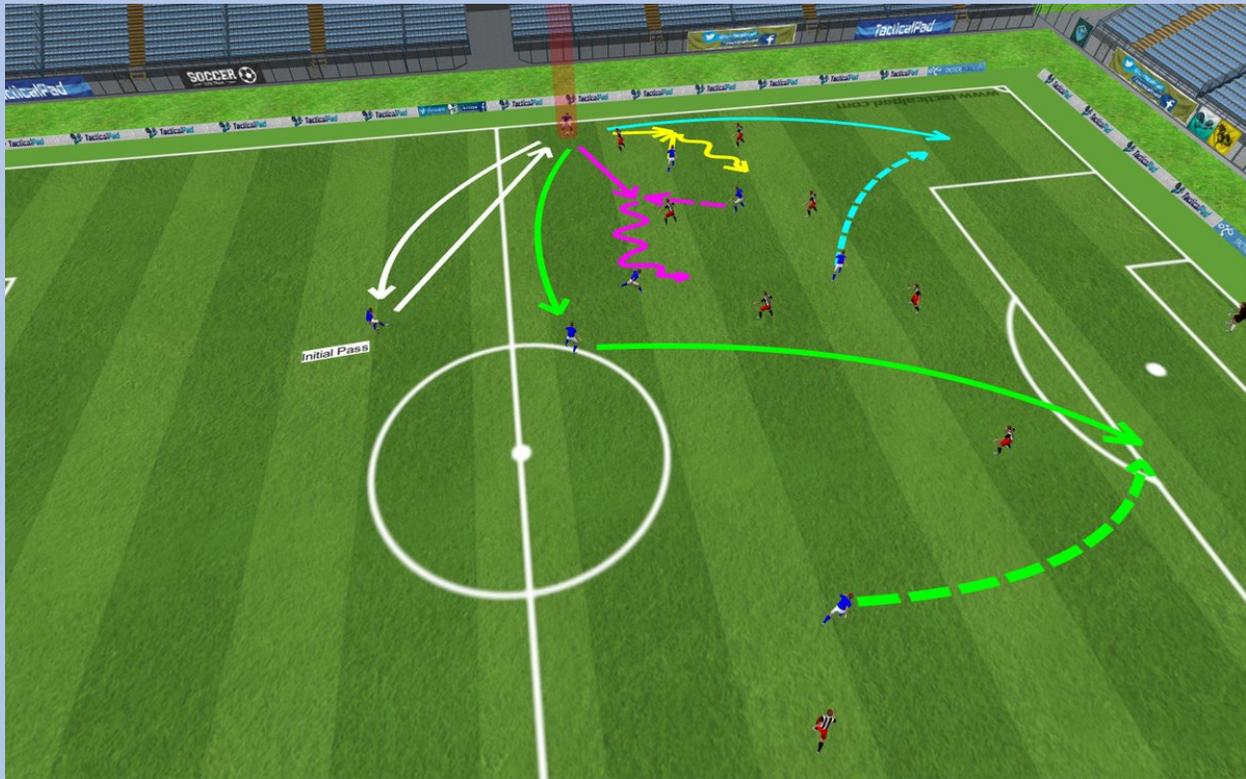
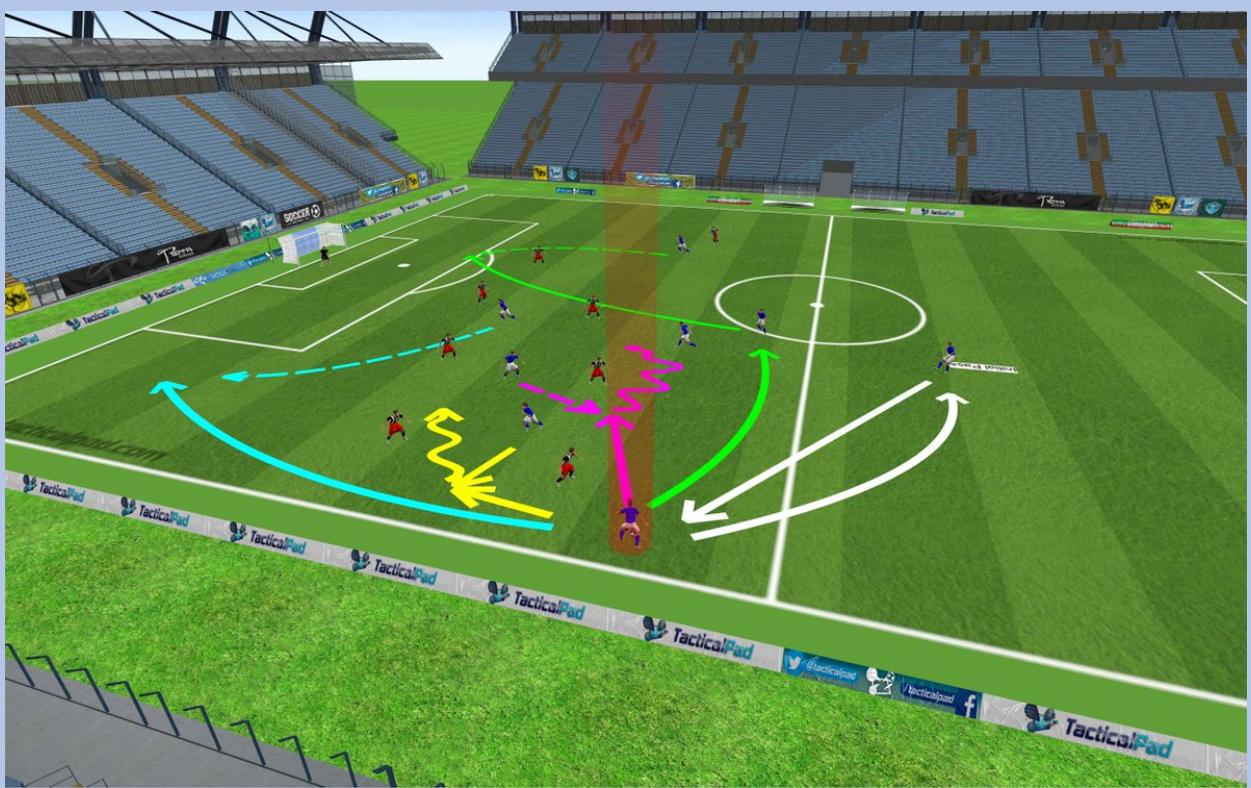
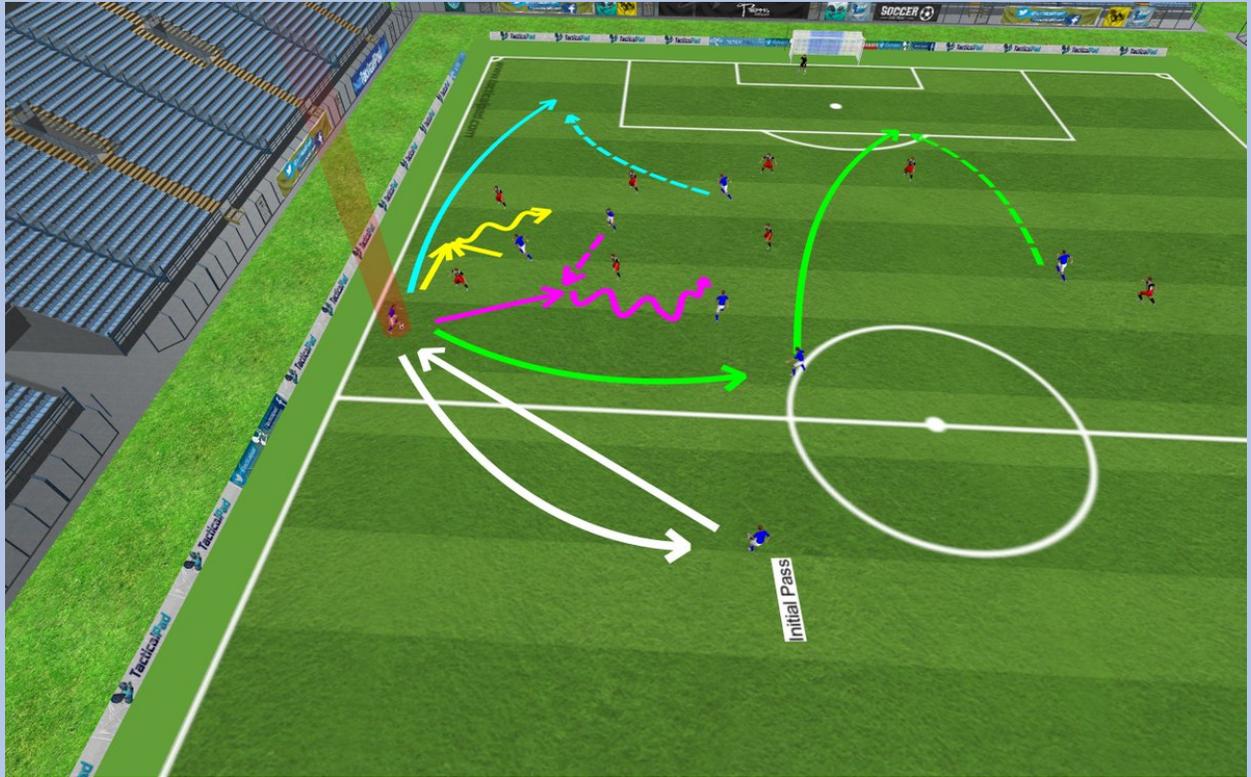


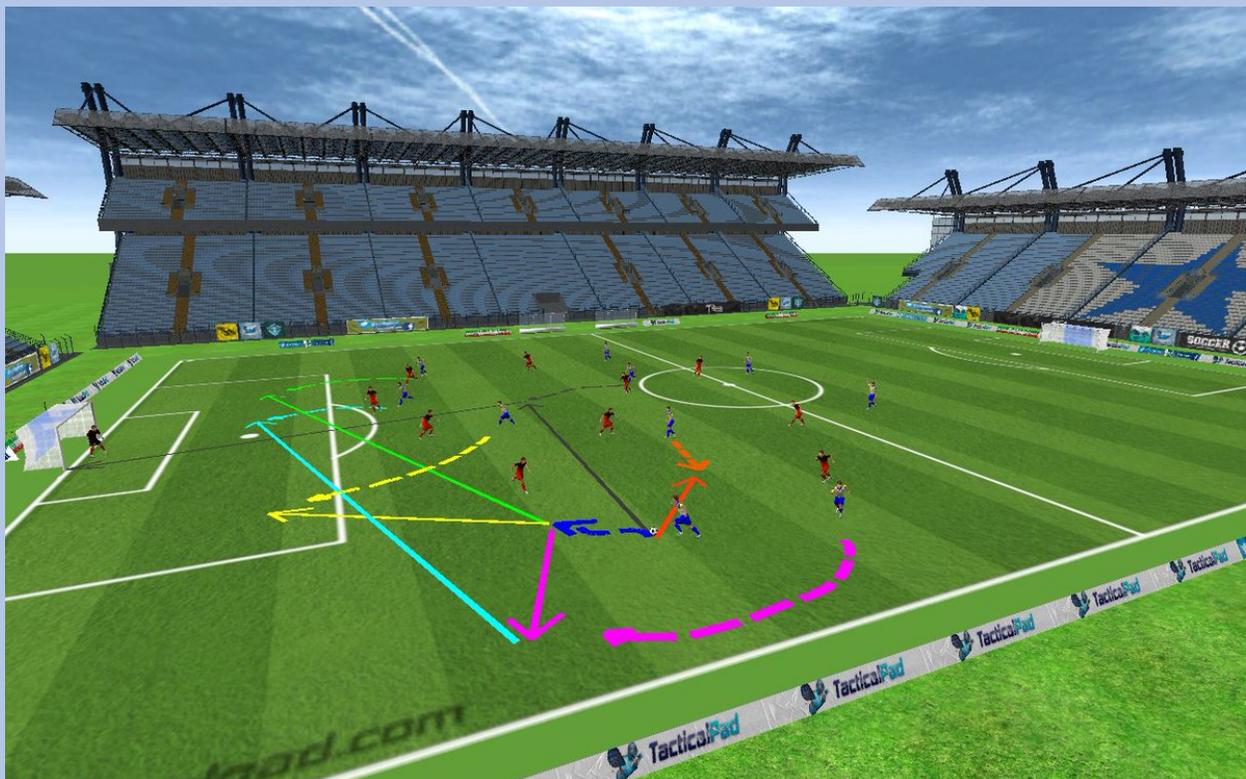
The #3 just received the ball across the body from the center back. What options presented may be the most effective pass? Why? Analyse the picture and consider risk vs reward factors of the decision you would make on the ball..

