

# OREGON FUTBOL ACADEMY



# 9V9 PRACTICE PLANS

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## WEEKLY PRACTICE SCHEDULE

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### INTENTIONAL PLAY, 15 MINUTES

When you arrive, set up 2 small fields with goals and pinnies. Start playing 1v1 with your kid. As more players show up, have them join a team on either field to keep them even. As you are playing, take breaks every few minutes and ask some of the guided questions on the next page.

### DYNAMIC STRETCHES, 5 MINUTES

- Jog forward
- Jog backward
- Side shuffle right
- Side shuffle left
- Walking lunges
- Alternating kicks
- High knees
- Bottom kickers
- Frog jumps
- Toe taps on ball
- Juggle ball

### CORE ACTIVITY, 25 MINUTES

Instructions for each week's activities are provided on the following pages. On the eighth week, repeat any of the activities that were helpful for your team. Use extra time on core activity if less time is needed for skills/drills.

### SKILLS DRILLS, 15 MINUTES

- Kick-off  
*Pass to a player on your team*
- Throw-ins  
*Two hands, over your head, feet planted, behind the line*
- Goal kicks  
*Kick to sides*
- Corner kicks  
*Kick to middle*
- Dribble  
*Keep the ball close*
- Passing  
*Flat surfaces of foot—inside, outside, laces*
- Shots on goal
- Give and go  
*Pass, then run to goal*

### SCRIMMAGE, 30 MINUTES

- Defending: *Focus on kicking the ball away from center, dribbling/passing up the sideline*
- Attacking: *Focus on spreading out, dribble/pass up the sideline, then go toward the center to receive a pass and take a shot*
- Positions: *Where to stand at kick-off, throw-ins, goal kicks, corner kicks, diamond formation*
- Attitude: *Encourage good sportsmanship, positive attitude, and kind words*

## GUIDED QUESTIONS FOR INTENTIONAL FREE PLAY

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1. How many goals did you score? What can you do to score more goals? (Focus on attaching; create 1v1s and 2v2s; finish faster)
2. What should you do if you see an opening? (Shoot)
3. What if the goal is blocked? (We need to create an opening)
4. How do you create an opening? (Make the opponent move; beat the opponent; give and go)
5. How can you create a 1v1 or 2v1? (Spread the field and pass to a wing player, who pushes forward and tries to create a 1v1 or 2v1)
6. What do you do when the opponent closes down one wing? (Look for an opening in the middle, or behind, and play the ball out of pressure by switching it to the opening)
7. What do you do if you see an opening? (Shoot first, pass second, dribble third)
8. Defenders, where should you steer the attackers to protect the goal? (Away from the goal, onto the wing)
9. Who should pressure the ball? (The defender closest to the ball)
10. How do you apply pressure? (Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer)
11. What type of stance should you use while defending 1v1? (A staggered stance with one foot in front of the other)
12. As one player steps to apply pressure, what should the other defenders do? (Slide over to cover the openings)
13. What should you do when you're the defender in a face-to-face 1v1 on the wing? (Pressure the opponent; if they dribble toward you, match their speed and try to force them toward the sideline; block them from shooting or crossing)
14. How do you create the space you need to build a solid attack? (Make the field as big as possible; push forward and use the full width of the field)
15. What's a good formation to use for that? (A 1-2-1 diamond formation)
16. What are the central defender's options for building the attack? (Dribbling, square pass, forward pass)
17. How should wing players receive the ball? (Hips open and across the body)
18. What do you do when opponents immediately start trying to disrupt your attack? (Stay calm, build the attack in a controlled way, and play safe combinations to move the ball forward into the opponent's half)
19. How do you create the space you need to build a solid attack? (Make the field as big as possible; push forward and try to engage individual opponents; use the full width of the field)
20. How do you keep opponents from moving forward? (Apply pressure on the ball carrier)
21. How should you position yourself to do that? (Cover the pressuring defender if he/she gets beat off the dribble, but also cover the passing lane)
22. How far away should you be when providing cover? (Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move)
23. As a group, what do you need to do to keep opponents away from your goal? (Form a compact block, move with the ball)
24. What's your job if you're the defender closest to the ball? (Put pressure on the ball; block forward passes and dribbling runs)
25. Which path should you always block? (The direct path to the goal)
26. So where do you want the attacker to go? (Outside or away from the goal)

27. How can you beat the defender 1v1? (Dribble past him/her)
28. How should you do that? (Try a move or a fake to get the opponent to move in one direction, and then accelerate past the defender in another direction)
29. How can you beat the defender 2v1? (Force him/her to move)
30. How do you cover the field when you're in possession? (Spread out as much as possible in all directions)
31. How can you set yourselves up to break through on the wings? (Draw opponents to one side by using slow passes, then quickly switch the attack to the other side)
32. How do we work together to protect our goal? (Get compact and block the passing lanes)
33. What are some clues to steal the ball? (Attacker's head is down or he/she makes a bad touch)
34. Who should apply pressure? (The closest defender to the ball)
35. How do each of the other defenders help? (By getting tight together and communicating the direction to force the opponents)
36. How do we work together to close the openings? (Form a compact unit and block forward passing lanes)
37. How do we communicate that? (By encouraging our teammates to challenge the opponent with specific instructions like "move left" or "pressure the ball")
38. What do we do if they change the point of attack? (Move together with the ball)
39. Who should try to steal the ball? (The closest defender to the ball)
40. Where do we want to force them? (Towards a covering teammate or backwards to their goal)
41. Why is it good to win the ball in the opponent's half? (We're close to their goal & closer for us to score)
42. How can we keep them from moving the ball forward? (Work together to close the openings)
43. Where should we try to force them to move? (Towards a covering teammate or backwards into their own goal)
44. As a covering defender, how can you stay involved by communicating? (By telling the pressuring defender the direction to force the opponent)

