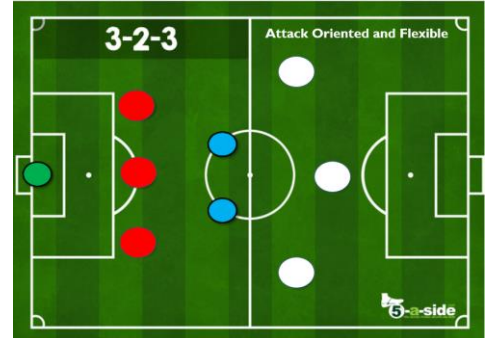
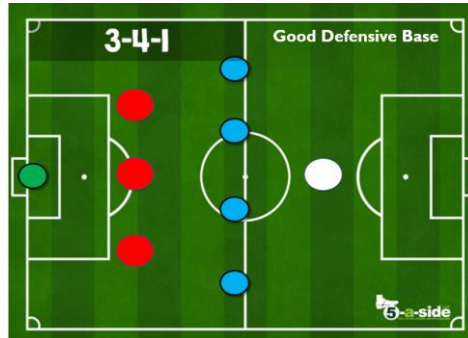
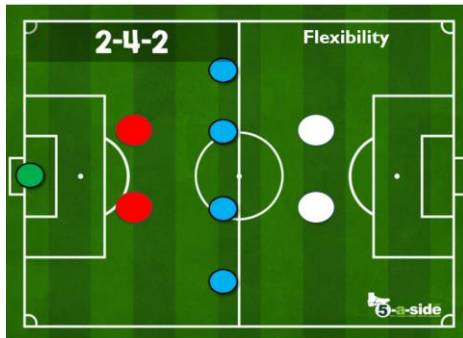
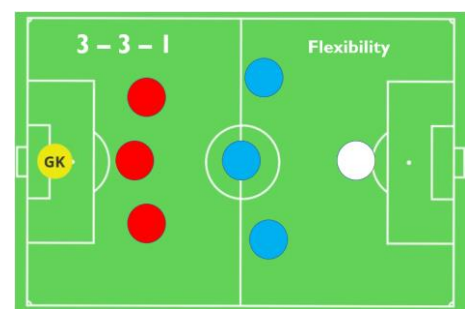
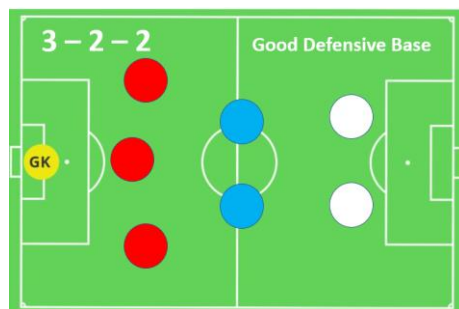
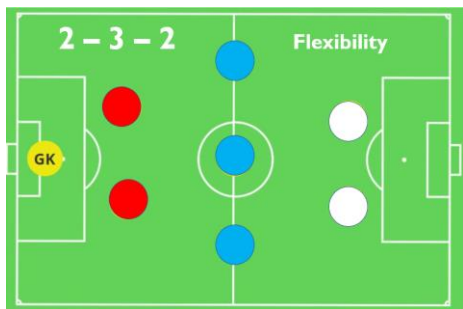


# Valpo Parks Soccer Resources (9U – 12U)

## Example 9 v 9 Formations (12U)



## Example 8 v 8 Formations (9U)



## Positions Explained

### Defenders:

- Your defenders (in red) should be always protecting the goal. Their job is essentially to make your goalie bored most of the game. They do not go past the center line towards the other goal. These kids will be your bigger, taller kids most of the time.

### Midfielders:

- Your midfielders (in blue) will be doing most of your running. They are helping on both offense and defense during the duration of the game. They will hang out towards the middle of the field to help get the ball to the forwards or to help the defenders stop the ball. These should be your quickest kids.

### Forwards:

- Forwards (in white) are your kids on offense. They will stay on the opposite side of the field from their own goalie and only get about around midfield. They players are your more aggressive players in terms of footwork and ball handling/dribbling.

## **Suggested Drills (whole group)**

### **5 v 2 (Rondo)**

- Set your cones up in a square.
- You can use any numbers for this game, however the example uses 5 people around the outside and 2 defenders in the middle.
- Essentially, they are playing monkey in the middle. However, this is an opportunity to focus on communication and paying attention. Your defenders will be practicing how to read body language and understand their opponents next move, while the players on offense will practice looking ahead at what comes next, much like they would in the game.
- This drill should be played fast like the athletes in the video, they should not hold the ball at all. They should stop the ball and pass or cushion the ball as it comes to them.
- Video explanation link: <https://www.loom.com/share/878eeb5dbd7d45febab260e95f1a2270>

### **3 on 2**

- This is a common sports drill to simulate game scenarios very quickly. You will have 3 people on offense heading towards the goal with two defenders trying to stop them.
- The goal is for the offense to score and/or the defense to stop the ball and take it the other way.
  - o You can use this drill to focus in on playing good defense or focus it on moving the ball and communicating on offense. This drill is versatile!
- This drill should continue quickly with the two offensive players that didn't shoot on the goal replacing the two defenders that were there previously.
- Video explanation link: <https://www.loom.com/share/299fb56487c040e693b1f48254247048>

### **3 Man Weave**

- This is a very common sports drill that encourages movement and coordination.
- 3 players will line up with the middle person as the start. The middle person will pass the ball to their right or left (does not matter) and follow their pass to go behind person they passed it to and the cycle will continue from there. You will then pass it back and forth, following your pass, until you get to the other end line.
- Video explanation link: <https://www.loom.com/share/a0ca0d1563b14c4a9d1506cbb3cefa1d>
- Video explanation link: <https://www.youtube.com/watch?v=RICjNaK03ig>

## **Suggested Drills (individual footwork)**

<https://www.youtube.com/playlist?list=PLaSL84U3HNjA5qmz-yDVG78LDROag444m>