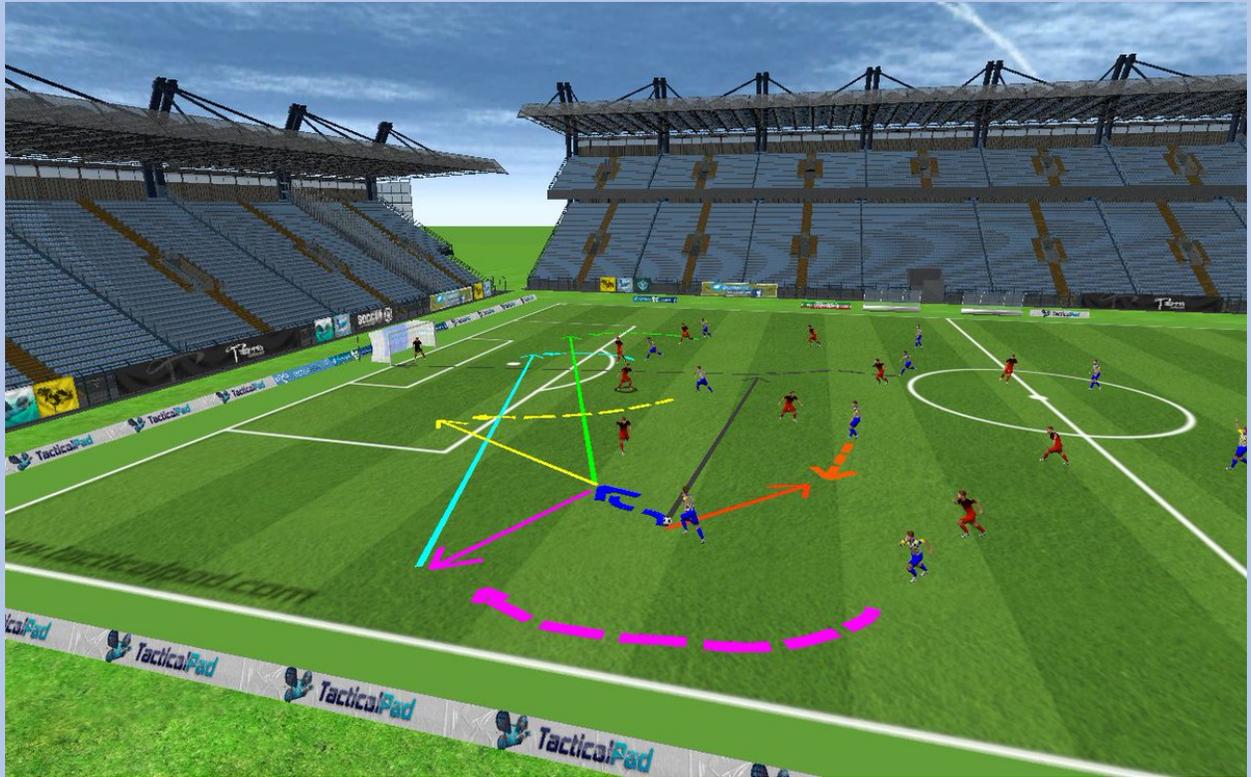






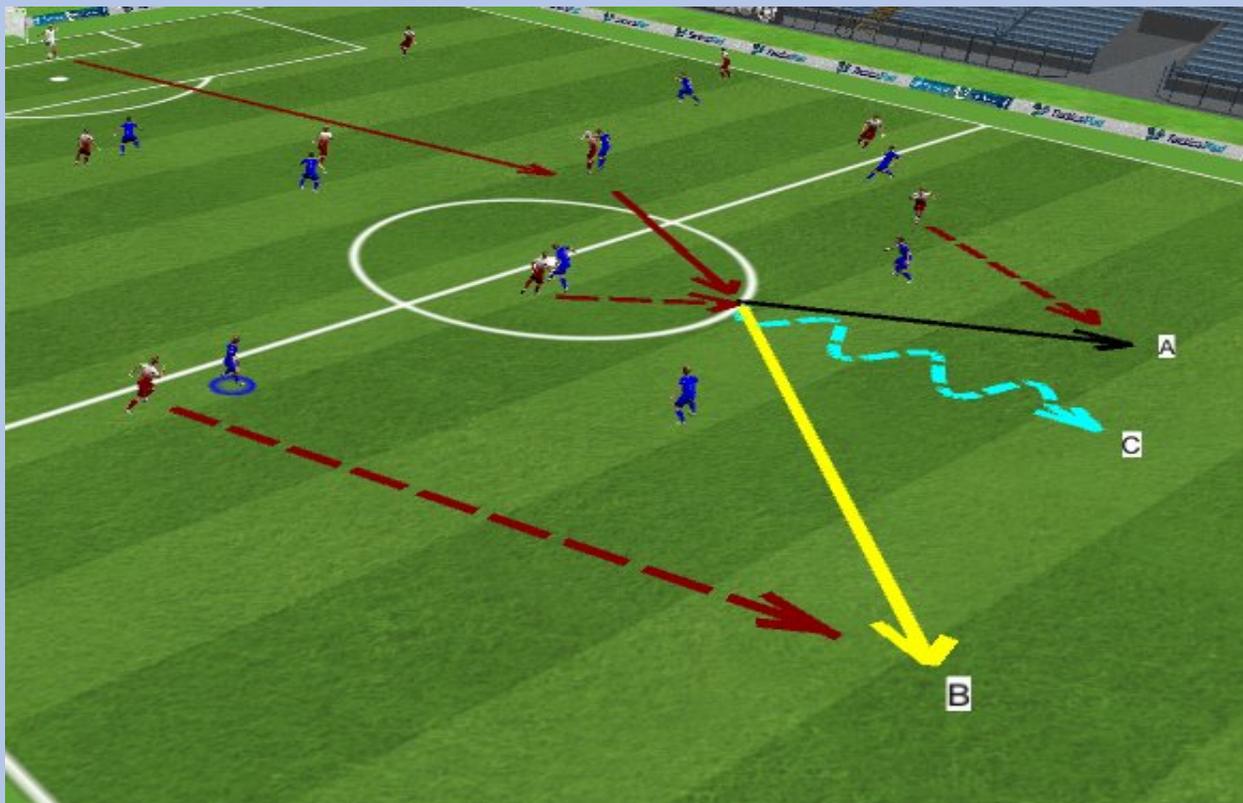
The 11 is cutting in from the left. With multiple forward runners supporting the attacking break, does 11 serve early towards the far post? Wait for the overlapping 3, or slip the 10 into the box on the ground? **Have players discuss and share their visions & why**

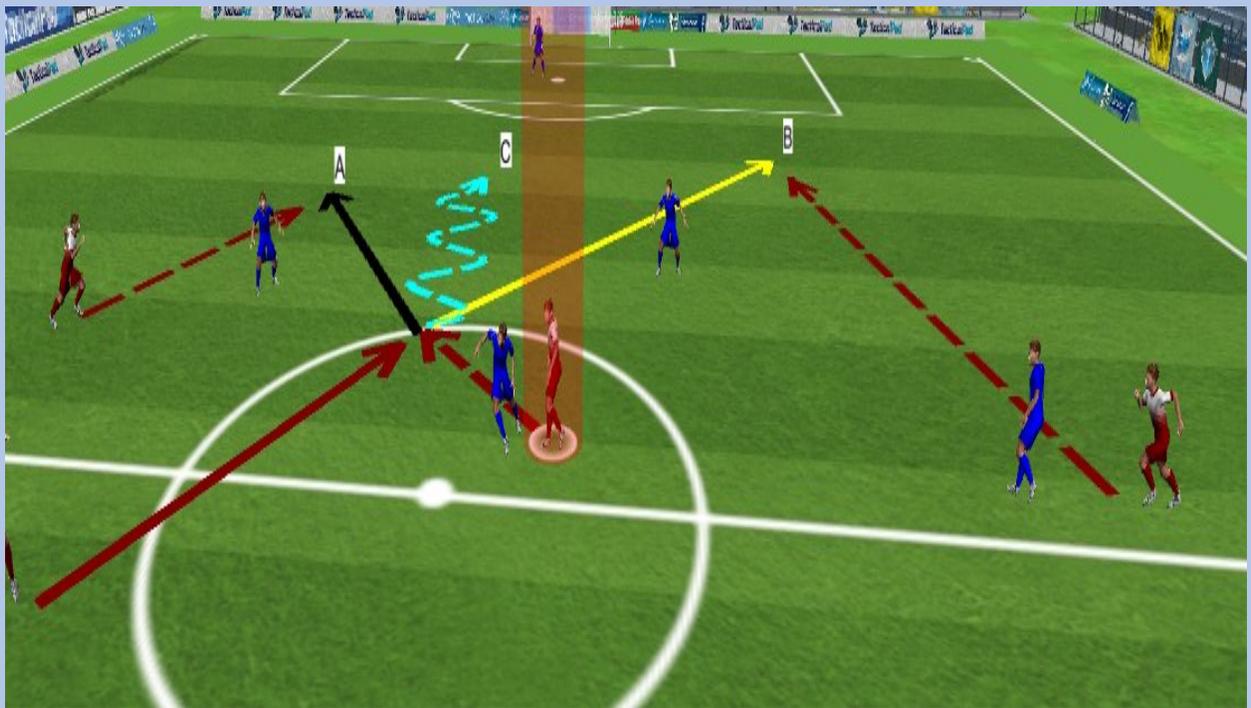
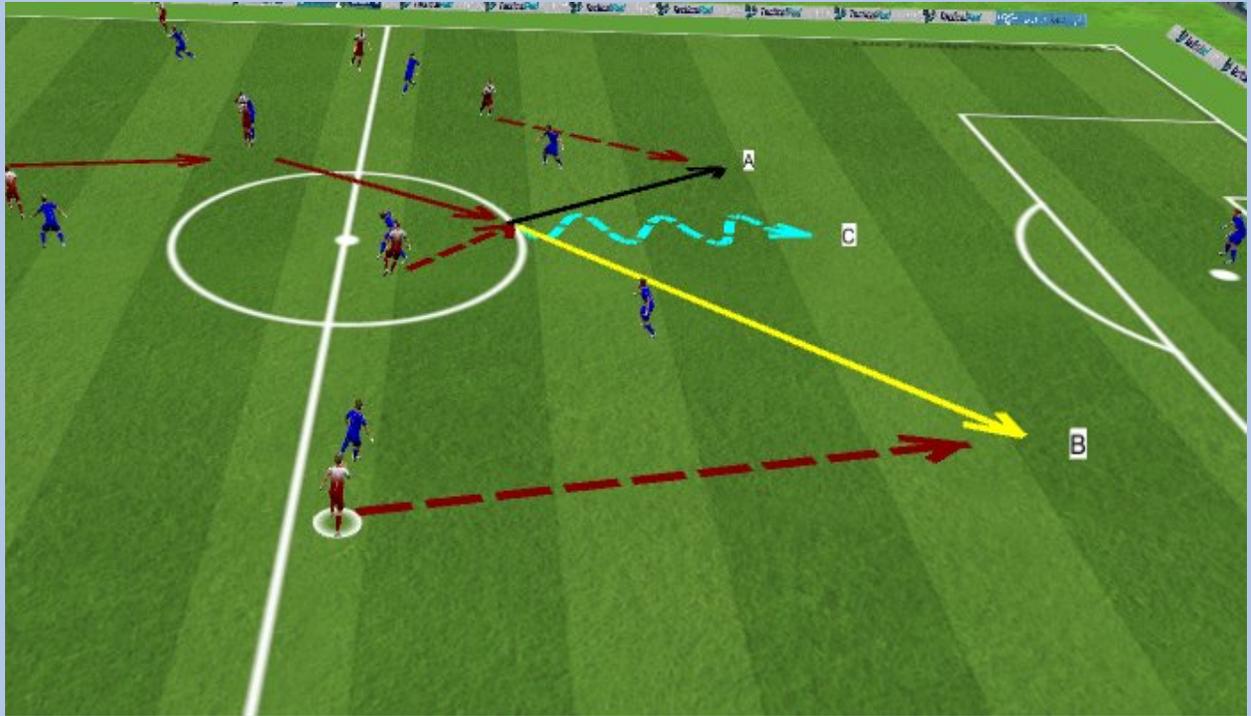




