

COACHES CORNER

WEEK 4 SUMMARY

Team Play & Tactical Awareness

WEEK 4 Focus

Soccer is not just individual actions, it's connected decisions.

Strong teams don't rely on talent alone.

They move, think, and react **together**.

1. Spacing Principles

- Space creates time → time creates better decisions
- Use:
 - **Width** (stretch the field)
 - **Depth** (create forward/back options)
 - **Angles** (support around the ball)

Common Issues:

- Bunching around the ball
- Flat positioning (no depth)

Coaching Cue:

"Can we make the field bigger?"

2. Movement Off the Ball

The game is mostly played without the ball

Players must learn to:

- Move after passing (don't stand and watch)
- Create passing options
- Support teammates consistently

Examples:

- Check to / check away
- Overlaps / underlaps
- Supporting angles

Coaching Cue:

"What did you do after you passed?"

3. Transition Mindset

The first 3 seconds after losing or winning the ball matter most

When we lose it:

- Immediate pressure
- React fast

When we win it:

- Play forward quickly
- Exploit space

Key Idea:

- Games are decided in transition moments

4. Communication Habits

- Teams must communicate to stay connected

Types:

- Verbal → calling for ball, organizing
- Visual → body shape, movement
- Emotional → energy, encouragement

Reality Check:

If the coach is the loudest voice... players aren't leading

AGE-BASED FOCUS

Younger (U6–U10):

- Shape & width
- Spread out, avoid bunching

Middle (U11–U14):

- Support angles
- Movement after passing
- Simple rotations

Older (U15–U18):

- Pressing triggers
- Tempo control
- Tactical awareness