## WEEK 1/PRACTICE 1—SCORING GOALS: 2V1 +1 IN THE MIDDLE

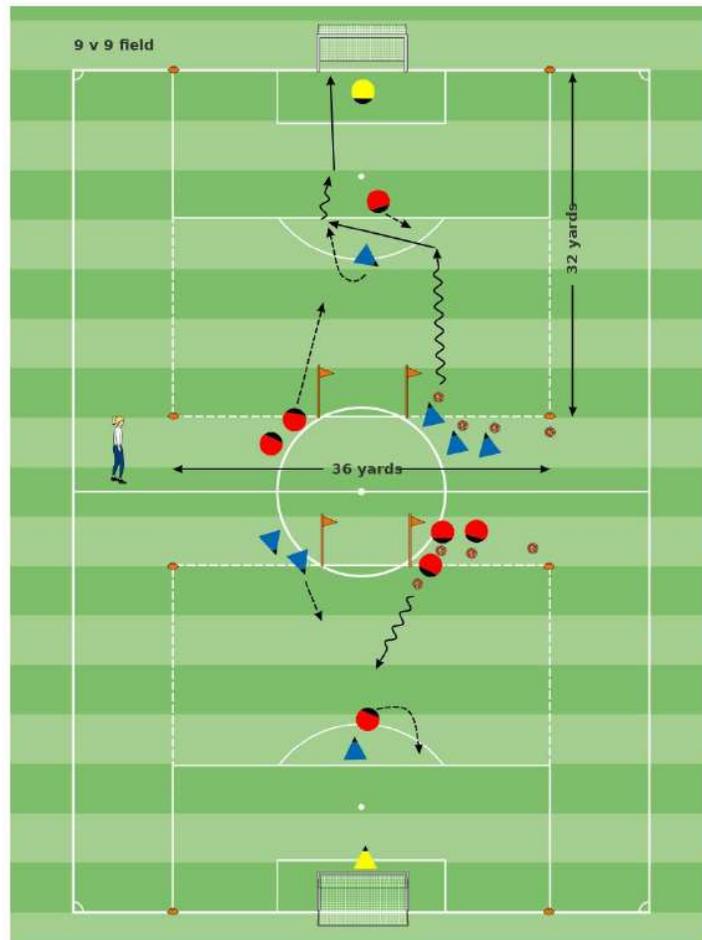
Mark out two 32x36-yard fields. Assign attackers and defenders to starting positions as shown. Players play 2v1+1 (second defender runs in from behind). Play begins as soon as the ball starts moving forward and continues until a goal is scored. The defenders try to win the ball and score on the goal line.

### GUIDED QUESTIONS

- 1) How do you handle a 2v1 when you've got the ball? (Quickly dribble forward to engage the defender, then pass the ball off to my teammate)
- 2) What should the forward do? (Get open while maintaining eye contact with the ball carrier and accelerating forward—but don't run offside!)
- 3) What else can you do when you have the ball? (Go 1v1 against the defender, dribble past on the outside, and finish the goal)

### VARIATIONS

- 1) To make the activity less challenging, remove the second defender.
- 2) To make the activity more challenging, make the field only 20 yards wide.



## WEEK 1/PRACTICE 2—SCORING GOALS: 5V2 ON ONE GOAL WITH GOALKEEPER

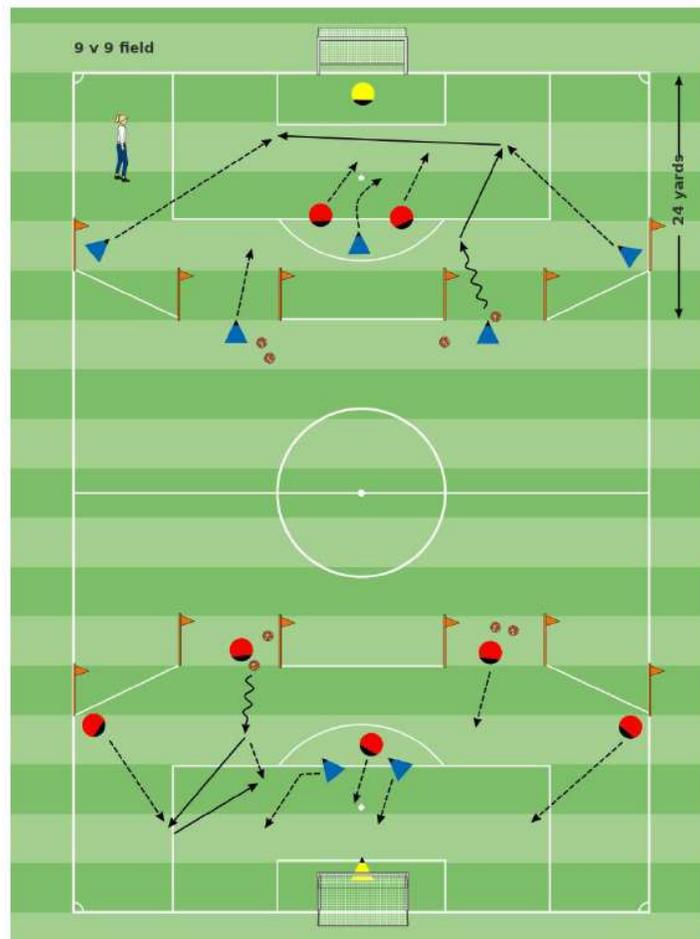
Mark out two fields as shown. Assign five attackers, two defenders, and one goal keeper on each field. Teams play 5v2+GK. Free play: Attackers begin in their starting positions and try to finish on the goal as quickly as possible. The defenders counterattack by passing through the goal lines. Which teams scores more goals in 3 minutes?