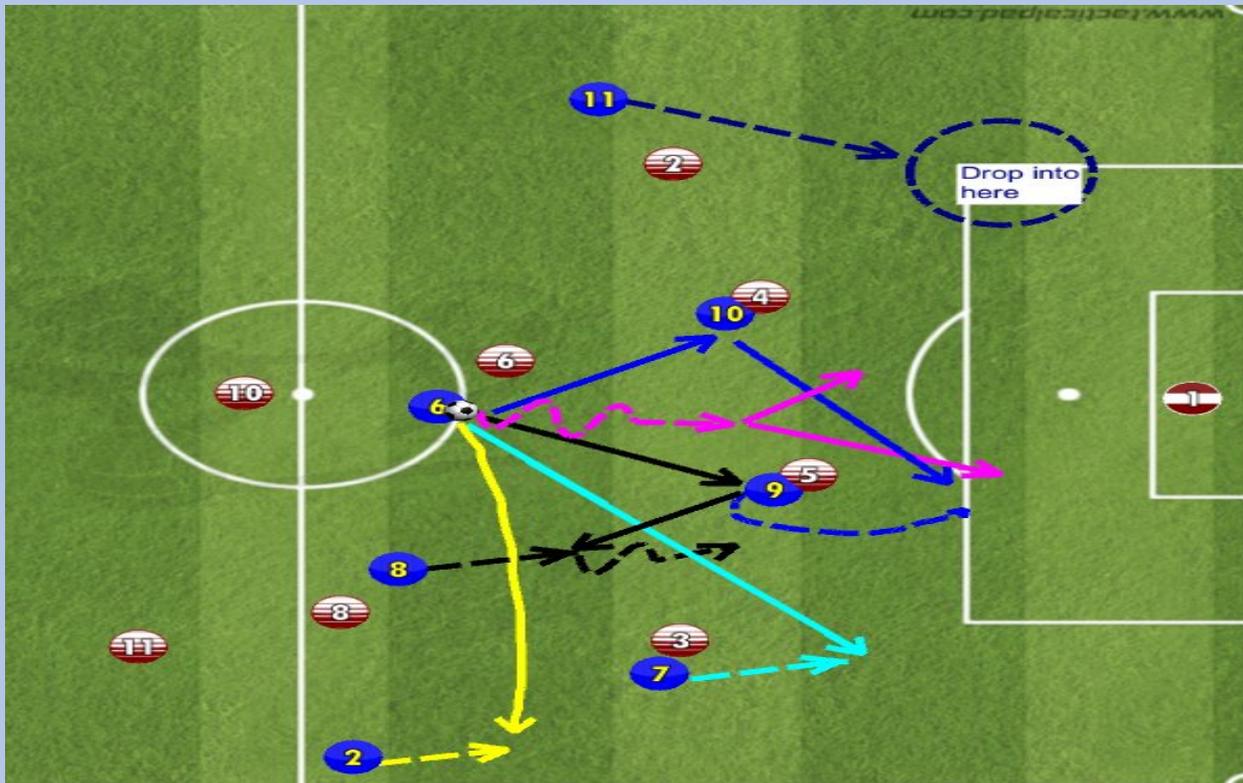


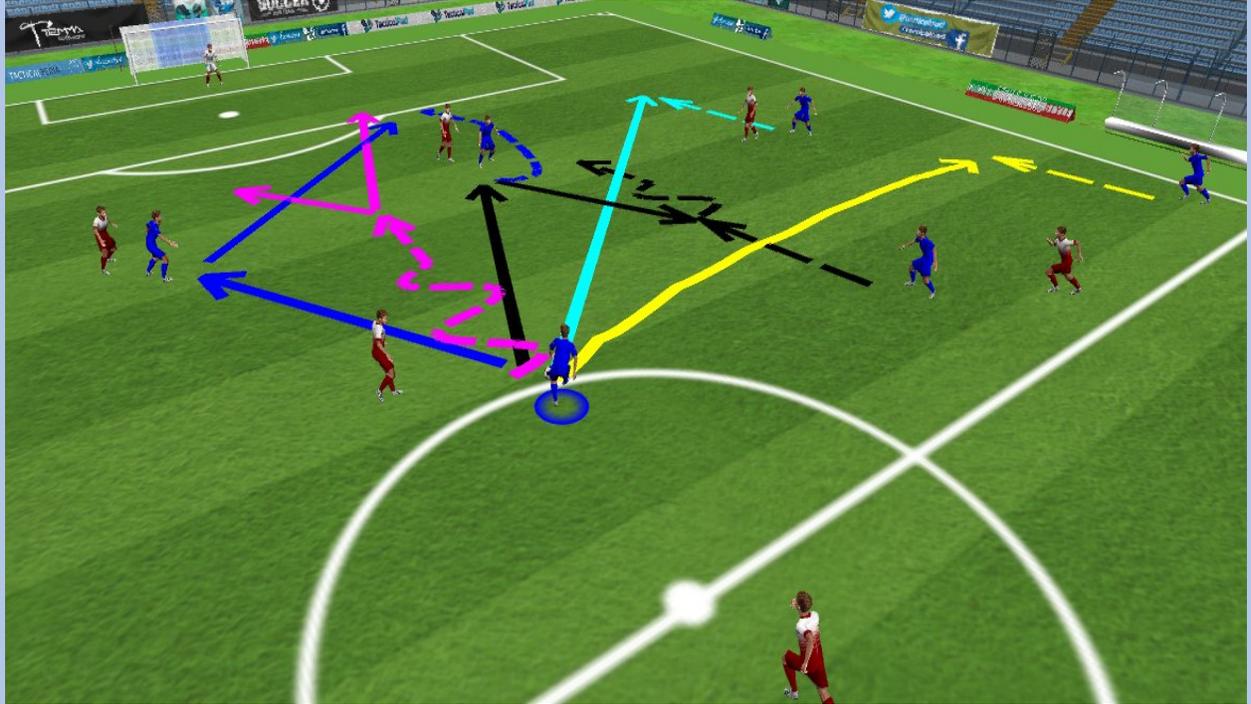
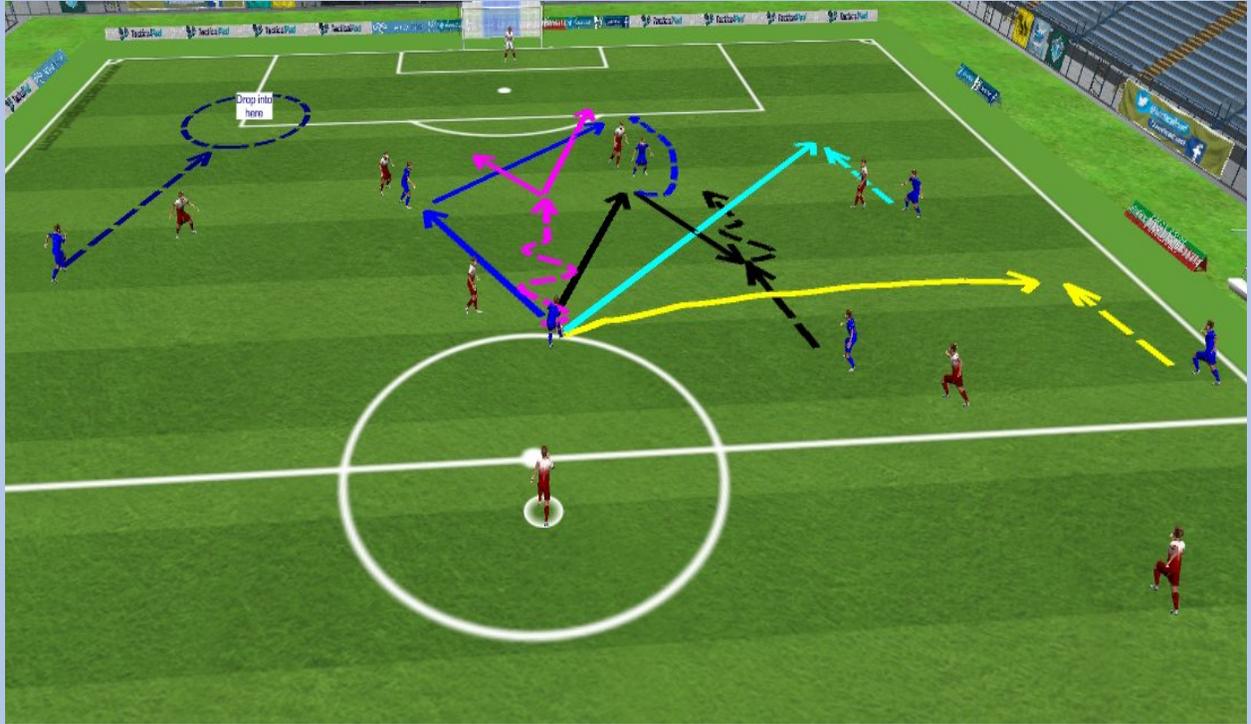
Slightly less complex this one - 8 wins the flick-on and the #10 nips in behind to get to the ball first. What is their next decision? A, B, or C?



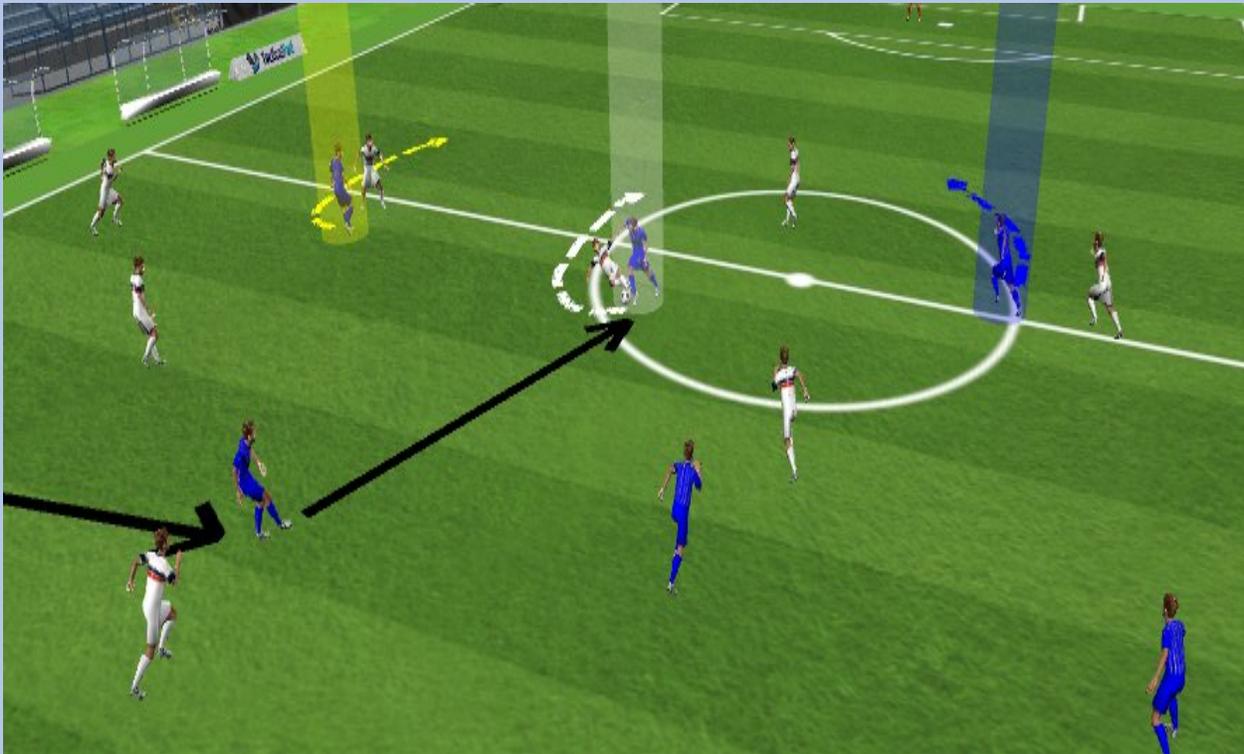


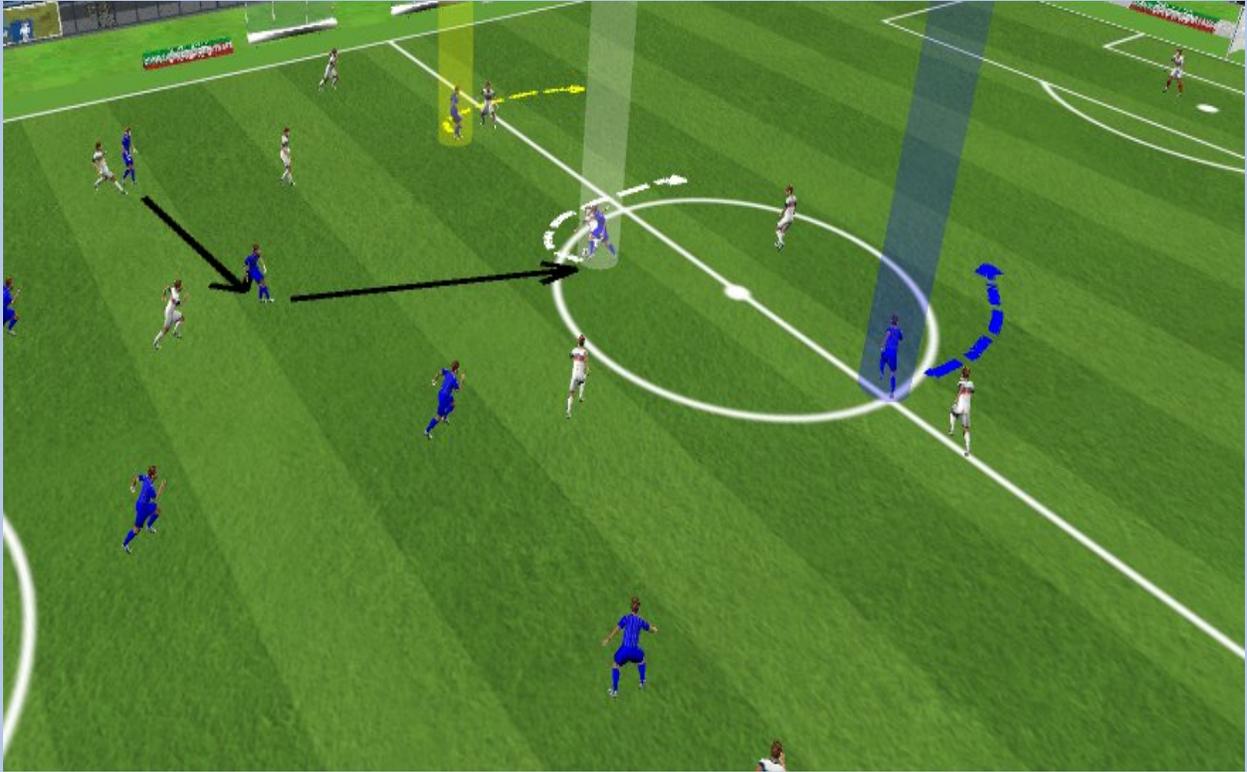
Late night tactical shenanigans with @SarahLowdon - Blue, Teal, Yellow, Black, Pink, or Navy... Just 6 options we came up with.. Coaches, could be a great tool to develop cognition & perception while generating discussion. Ask your players, What Color & Why?





