



GISA U-13 In House Training Objectives

Coaches should schedule practices 1 hour 15 minutes to an hour and 30 minutes long for this age. This is at the coach's discretion.

Play is 8v8 with goalies

Control bouncing balls and air balls "making air balls into ground balls"

Passing range increases with accuracy

Air passes come into play

Emphasis on "First touch"

Support from behind more involved

Flank play becomes more important

Corner kick plays for both offense and defense

Direct kick, indirect kick and kick-off plays

Moves should be used in games

2v1 defending

Pressure/cover/balance defense is introduced

Encourage verbal and visual communication for all positions

A little bit of fitness becomes part of practices

Juggling is important to do regularly

The GISA In House U-13 system of play is a 1 3 3 1 or a 1 2 3 2. The first system deploys a goalkeeper, three defenders, three midfielders and a single forward. The second system deploys a goalkeeper, two defenders, three midfielders, and two forwards.

Tactics is the aspect of player development that will be most impacted by the 8 v 8 environment is tactics. With fewer players on a smaller pitch all players will be continuously involved on "both sides of the ball." At GISA we think in terms of "all players attack and all players defend". This means we do not want to leave our defender standing in front of their defensive goal when their team is trying to score. They need to be at the half way line/midfield at least looking to be involved in the attack. The same goes for the attacking player they should track back to midfield or a little over midfield when their team is defending. All players will be engaged in both offense and defense throughout the match. A much greater demand for tactical **transition** will occur in small-sided games.

- All of these formations allow the players to execute the principles of play
- All players must attack and defend in these systems
- Considerable demand of vision & communication is placed upon the players
- All formations allow the players to:
 - Switch the point of attack
 - Attack the far post on corner kicks & from the flow of play
 - Stay compact

The U13 age group is a transitional age for soccer players. These are players in the throes of puberty. Moving from childhood into adolescence they are going through a myriad of changes emotionally, physically, intellectually and socially. The 8 aside game serves as their bridge into playing the adult soccer game of 11 aside. The U13 age is a fertile learning period. Players at this age can be expected to be more thoughtful in meeting the demands of the game. Small-sided games generate more opportunities for problem solving for the players to work out together. Hence "teamwork" is promoted!

The benefits of 8 a-side soccer for these children far outweigh any logistics or administrative problems created for the adults. Our challenge is to find solutions!