v9 Game Model Week #9

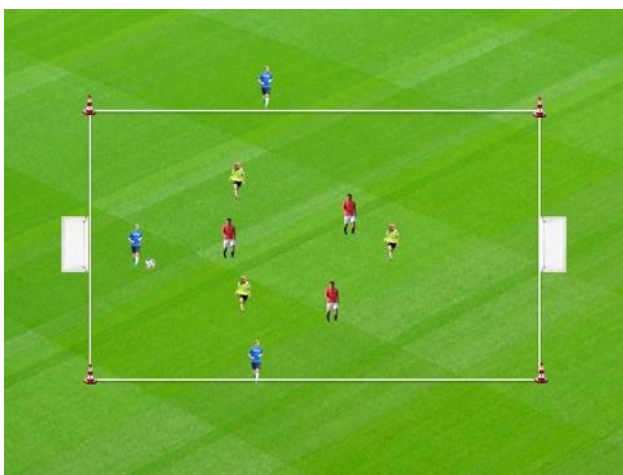
10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

Exercise #1) Passing & Receiving – add variation into the triangle 2-touch/1-touch/combination play – 12 minutes

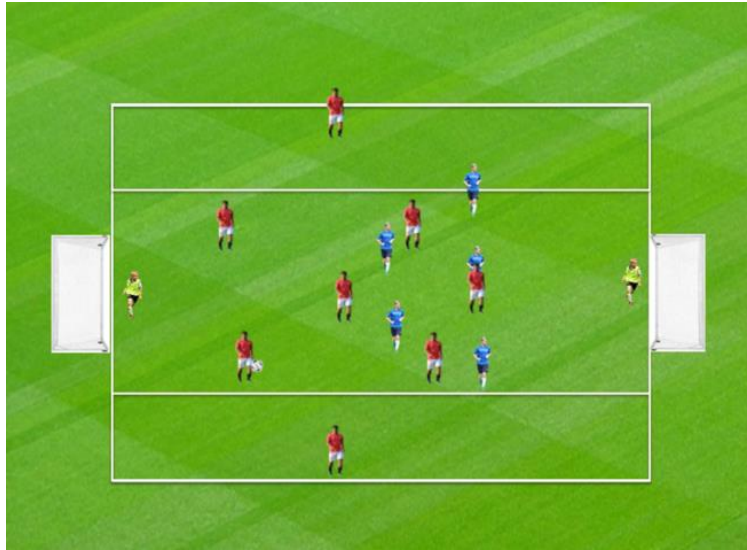
Barcelona star



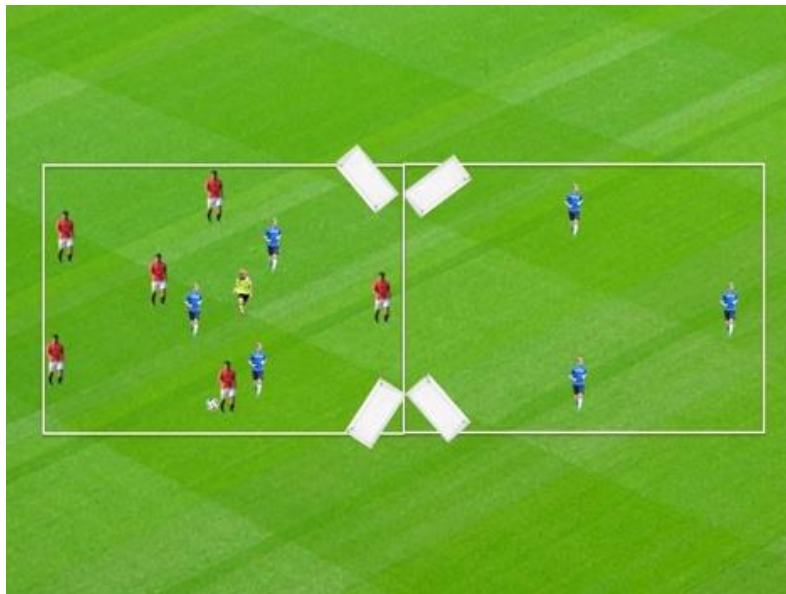
Exercise #2) Positional Rondo – 20 minutes