The 10 is about to turn away from the sliding challenge..
Possibly creating a 3 vs 3 counter attack for a limited time
before others defenders recover. -Yellow, Blue, or White..
Which and Why?

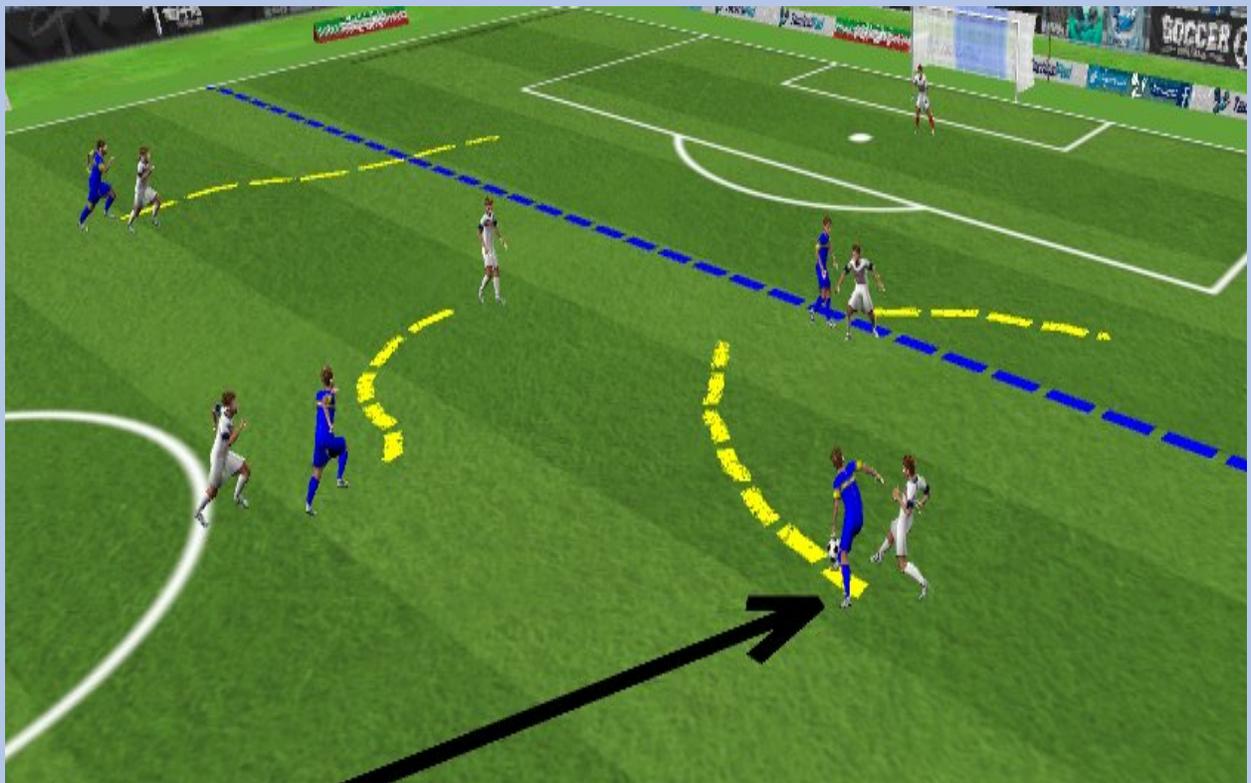
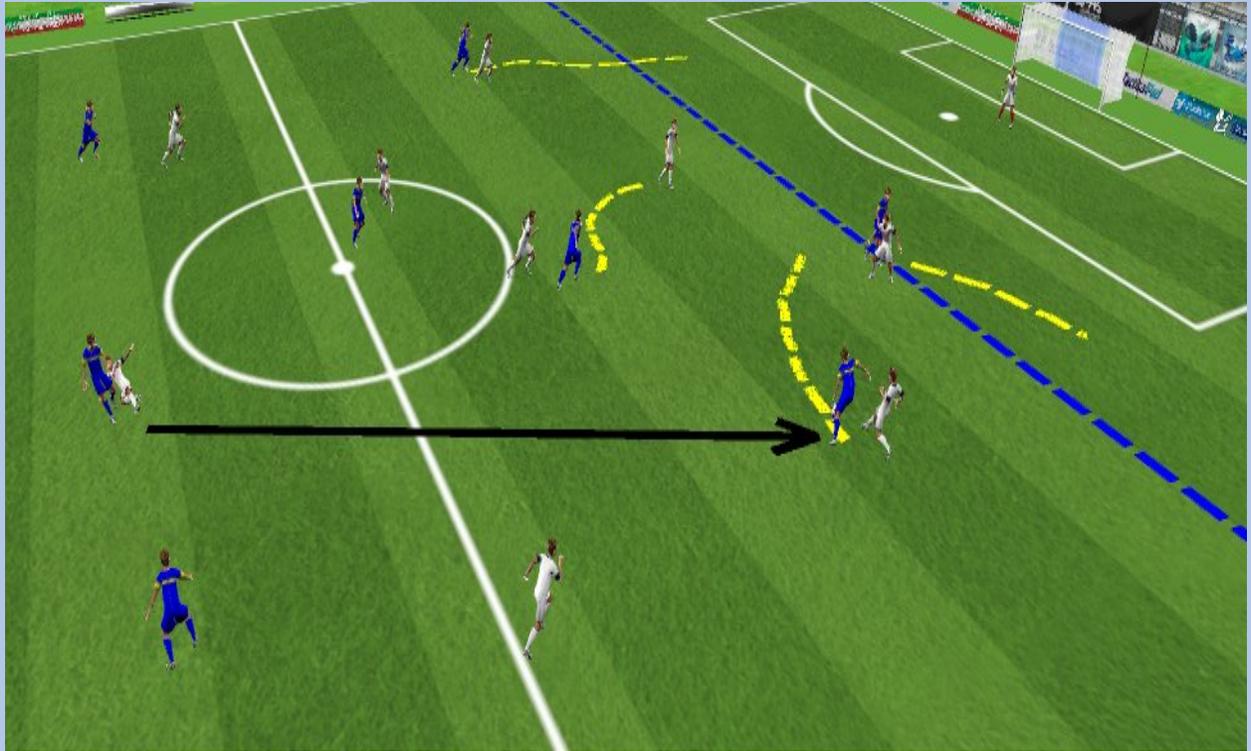