### GUIDED QUESTIONS

- 1) What should you do when you have the ball? (Look for a shot)
- 2) What if you can't shoot? (Quickly dribble forward toward the defenders, engage one, and then pass the ball off to my teammate.)
- 3) How can players without the ball support the attack? (Look to make complimenting runs near post, far post, and in front of the goal)

### VARIATIONS

- 1) To make the activity less challenging, same as core activity, except with one defender in the middle and one in the backfield.
- 2) To make the activity more challenging, play 4v3 with two defenders in the middle and one midfielder in the backfield. The red midfielder makes a recovery once the play begins.



## WEEK 2/PRACTICE 1—PREVENTING SCORING: 1V1 ON ONE GOAL WITH GOAL KEEPER & 2 GOAL LINES

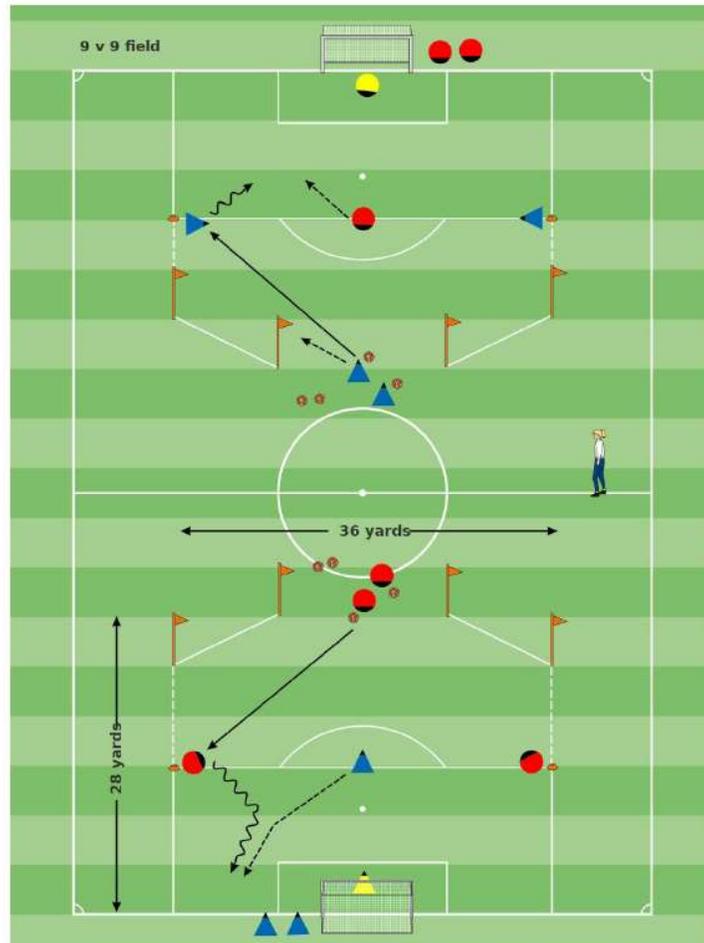
Mark out two 28x36-yard fields, each with one goal and two goal lines. Position four attackers, three defenders, and one goalkeeper on each field as shown. The central attacker starts the 1v1 with a pass to either teammate, then runs to that player's position. The defender reacts by running forward and trying to stop the receiver from getting the ball.

### GUIDED QUESTIONS

- 1) Defenders, what's your top priority in this situation? (To defend the goal)
- 2) How do you do that? (Immediately get between the goal and the opponent, block the path to the goal, and force the attacker away from the goal.)
- 3) Which side do you definitely not want the attacker to break through on? (The inside)
- 4) Why? (Because he or she has a better angle to shoot)
- 5) How do you apply pressure? (Close down the space by using long steps to cover the ground, and then short, choppy ones as I get closer; keep a staggered stance)

### VARIATIONS

- 1) To make the activity less challenging, use only one wing attacker. Make sure players stay in their assigned positions.
- 2) To make the activity more challenging, the central attacker chooses a wing attacker (by calling the name), who dribbles onto the field for the 1v1.