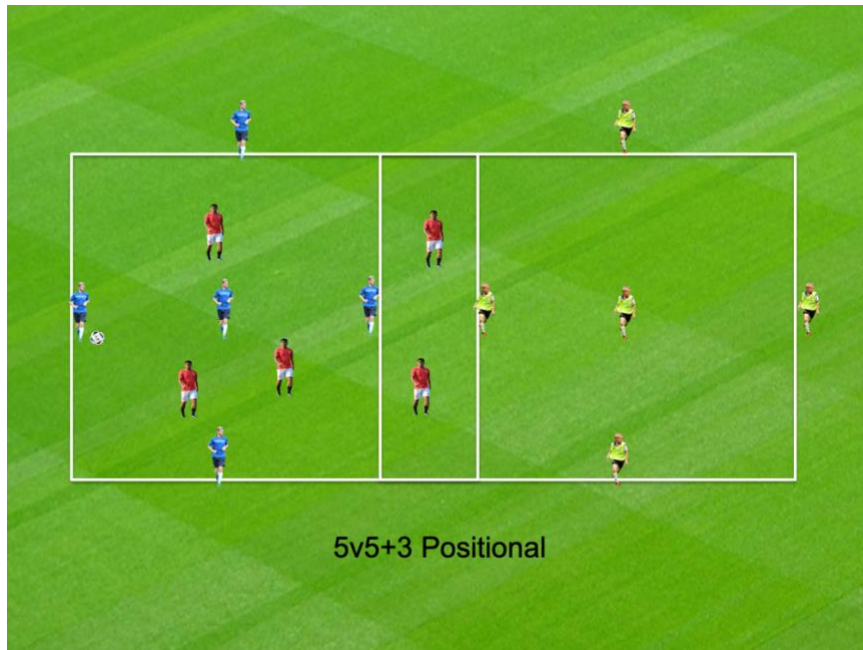
Exercise #3) Attacking 8v5 Lanes for Positioning – 25 Minutes



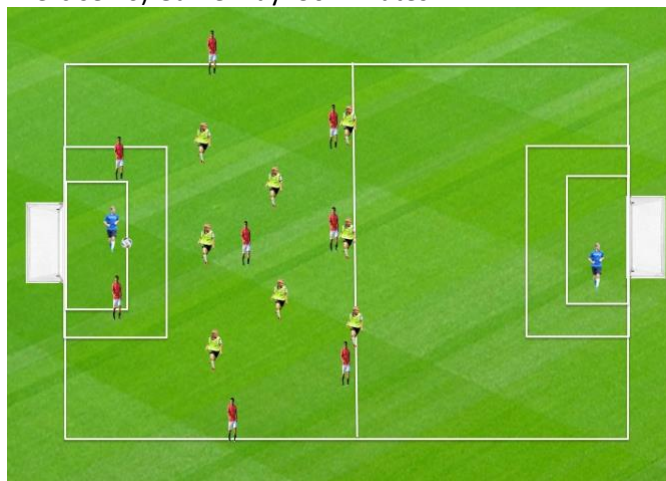
Exercise #4) 6+1v3 Positional Rondo to Small-Goals – team in possession self-organizes into a positional shape as the 1 “plus” player joins the team in possession. The defensive team presses 3 players but this number can be adjusted to fit the level. The team in possession can score on either goal with a 2-touch limit after a set number of passes.



Exercise #5) 5v5+3 Positional Rondo – notice the shape of the blue team in possession. This diamond shape with the player in the middle creates triangles all over the grid. The defending team can send 2 or 3 players to win the ball. After 4 passes the blue team can play into the yellow team. Leave the defending team for 3 minutes straight, then swap out. If the defending team wins the ball, start another ball in the opposite grid.



Exercise #6) Game Play: 30 minutes



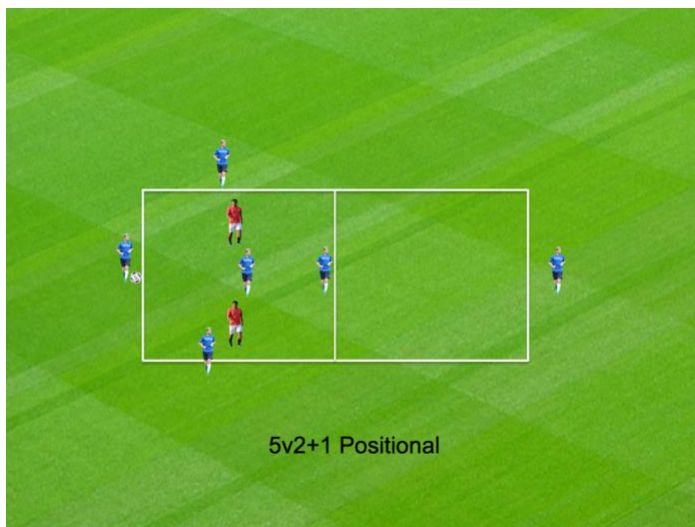


U11 & U12

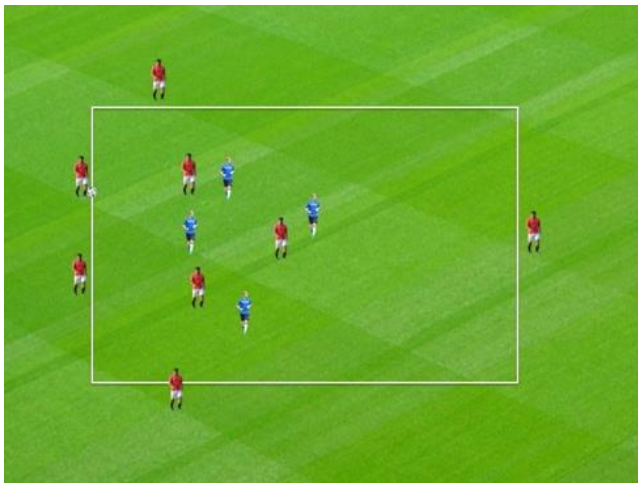
9v9 Game Model Week #10

10 – 15 Minutes Small-Sided Games– Build the games and numbers as players arrive.