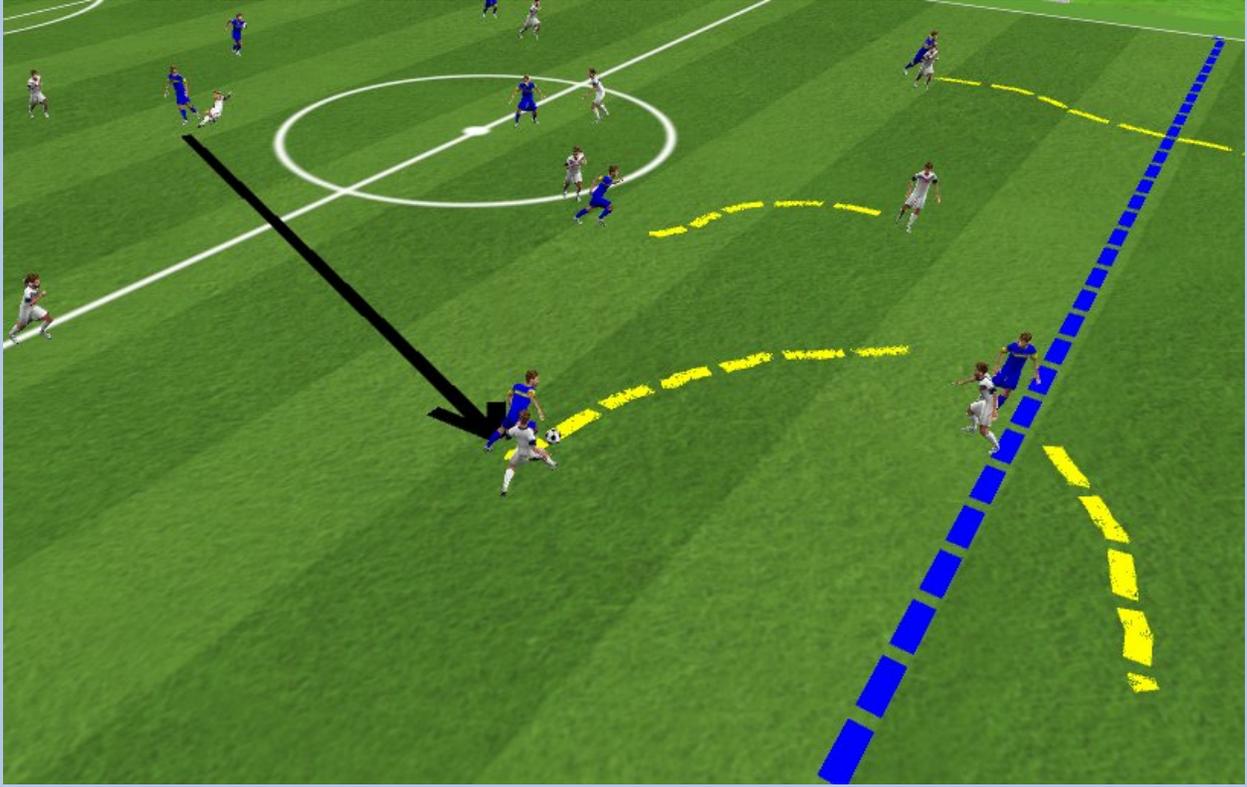




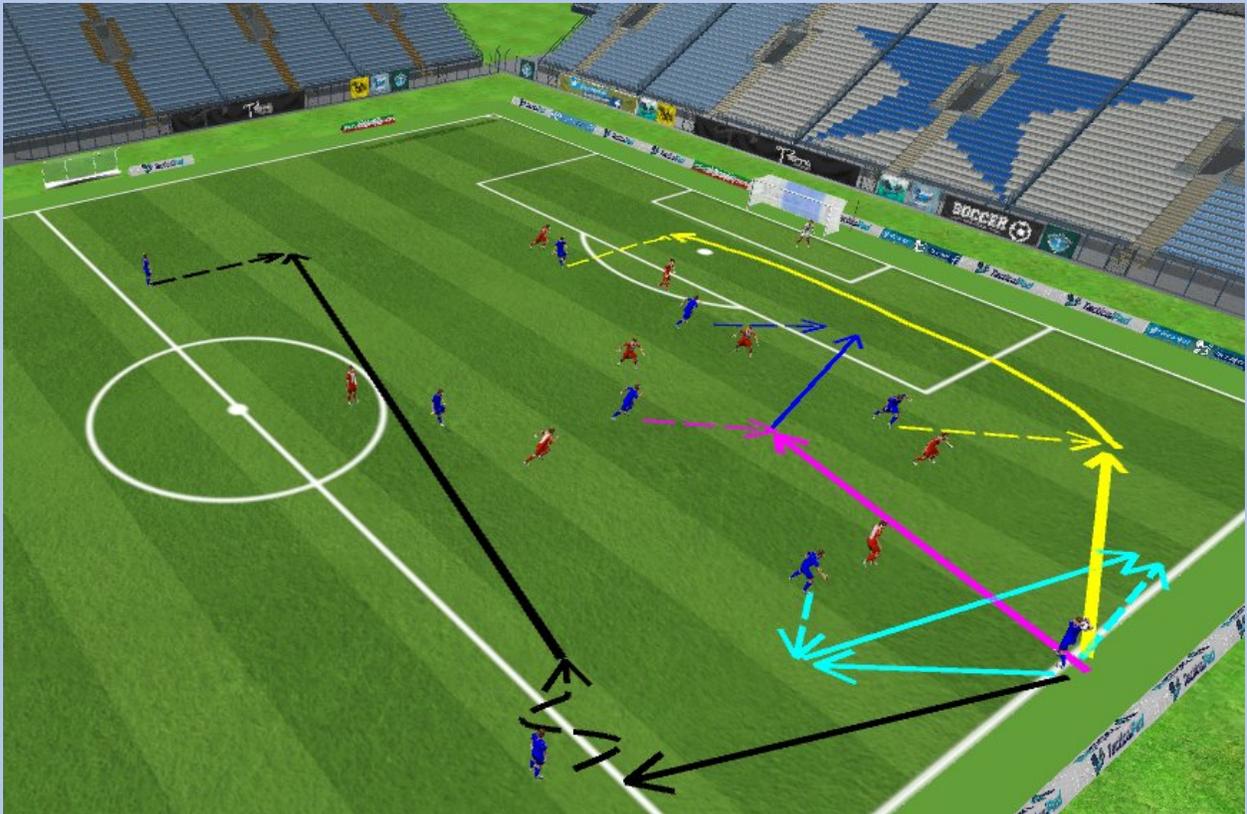
How many defensive breakdowns can your players spot in this scenario? Look closely - body shape, positioning, actions, etc.. Attention to details can be vital in helping increase player intelligence at all Youth levels.

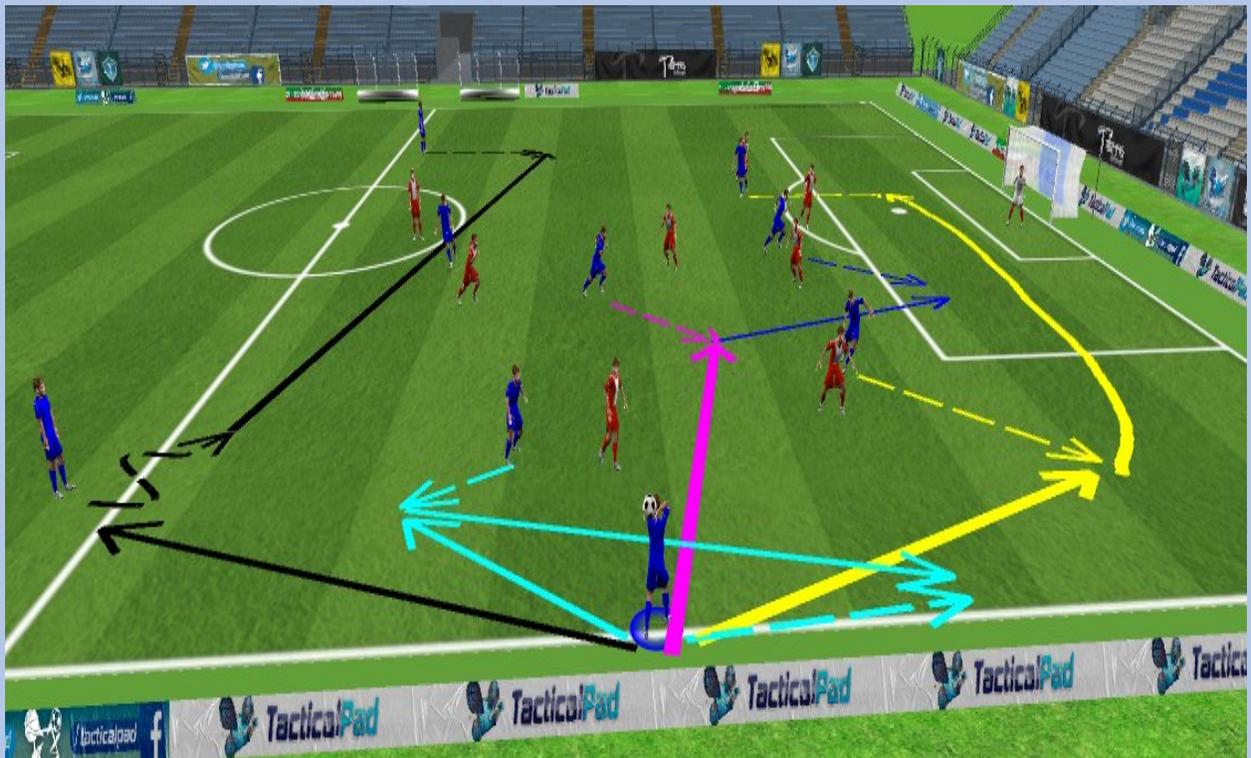
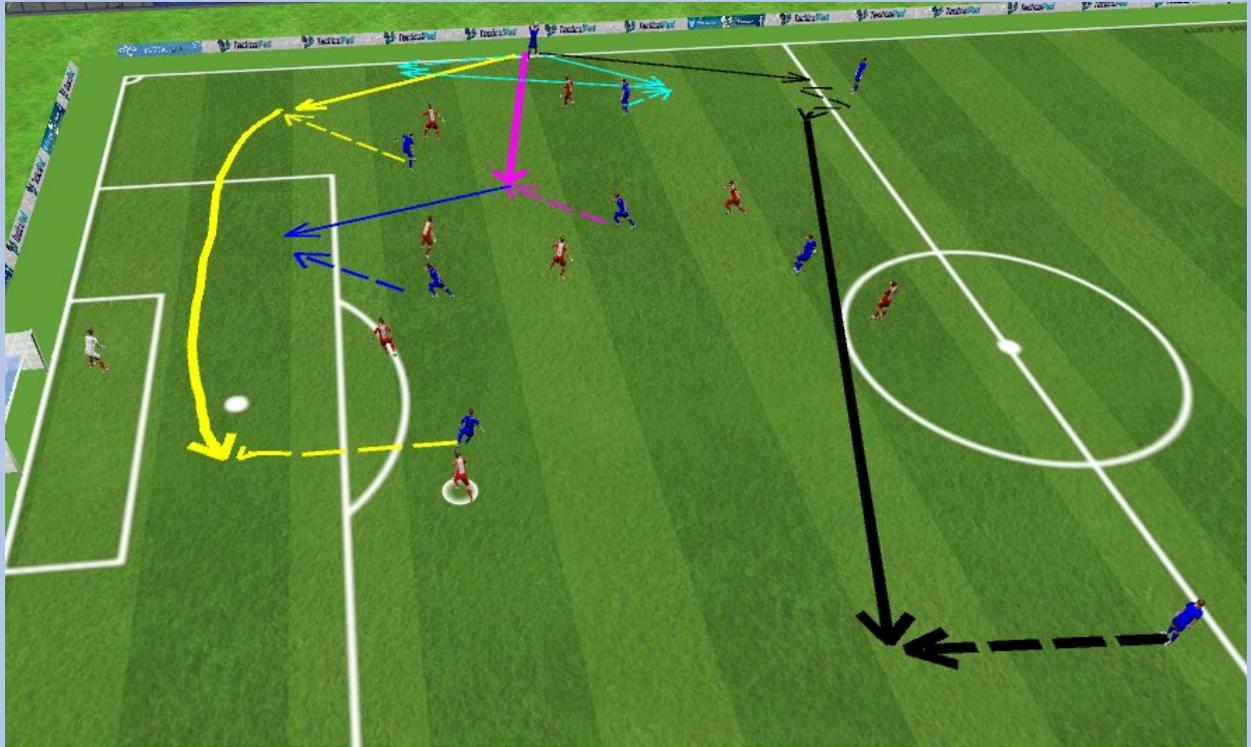




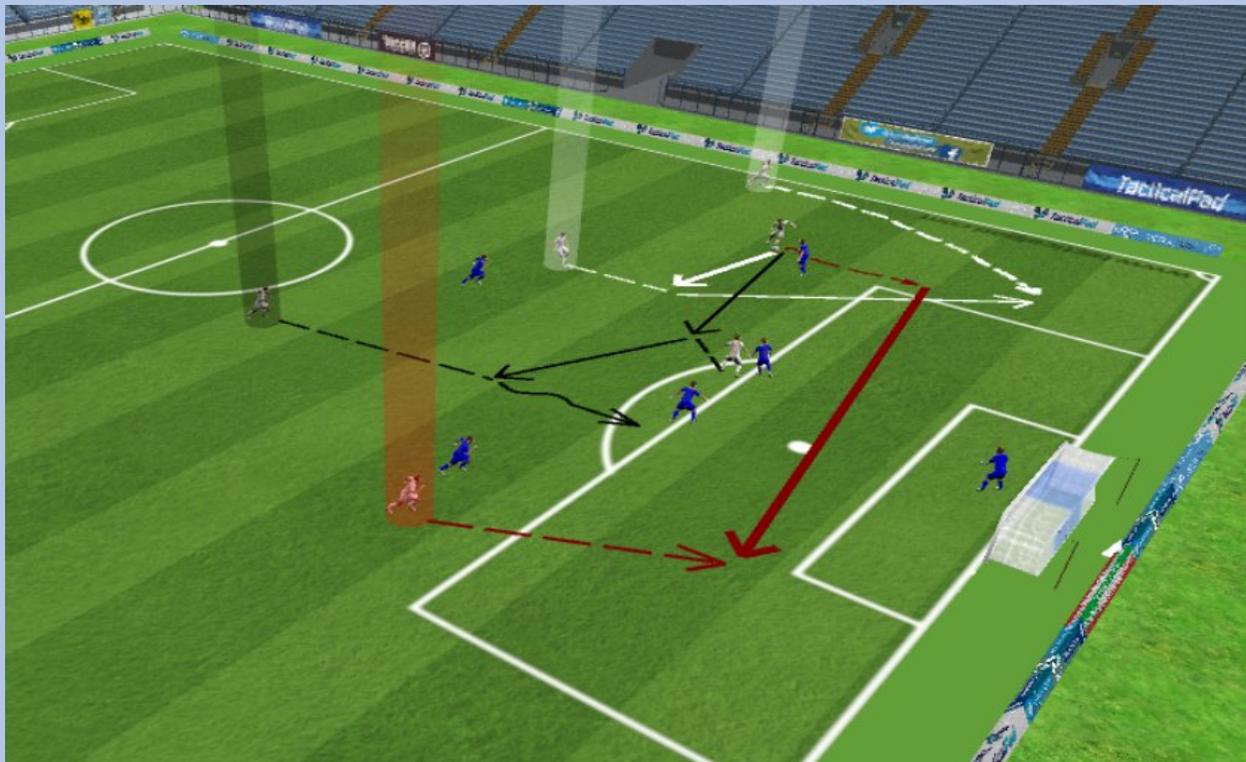


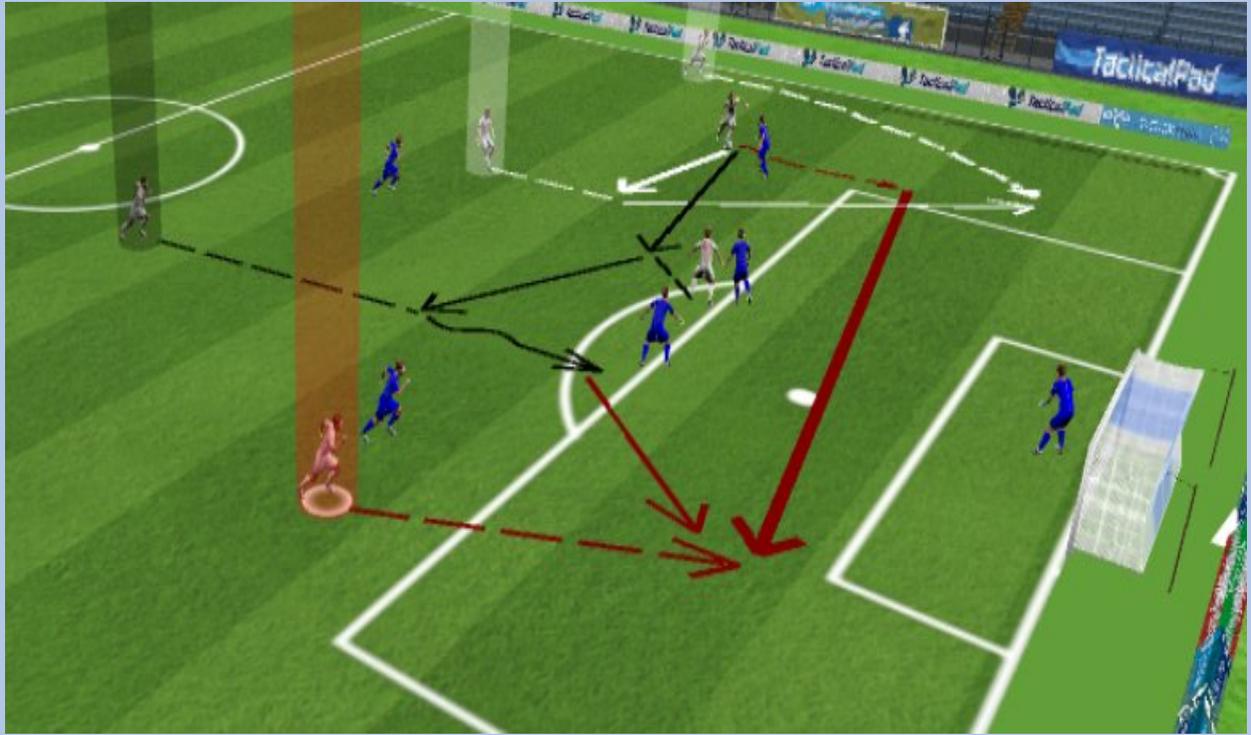
Another to share with your players from @SoccerIQ1 Less of a complex discussion per-say, more so, which option would they go for and why? Challenge them to explain their thought process as to their choices to generate cognitive discussion.