## WEEK 2/PRACTICE 2—PREVENTING SCORING: 5V5 +2 ON ONE STANDARD GOAL & 2 MINI GOALS

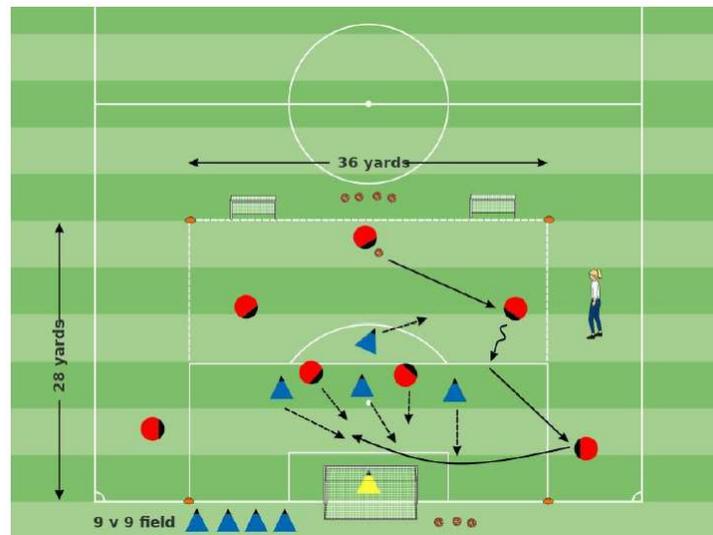
Mark out a 28x36-yard field. Choose seven attackers (red), eight defenders (blue), and one goalkeeper. Divide the defenders into two groups of four. Teams play 5+2v5 on one standard goal and two small goals. Outside players are not allowed to dribble into the box. Red always starts with the ball. Play four-minute rounds. Switch positions.

### GUIDED QUESTIONS

- 1) Defenders, what's your top priority when the ball is this close to our goal? (We have to protect the goal)
- 2) How do you do that? (Defend as a compact unit; actively pressure the ball carrier; move with the ball; block shots)
- 3) What should you do when the attackers pass to one of the outside players? (Drop back toward the goal; stay compact in the middle; mark opposing forwards tightly by staying with runners)

### VARIATIONS

- 1) To make the activity less challenging, teams play 5+2v6. Switch out three defenders after each round.
- 2) To make the activity more challenging, teams play 7v5. The field is also 10 yards wider and the outside players are now inside the field.



## WEEK 3/PRACTICE 1—BUILDING UP IN OWN HALF: 2V1 ON END ZONE

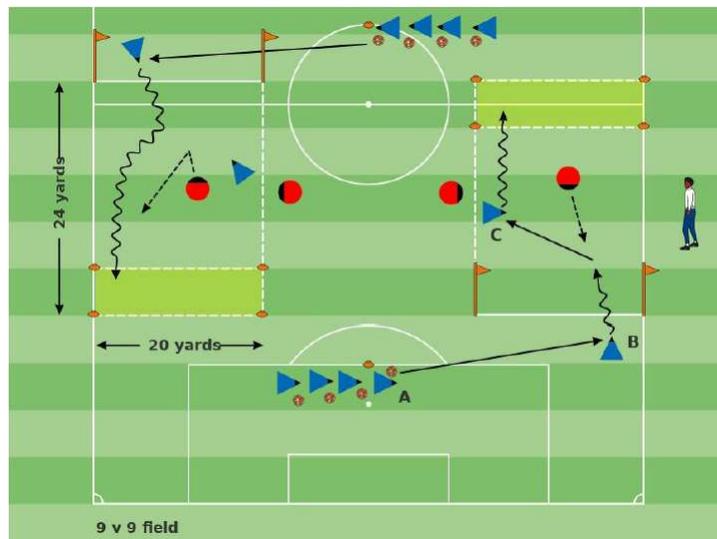
Mark out two 24x20-yard fields with end zones. Choose four defenders (red) and 12 attackers (blue) and position them as shown. Player A passes to B, who dribbles onto the field to join C attack 2v1 on the end zone. The defender tries to win the ball and score on the goal line. Afterward, the attackers rotate counterclockwise.

### GUIDED QUESTIONS

- 1) How do you take advantage of a 2v1 when you've got the ball? (Quickly dribble forward to engage the defender, then pass the ball off to my teammate.)
- 2) What should you do if the defender steps to your teammate instead? (Dribble past the defender on the outside)
- 3) What should your teammate do? (Get open by showing for passes away from the defender and take the ball directly forward)
- 4) How should players receive the ball? (Hips open and across the body. Use the inside of the foot with the heel down/toe up)

### VARIATIONS

- 1) To make the activity less challenging, players play 3v1.
- 2) To make the activity more challenging, use a 24x12-yard field.