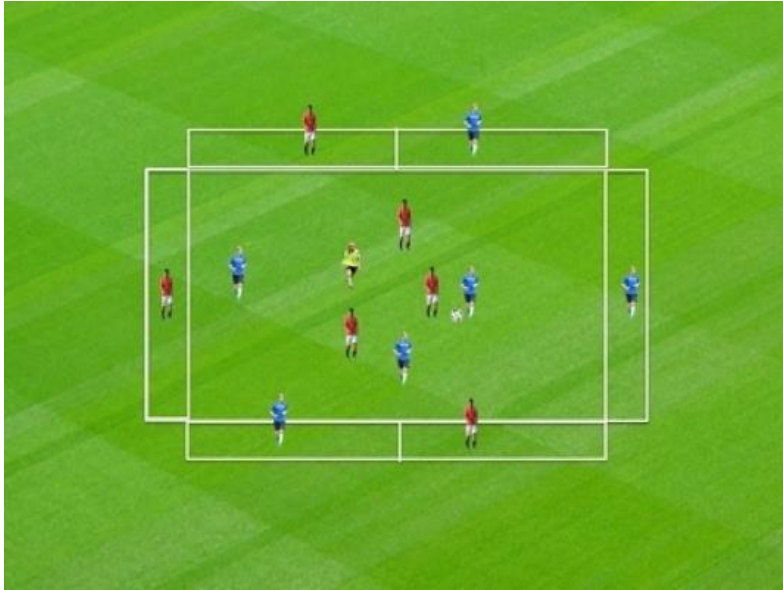
Exercise #1) Transitional Rondo – 10 minutes



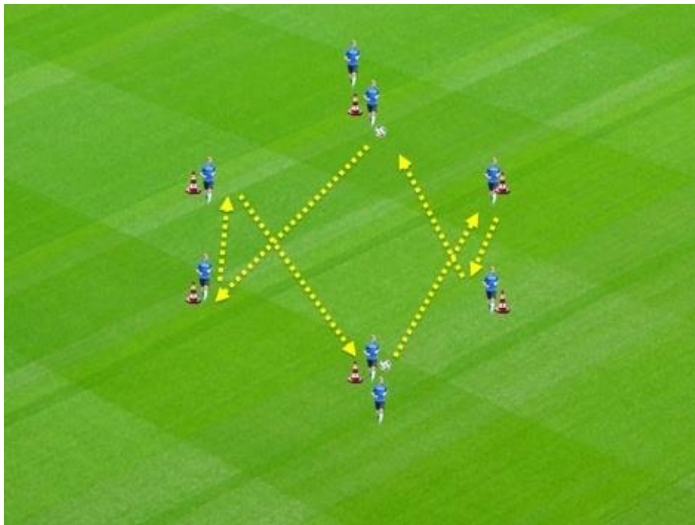
Exercise #3) Game Model Positional – 8v4 – 15 minutes



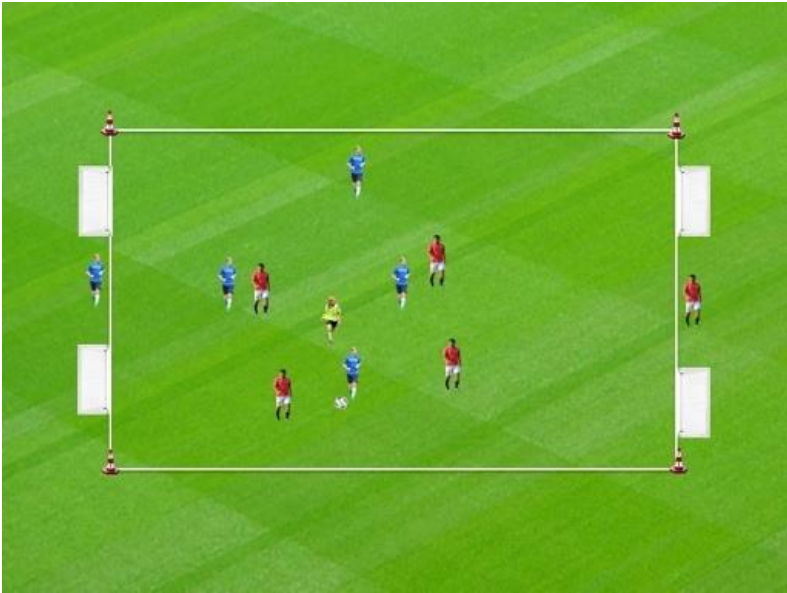
Exercise #4) Possession 4v4+1+3



Exercise #5) Rhythm Passing – 10 min



Exercise #6) Four Goal – Possession switching the attack – 25 min



Exercise #7) Game