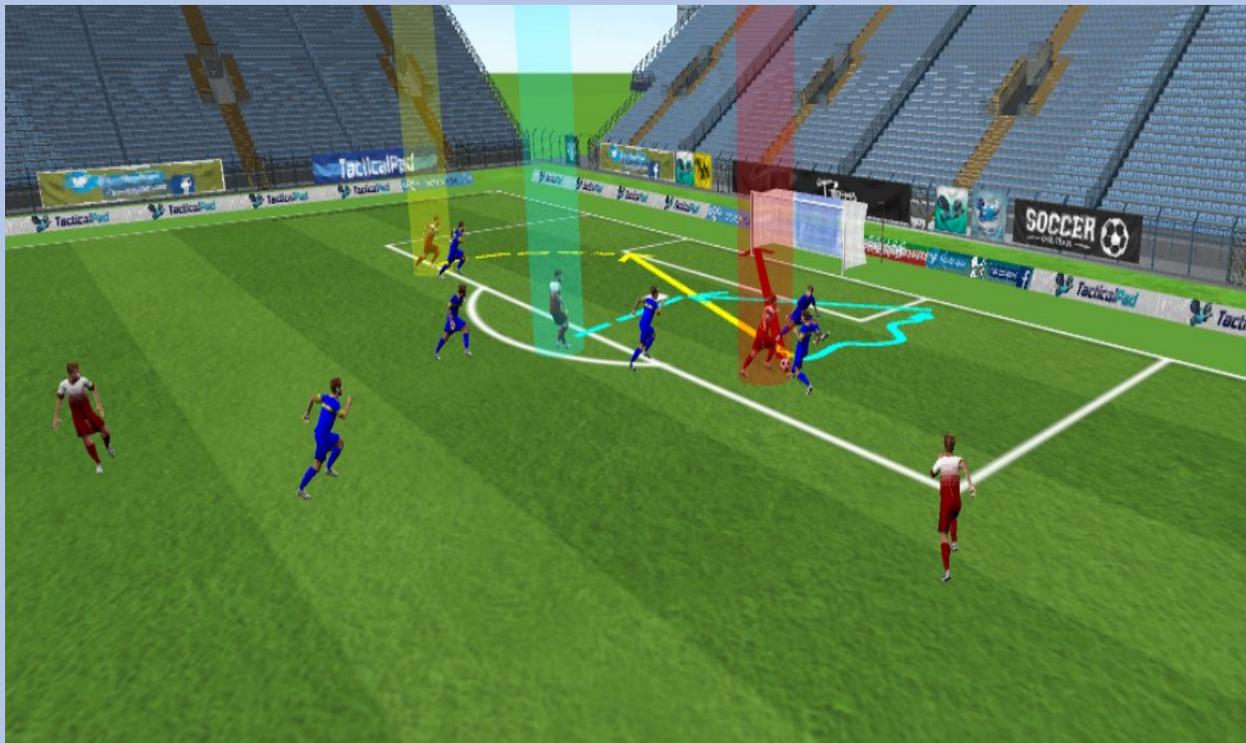


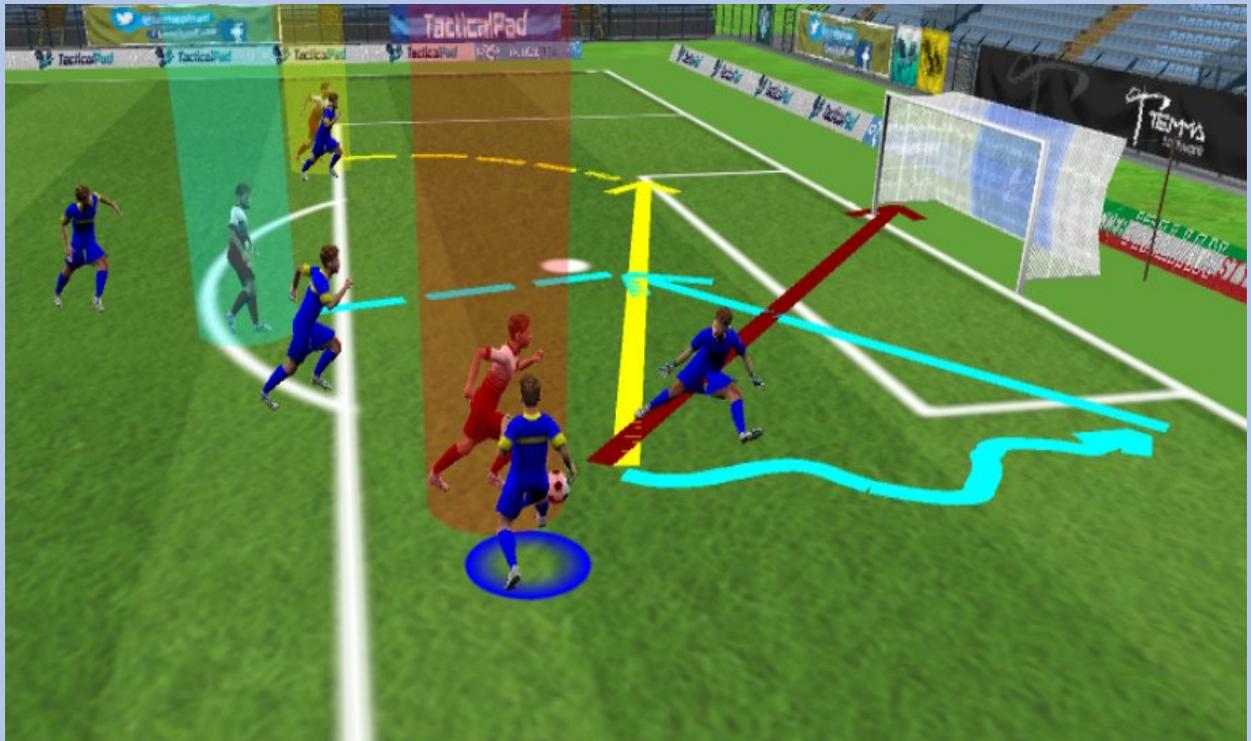
The 11 is in comfortable control and probing on the left corner of the box.. Options are available in White, Red, or Black.. Challenge your players to think deeply, analyze all options, dissect, discuss, and collaborate. Which option and Why?





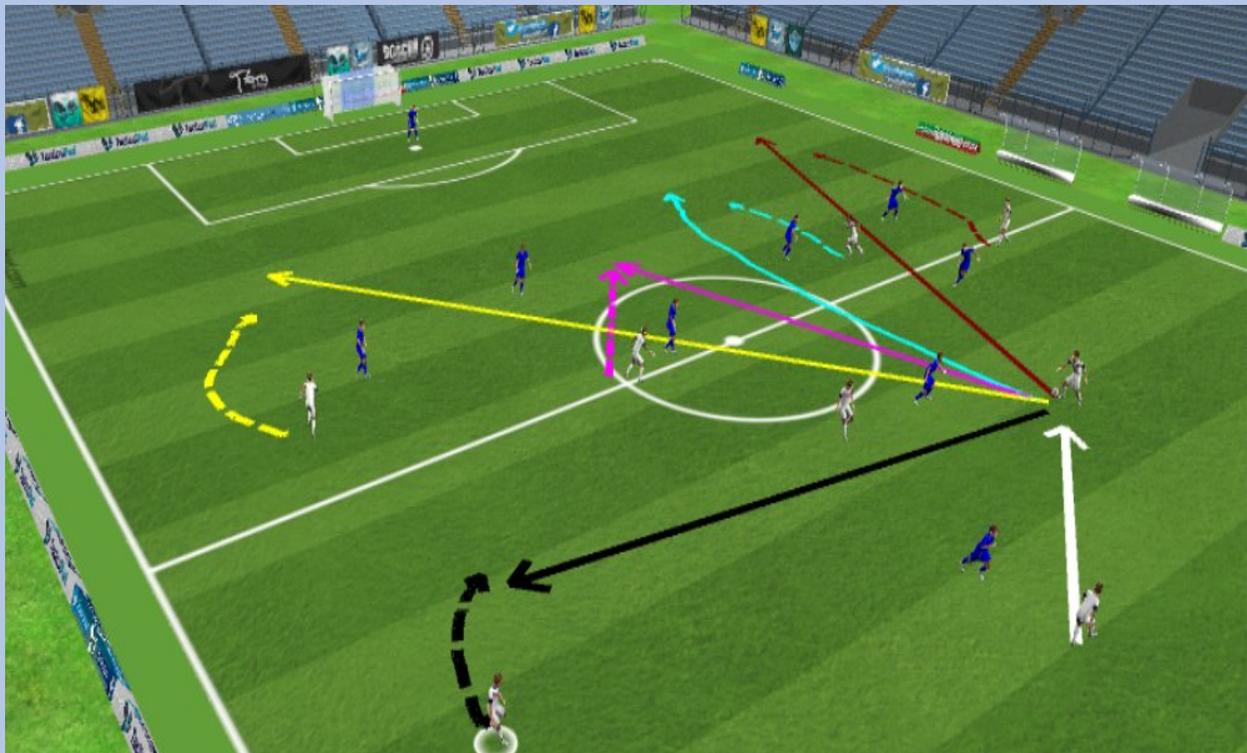
Inside The Box - Scenario to share for player engagement and discussion.. What does the #9 do on the ball? Pass, go it alone? etc.. Are the defenders covering the right areas? If not, where can they be and why?