## WEEK 3/PRACTICE 2—BUILDING UP IN OWN HALF: FROM 4V3 TO 5V4

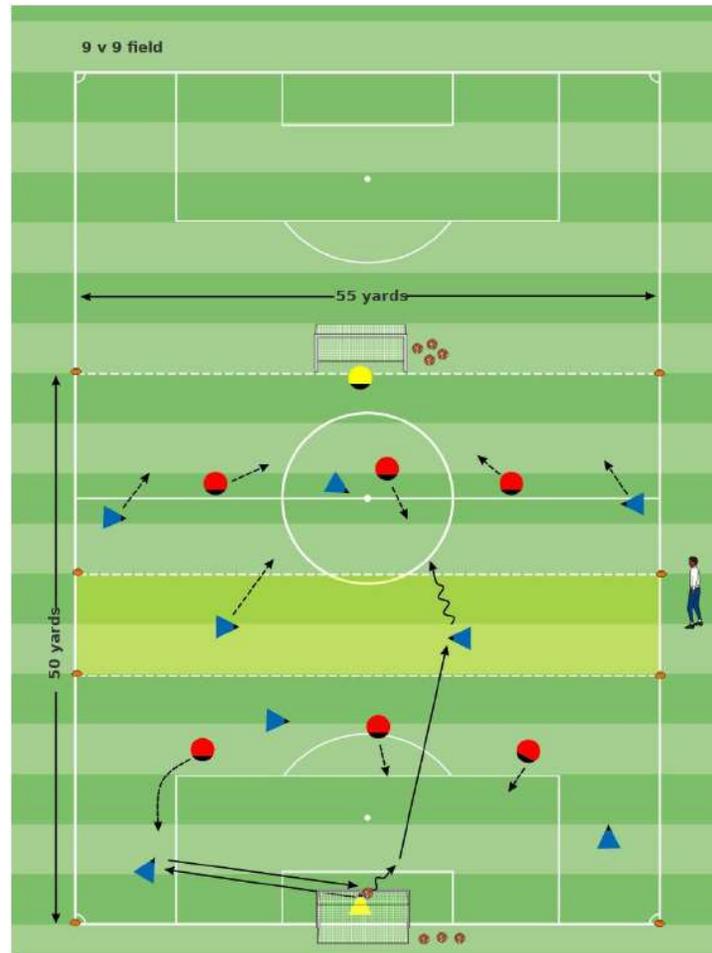
Divide a 55x50-yard field into three zones. Divide players into team of 9 and 7 (blue and red) and assign them to zones as shown (1-3-2-3). Blue starts out attacking 4v3. If they can successfully pass into the center zone, they then attack 5v4 on red's goal. Red tries to win the ball and score on blue's goal. Play is restarted by blue.

### GUIDED QUESTIONS

- 1) On distributions, where should the outside defenders show for the ball? (Just outside the penalty box sidelines, close to the endline)
- 2) Why? (To make the field as big as possible)
- 3) How should they position their bodies? (Open up hips to face up the field)
- 4) After they receive the ball, how should they build the attack? (Take the ball forward and look for potential receivers.)
- 5) What if they can't do that? (Stay calm, "peel" away or pass to the keeper to switch the point of attack)

### VARIATIONS

- 1) To make the activity less challenging, blue starts out attacking 4v2. The third defender stays on the center zone boundary and tries to intercept passes.
- 2) To make the activity more challenging, the field is only 36 yards wide.



## WEEK 4/PRACTICE 1—PREVENTING OPPONENT FROM BUILDING UP IN OUR HALF: 2V2 ON END ZONES

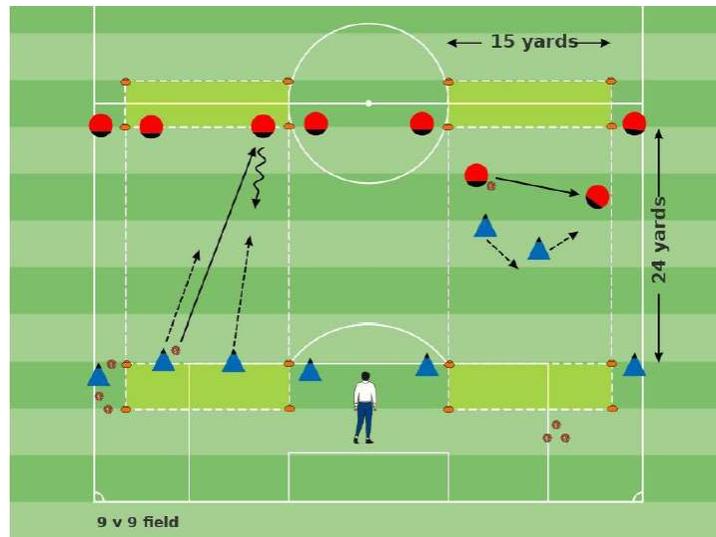
Mark out two 24x15-yard fields, each with two end zones. Divide players into two teams and have them line up in pairs by the end zones. The defenders pass the ball to the attackers, and then they play 2v2. Players attack on the end zones (dribble or pass into teammate's path to score). The offside rule goes into effect at the centerline.

### GUIDED QUESTIONS

- 1) Why should you run forward after the opening pass? (To apply pressure as quickly as possible)
- 2) What's your job when you're the one closer to the ball? (To stop the ball carrier, force his/her head down or to take a bad touch)
- 3) What about the other defender? (Provide cover)
- 4) How far away should you be when providing cover? (Close enough to apply pressure if the other defender gets beat, but not too close that we could get beat with one move)
- 5) How else do you help each other? (By calling out who has pressure, who has cover)

### VARIATIONS

- 1) To make the activity less challenging, the fields are only 10 yards wide.
- 2) To make the activity more challenging, the fields are 20 yards wide.



