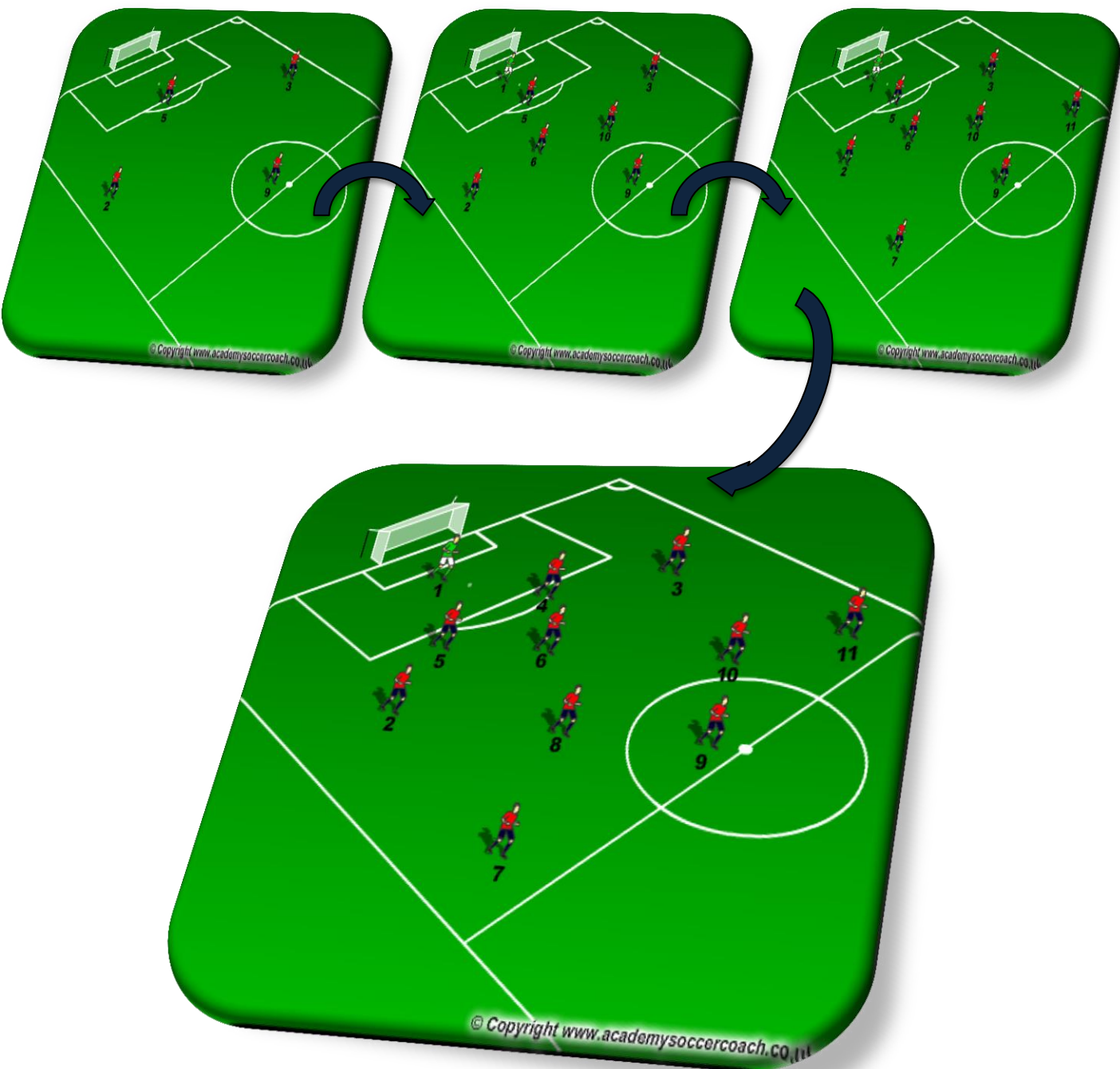




The Academy Way
9 v 9 Methodology
Mansfield Youth Soccer

Numbers



Roles



Offensive Role

- Support player, ability to maintain possession (always an option)
- Distribution (Correct choice – Short option preferable)
- Transition – recognizing moments to play forward quickly

Defensive Role

- Organization of defense
- Playing as a sweeper, providing cover and balance
- Starting positions in reference to the movement of the ball, pressure on the ball, athletic ability and movement of players
- Ability to close down player on breakaway, cut down shooting angles
- Range of the goalkeeper in the box to handle crosses and come off of the line

1

Goalkeeper

Technical Requirements:

- Shot stopping and ball handling – on the ground, below the waist, above the waist, diving, tip-overs, parrying
- Crosses – catching, boxing one and two handed, attacking the ball
- Distribution – throwing, bowling, passing, punting, drop kicking
- Break away – technical aspects
- Receiving



Roles



Offensive Role

- Provide an early outlet
- Establish width in attack
- Play as a flank player, wide midfielder or winger in attack; with the ball and without the ball – look to create 2v1 whenever possible
- Provide support behind the ball and beyond the ball
- Maintain team shape in the attack on the side of the ball and the far side
- Play the ball forward immediately upon winning the ball or run with the ball if unopposed
- Ability to switch roles with 7 and 11 respectively

2 + 3
Full Back

Defensive Role

- Deny penetration on the flanks
- Positional play depending on movement of the ball and players
- Mark opposing wide midfielder
- Pick up opposing forward when they drift into your space
- Provide cover and balance – staying compact
- Tracking and recovery runs
- Ability to adopt 5's role if required

Technical Requirements:

- Passing: Short, driven, lofted and front foot
- Receiving
- Finishing: Close range and distance
- Crossing: Short, flat, deep
- Dribbling to beat an opponent
- Running with the ball
- Heading
- Tackling



Roles



Offensive Role

- Receiving the ball on the ground and in the air
- Distribution of the ball: Safe , secure, progressive
- Support player – always a outlet
- Win the ball and play forward quickly
- Ability to help switch the point of attack
- Hold team shape
- Influence on set pieces
- Ability to switch roles with 6
- Move up to hold desired line of confrontation

Defensive Role

- Marking responsibilities
- Starting position in relation to the ball and movement of players
- Denying, containing and winning the ball
- Proper angles of recovery
- Denying space behind
- Providing cover and balance
- Ability to create density in the direct game channel
- Visual cues when to Intercept, spoil or contain
- Defending numbers up and down
- Hold at the line of confrontation

5

Center Back

Technical Requirements:

- Tackling
- Passing: Short, driven, lofted and front foot
- Receiving
- Long range finishing
- Running with the ball
- Shielding
- Heading
- Turning



Roles



Offensive Role

- Receiving the ball on the ground and in the air
- Distribution of the ball: Safe , secure, progressive
- Support player – always a outlet
- Win the ball and play forward quickly
- Ability to help switch the point of attack
- Hold team shape
- Ability to switch roles with 10 and 9

6

Center Midfielder

Defensive Role

- Organize the players: communication midfielders and forwards
- Provide cover to pressuring defensive players in midfield
- Provide balance in the midfield
- Disrupt the attack
- Delay to attack playing numbers down in defense
- Recovery runs
- Winning the ball in the air and on the ground
- Ability to win 1v1 duels
- Ability to adopt roles 2, 3 and 5

Technical Requirements:

- Receiving the ball in the air and on the ground
- Turning in tight spaces
- Passing: Short, driven and lofted
- Long range finishing
- Ability to play 1 or 2 touch
- Execution of combination plays: 1-2, third man run, overlapping run
- Creating space: Triangle rotation, switch roles, Create space for another
- Dribbling
- Improvisation
- Shielding
- Tackling: Winning the ball
- Heading



Roles



Offensive Role

- Receiving the ball on the ground
- Distribution of the ball: secure, progressive
- Support player – playing between lines
- Win the ball and play forward quickly and break lines
- Ability to help switch the point of attack
- Breaking into the box and finish
- Creation and use of space
- Play 1 or 2 touch
- Combination play to create numbers up
- Creativity in behind 9
- Ability to switch roles with 6 and 9

Defensive Role

- Connect with 6 when creating density in the middle of the park
- Provide balance in the midfield
- Connect with 9: high pressure if required
- Track runners from central midfield
- Recovery runs
- Ability to win 1v1 duels
- Ability to adopt role of 6

10

Attacking Midfielder

Technical Requirements:

- Receiving the ball in the air and on the ground
- Turning in tight spaces
- Passing: Short, driven and lofted
- Ability to play 1 or 2 touch
- Execution of combination plays: 1-2, third man run, overlapping run
- Creating space: Triangle rotation, switch roles, Create space for another
- Close range and long range finishing
- Dribbling 1v1 in tight spaces
- Improvisation and creativity



Roles



Offensive Role

- Receiving the ball on the ground and air
- Distribution of the ball: secure, progressive
- Ability to play on the entire flank
- Establish width in the attack
- Ability to penetrate with and without the ball
- Ability to serve the ball effectively from the flank
- Breaking into the box and finish
- Creation and use of space
- Combination play to create numbers up
- Becomes second center forward if ball is on the far side
- Ability to switch roles with 9 and either 7 or 11 respectively

Defensive Role

- Direct play wide
- The deeper the opposition travel with the ball the deeper 7 and 11 drop
- Provide balance in the midfield
- Connect with 9: high pressure if required
- Track runners: opposition full backs
- Recovery runs
- Ability to win 1v1 duels
- Ability to adopt role of 2 and 3

7 + 11

Wide Forwards

Technical Requirements:

- Receiving the ball in the air and on the ground
- Speed dribbling in flank
- Passing: Short, driven and lofted
- Ability to cross the ball short, flat or deep
- Execution of combination plays: 1-2, third man run, overlapping run
- Creating space: Switch roles, create space for another
- Close range and long range finishing
- Dribbling 1v1
- Improvisation and creativity
- Lose defender in the box



Roles



Offensive Role

- Receiving the ball on the ground and air
- Show for the ball, secure the ball, shift defenders, slip others in, shoot
- Ability to create space in the box
- Establish depth in the attack
- Ability to penetrate with and without the ball
- Breaking into the box and finish
- Creation and use of space – run off the shoulder, peel and split, diagonal runs to flanks
- Combination play to create numbers up
- Ability to get shots away in a crowded box
- Ability to commit the goalkeeper and finish
- Ability to switch roles with 7, 11 and 6

Defensive Role

- Direct play wide and in one direction
- Hold high line when defending
- Stay connected with 6, 7 and 11
- Track runners: Set pieces
- Ability to win 1v1 duels
- Ability to adopt role of 6

9

Center Forward

Technical Requirements:

- Receiving the ball in the air and on the ground
- Speed dribbling 1v1
- Passing: breaking lines, maintain possession
- Ability to cross the ball short, flat or deep
- Execution of combination plays: 1-2, third man run, overlapping run
- Creating space: Switch roles, create space for another
- Close range and long range finishing
- Improvisation and creativity
- Lose defender in the box
- Ability to finish in a crowded box
- Ability to hit different areas of the target