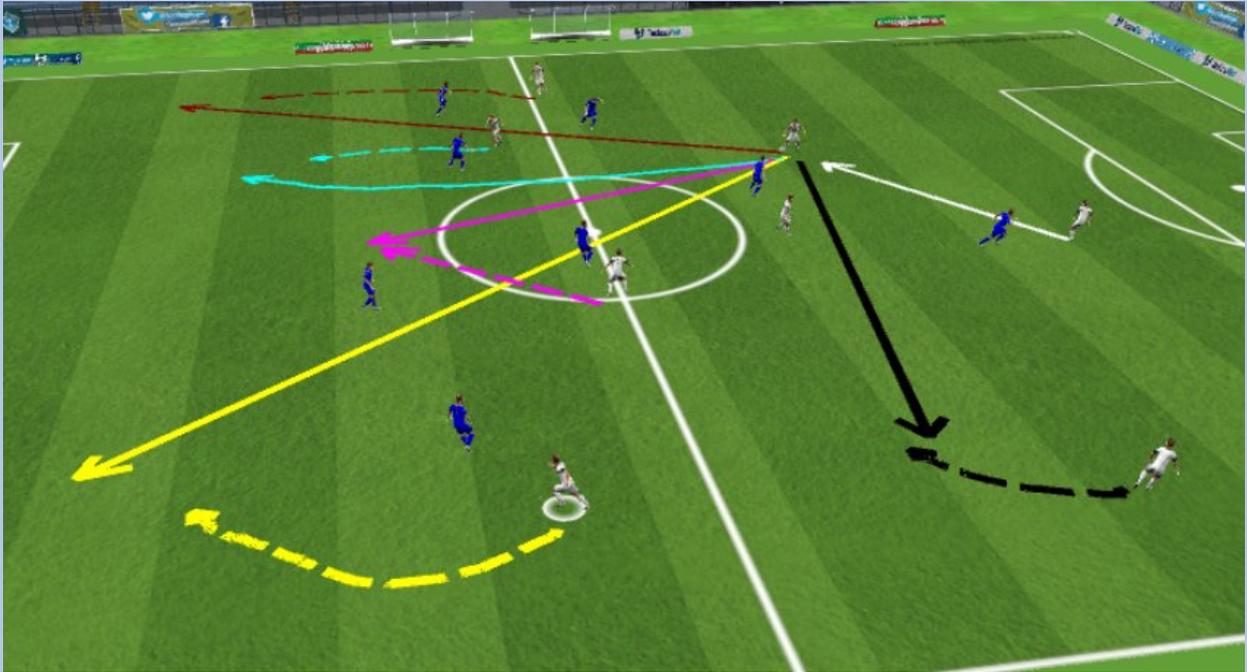
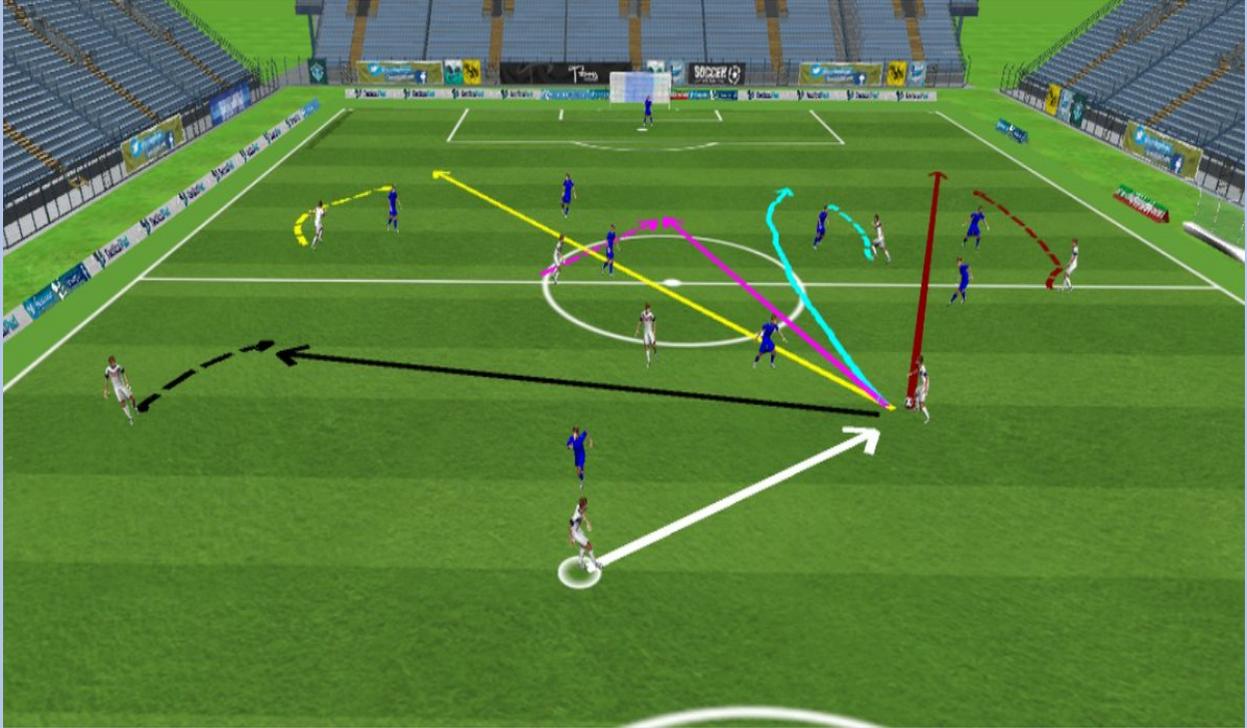


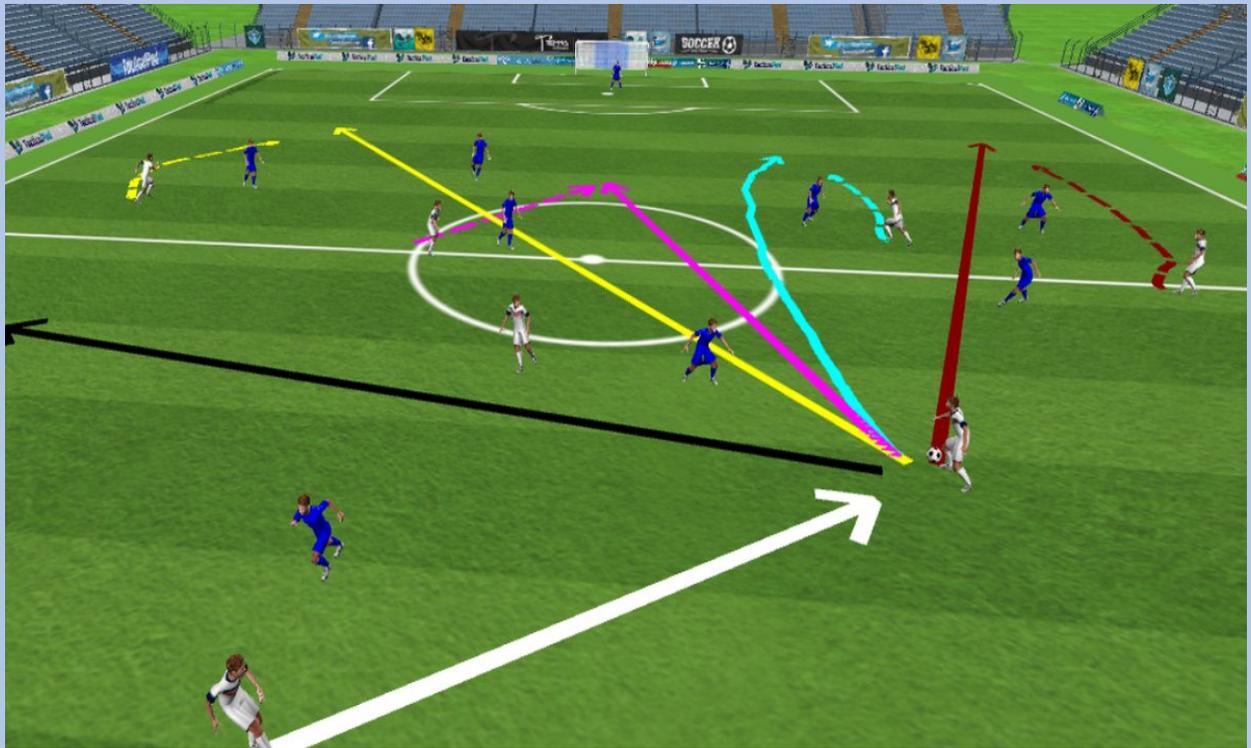




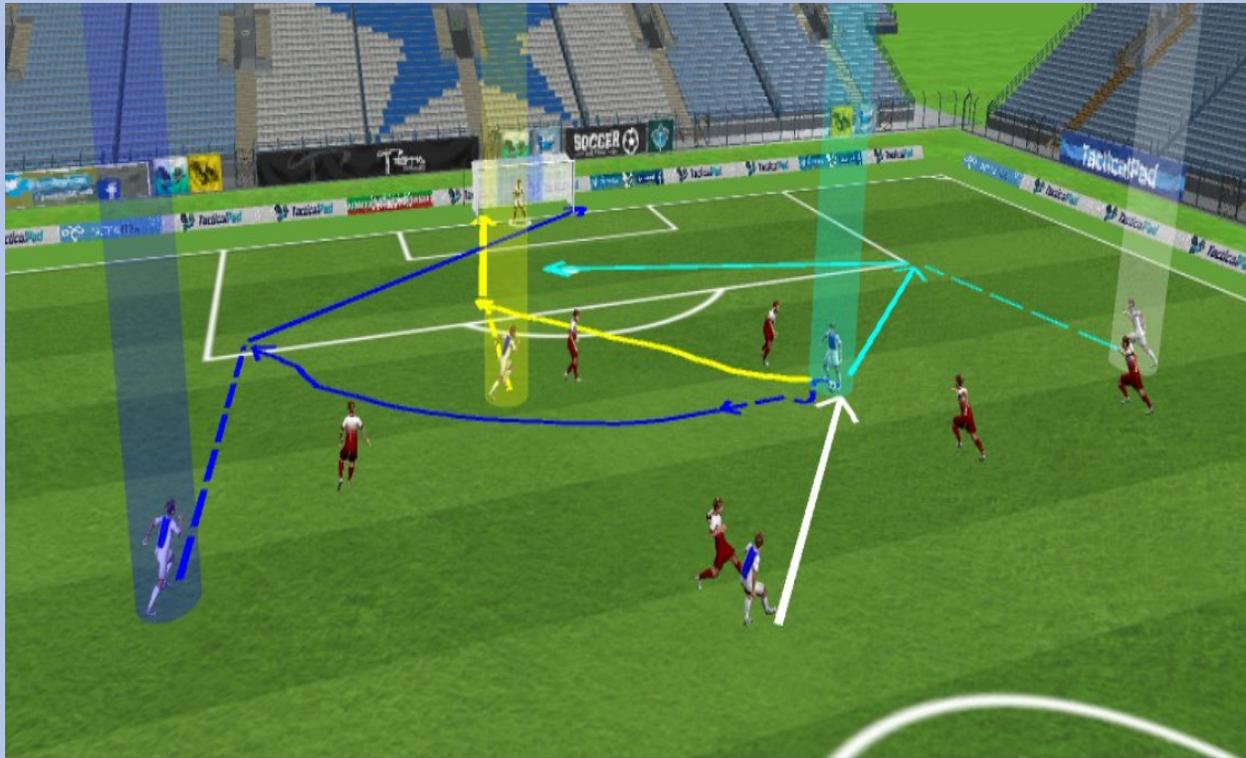
The #6 has picked up the ball deep & has options moving ahead. How can #6 potentially put pressure on the Blue opposition with their next pass, and why? Don't just analyze the 6's pass, consider their teammates' second phase movement once the pass is made