## WEEK 4/PRACTICE 2—PREVENTING OPPONENT FROM BUILDING UP IN OUR HALF: 8V8 ON END ZONES

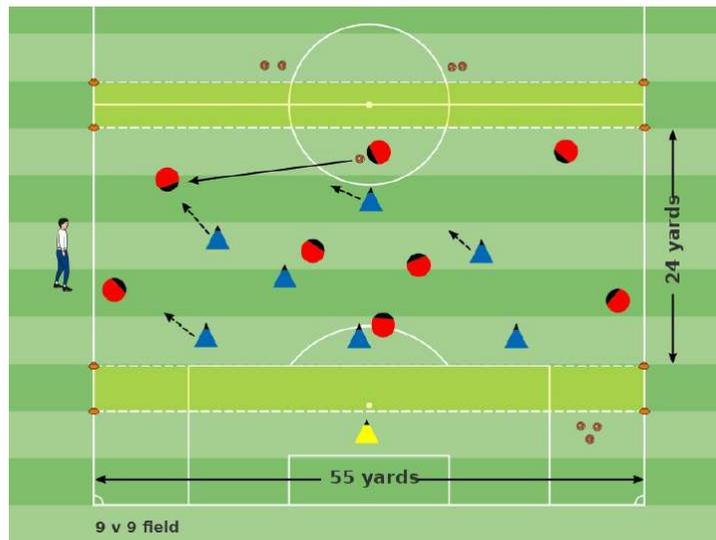
Between the centerline and the penalty box, mark out a 55x24-yard field with 5-yard-deep end zones. Teams play 8v7+goalkeeper (red v blue). Red attacks in a 3-2-3 formation. To score, they must either dribble or successfully pass into the end zone. Blue defends in a 1-3-3-1 formation. If they win the ball, they can score by dribbling into the end zone.

### GUIDED QUESTIONS

- 1) As a group, what do you need to do to keep opponents away from your goal (or end zone in this case)? (Form a compact block and move with the ball)
- 2) What should you do as the defender closes to the ball? (Put pressure on the ball; block forward passes and dribbling runs; mark the attackers closest to the ball)
- 3) Which passing options do you need to cut off? (Forward passes)
- 4) What kinds of passes do you want to force them to play instead? (Back passes or square passes)
- 5) How can the GK help in defense? (By organizing the players in front of him/her)

### VARIATIONS

- 1) To make the activity less challenging, teams play 8v8 on two end zones. Both teams play 3-2-3 formations.
- 2) To make the activity more challenging, teams play 9v6. Blue can score by dribbling into the end zone or passing to either goalkeeper.



## WEEK 5/PRACTICE 1—BUILDING UP IN OPPONENTS HALF TO CREATE CHANCES: 6V4 ON 2 GOALS EACH

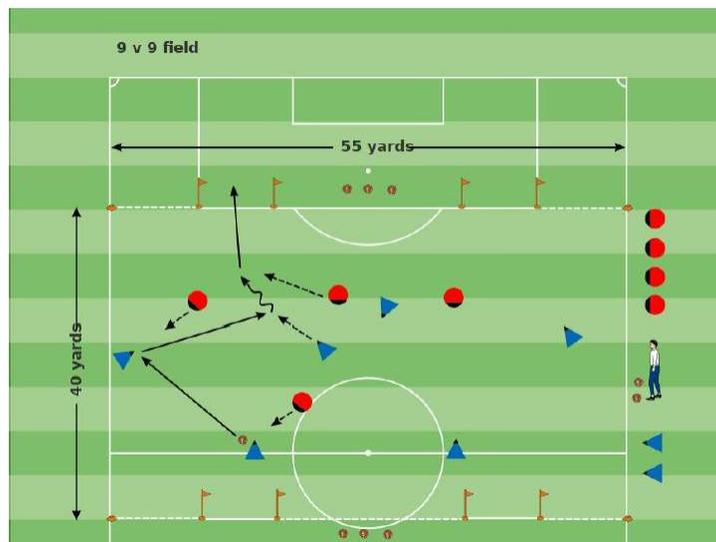
Mark out a 40x50 yard field with two goals per team. Teams play 6v4. The attackers (blue) must dribble or pass on the ground to score. The defenders can only score on ground balls. After a goal, blue starts a new attack. Use kick-ins for restarts. Rotate players every three minutes.

### GUIDED QUESTIONS

- 1) Where is your best chance to score? ("Over there")
- 2) Why? (Because it is less crowded)
- 3) How can you help the ball carrier? (Try to get more attackers than defenders around the ball)

### VARIATIONS

- 1) To make the activity less challenging, teams play 6v3 and can only score on ground balls.
- 2) To make the activity more challenging, teams play 6v5.



## WEEK 5/PRACTICE 2—BUILDING UP IN OPPONENTS HALF TO CREATE CHANCES: 9V7 ON END ZONES

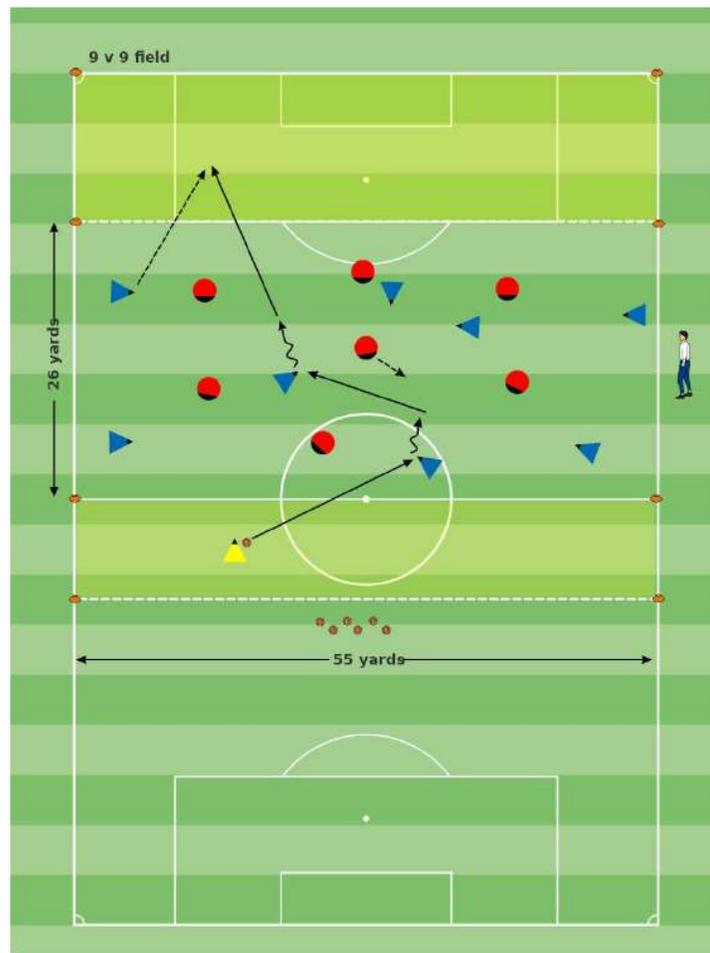
Between the centerline and the penalty box, mark out a 26x55-yard field with end zones. Teams play 9v7. Blue attacks in a 1-3-2-3 formation. To score, they must either dribble or successfully pass into the end zone. Blue's goalkeeper begins the attack with hands or passes (no punting) and remains actively involved (available for back passes).

### GUIDED QUESTIONS

- 1) Where on the field do you have the best chance of breaking through to the end zone if the opponent is central? (On the wings)
- 2) How can you set yourselves up to score? (By quickly switching the point of attack)
- 3) How can you best take advantage of a switch of play? (Dribble forward immediately; use our extra players; create 1v1s; use diagonal runs to create passing options behind the opponent's defense)

### VARIATIONS

- 1) To make the activity less challenging, same as core activity except there is a goal and a goal keeper. Red defends in the center zone. If blue breaks through, attackers and defenders all follow.
- 2) To make the activity more challenging, teams play 8v8. Blue attacks from the end zone and can use it to build the attack. Red can only defend in the center zone.



## WEEK 6/PRACTICE 1—PREVENTING BUILDING UP IN OPPONENTS HALF: 4V4 TO TWO LARGE GOALS (A)

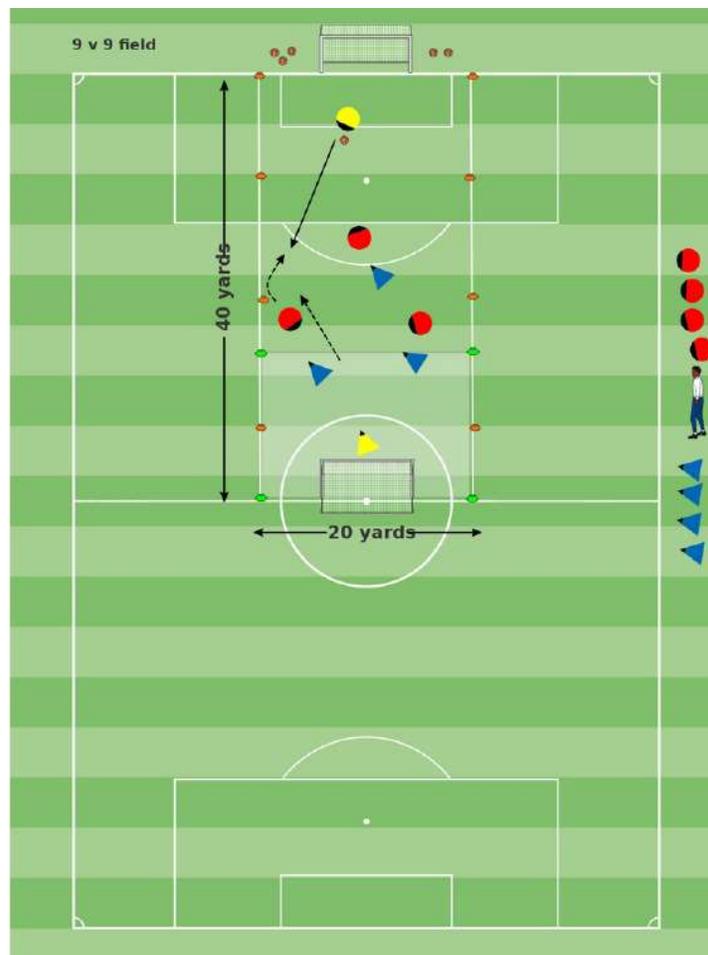
Mark out a 40x20-yard field. Red (1-1-2; one defender and two midfielders) vs Blue (1-2-1; two midfielders and one central forward). Red starts outside of the box except GK who begins play feet or hands. Rotate players every 2-3 repetitions and between teams. Option to set up a 2<sup>nd</sup> field.

### GUIDED QUESTIONS

- 1) How should the first defender react to the opening pass? (Close the openings by sprinting towards the attacker with long steps and then short ones as I get close)
- 2) What are the other clues to steal the ball? (Bad pass/touch, or when his/her head is down)
- 3) Where should the other two defenders look? (At both the ball and the open players)
- 4) How can the other two defenders help? (Block the passing lanes and provide specific communication)
- 5) What are some specific communications that you can use to help? (“Force to the middle” or “shift”)

### VARIATIONS

- 1) To make the activity less challenging, blue adds a midfielder. Option to add another goalkeeper for red to rotate.
- 2) To make the activity more challenging, both teams add a midfielder.





## WEEK 7/PRACTICE 1—PREVENTING BUILDING UP IN OPPONENTS HALF: 5V6 LARGE GOAL TO 3 SMALL

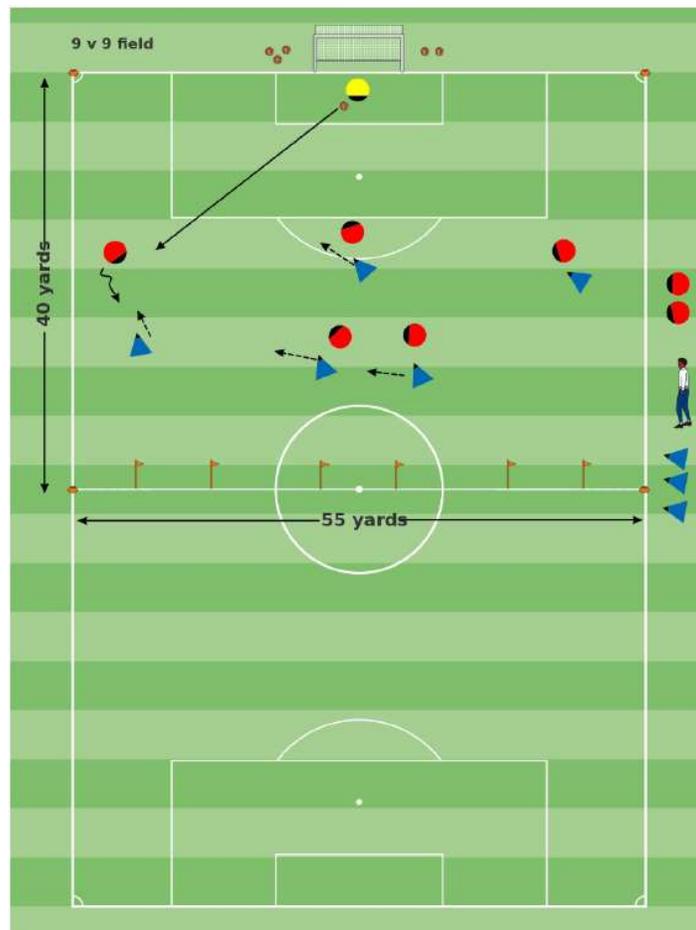
Mark out a 40x55-yard field to play 5v6. Red (1-3-2) scores by passing to three small goals and blue (2-3) plays to a large goal. Free play with regular restarts until a goal is scored, then return to starting position and red's goalkeeper begins a new play. Rotate players every 2-3 repetitions and between teams.

### GUIDED QUESTIONS

- 1) What are your signals to start pressing? (Bad pass/touch, or when his/her head is down)
- 2) How do we work together to close the openings? (Form a compact unit to block forward passing lanes)
- 3) How do we communicate that? (Encourage teammates to challenge the opponent; use specific instructions like "move left" or "pressure the ball")
- 4) What do we do when they play square passes or change the point of attack? (Move together with the ball)
- 5) What do we do if they play a backwards pass to their goal? (Step forward together, and pay attention to players running into space behind us)

### VARIATIONS

- 1) To make the activity less challenging, red only has one midfielder.
- 2) To make the activity more challenging, red has 6 players on the field and one target player in the endzone. Blue has 5 players on the field and one defender in the endzone. Both endzone players can move anywhere inside the endzone. Red can score by either passing (to the target or any other player) or dribbling into the endzone.



## WEEK 7/PRACTICE 2—PREVENTING BUILDING UP IN OPPONENTS HALF: 8V8 LARGE GOAL TO 3 SMALL

Mark out a 50x55-yard field to play 8v8. Red (1-3-2-2) starts with the ball and blue (3-2-3) defends the three small goals. After each play, players return to their starting positions, and red's goalkeeper starts a new attack.

### GUIDED QUESTIONS

- 1) What are your signals to start pressing? (Bad pass or touch, when the attacker's head is down, or a backwards pass)
- 2) Where should we try to force them to move? (Towards a covering defender, a weaker opponent, or backwards)
- 3) As a covering or balancing defender, how can you stay involved by communicating? (By telling the pressing defender the direction to force the opponent.)
- 4) What should you do when an attacker without the ball moves through your zone? (Pass him/her on to a teammate by communicating)

### VARIATIONS

- 1) To make the activity less challenging, red only has one forward (1-3-2) and Blue plays 1-3-2-3 and defends one large goal with goalkeeper.
- 2) To make the activity more challenging, red attacks a large goal. Both teams play 1-3-1-3.