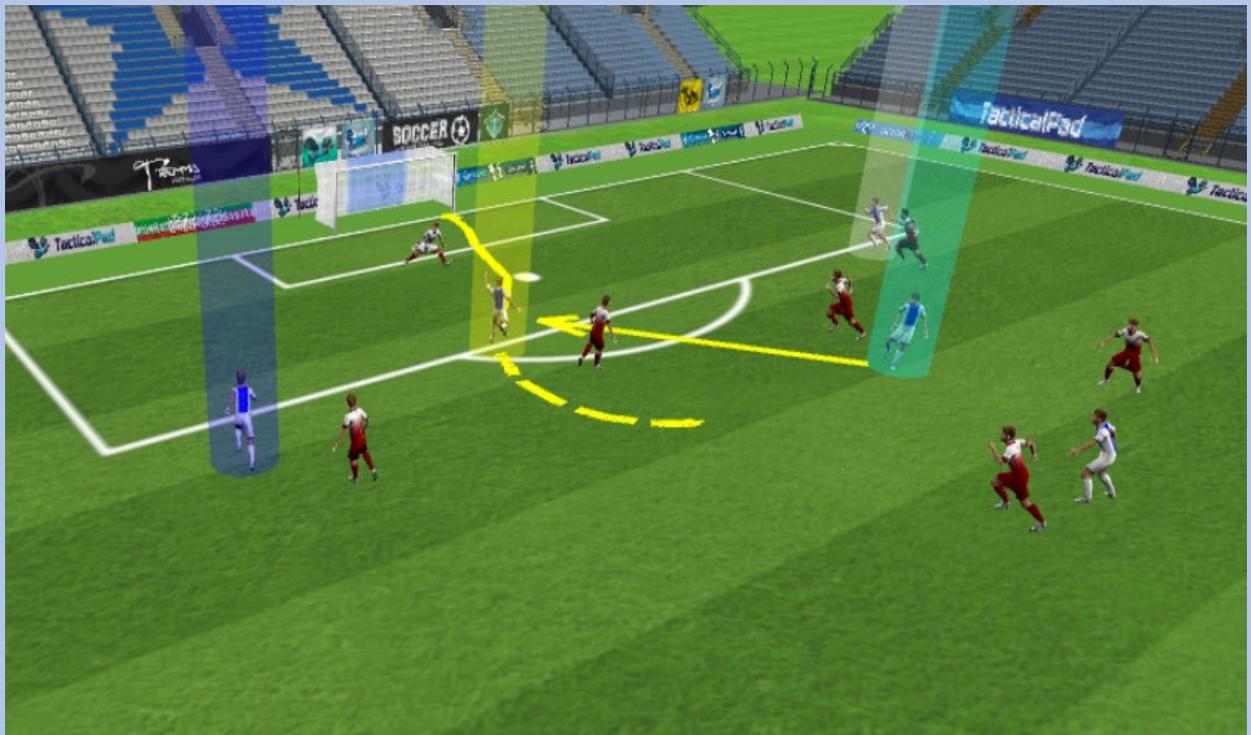
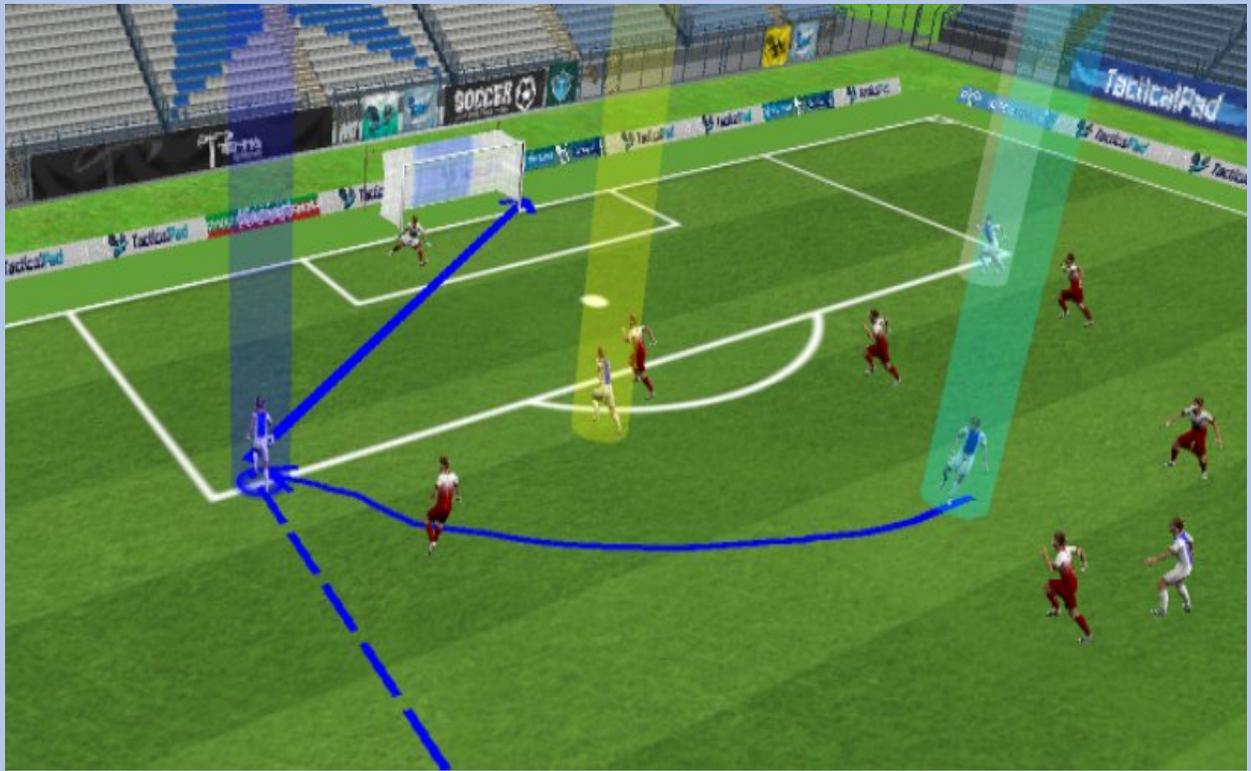


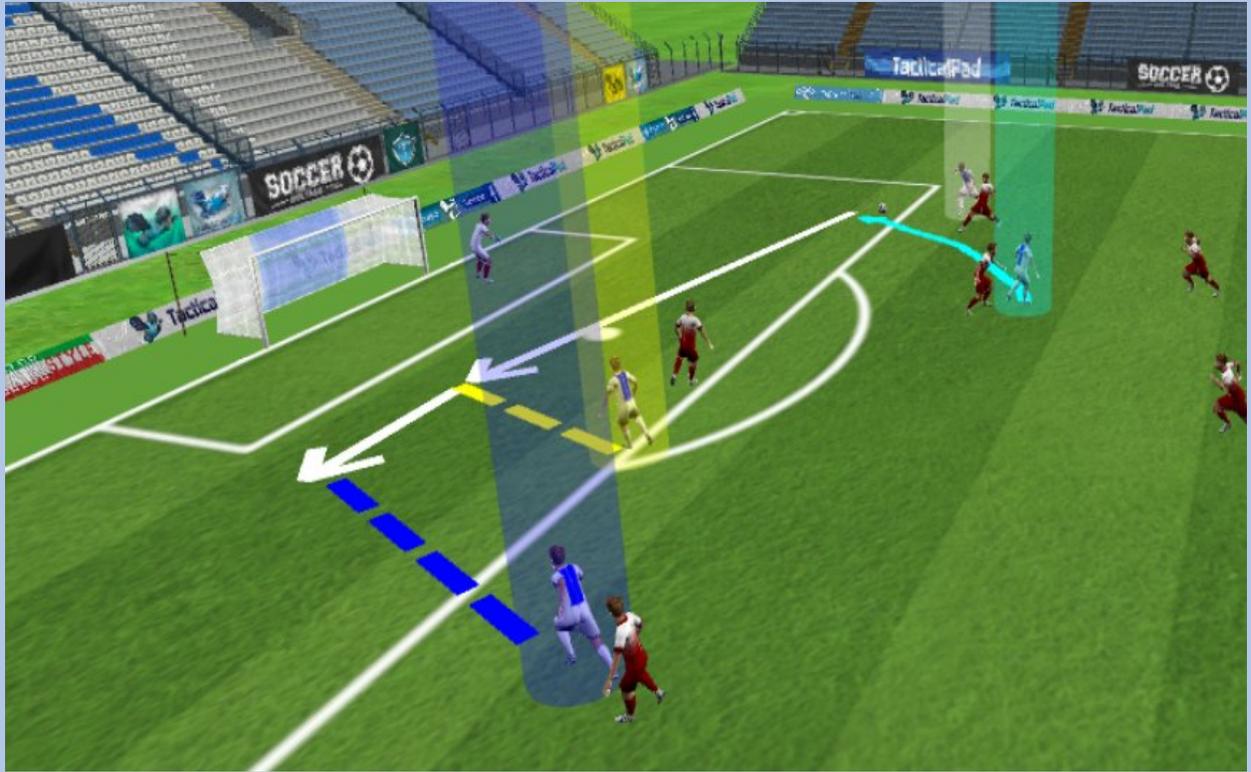




We've got the initial image showing the potential outcomes..Followed by the 3 separate images of each outcome. Coaches, ask your players which they see as the best opportunity, & as always, ask them to explain WHY.

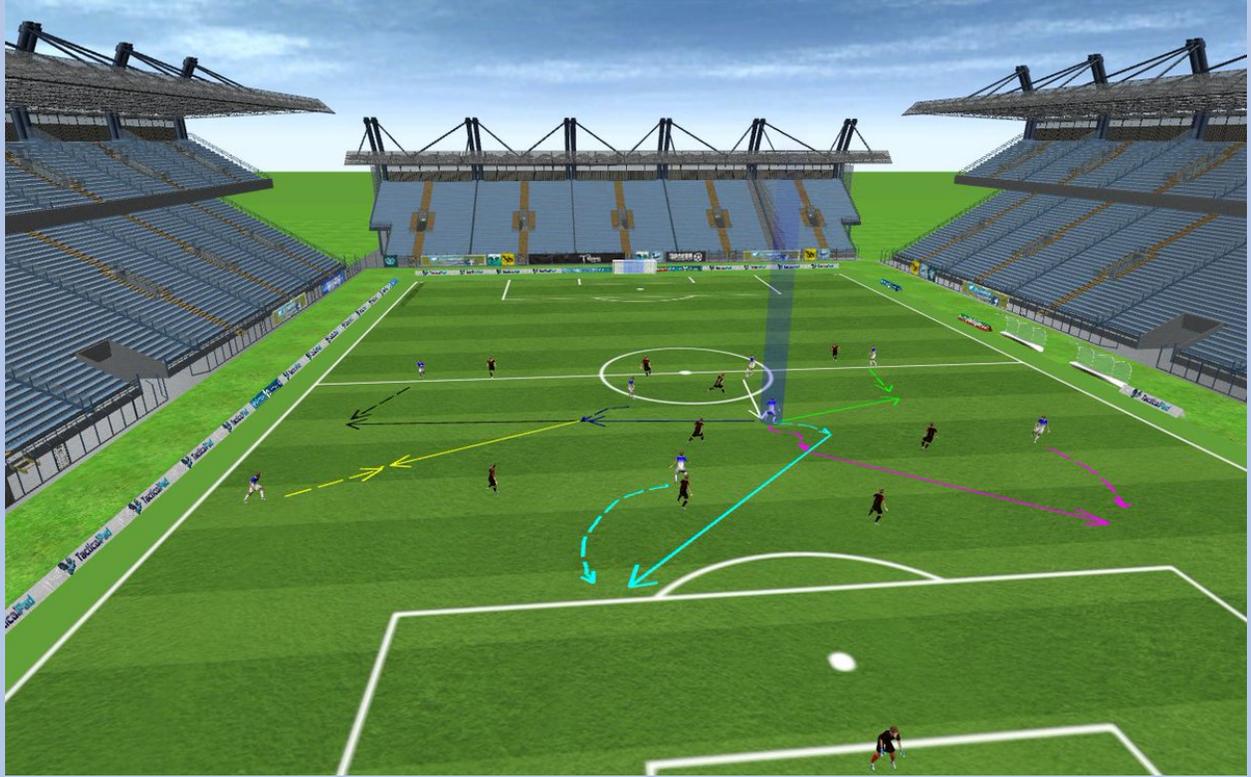






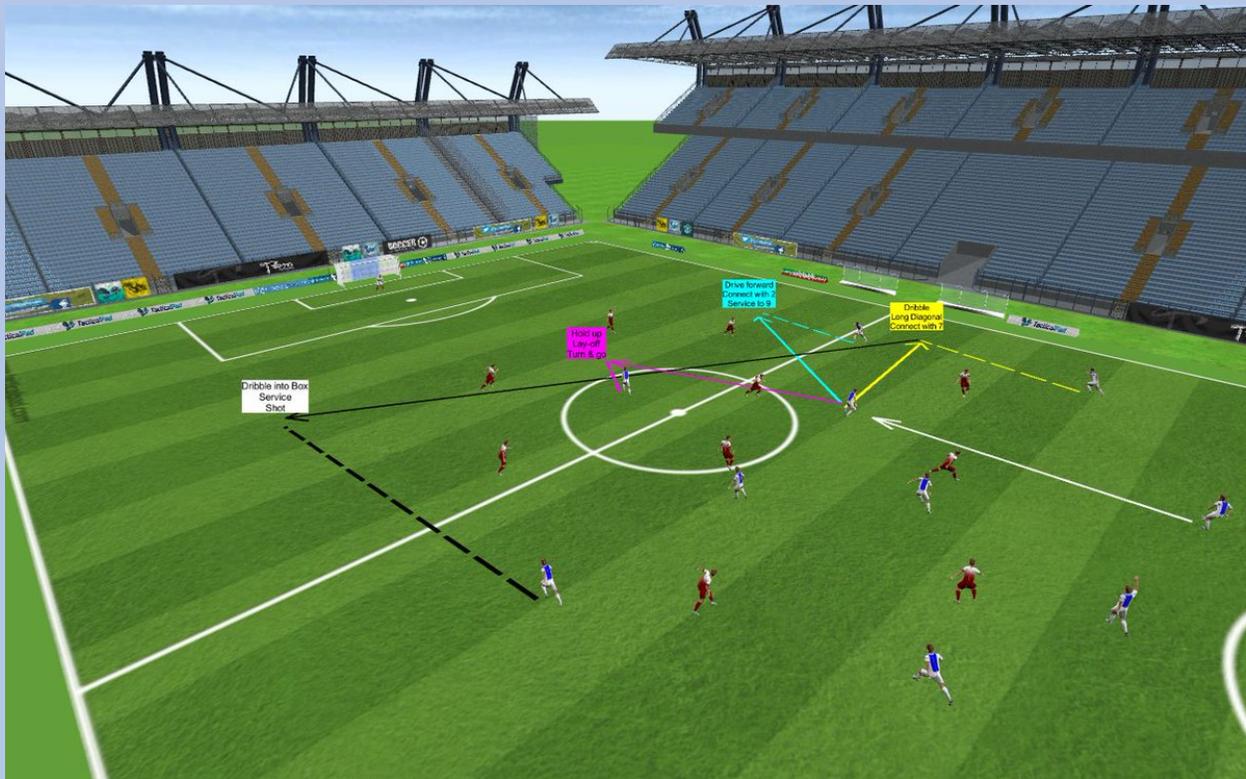
The initial pass is entering the highlighted #10. From there, ask your players to discuss and digest the images presented, immersing themselves into the game & explaining their preferred option(s) to attack

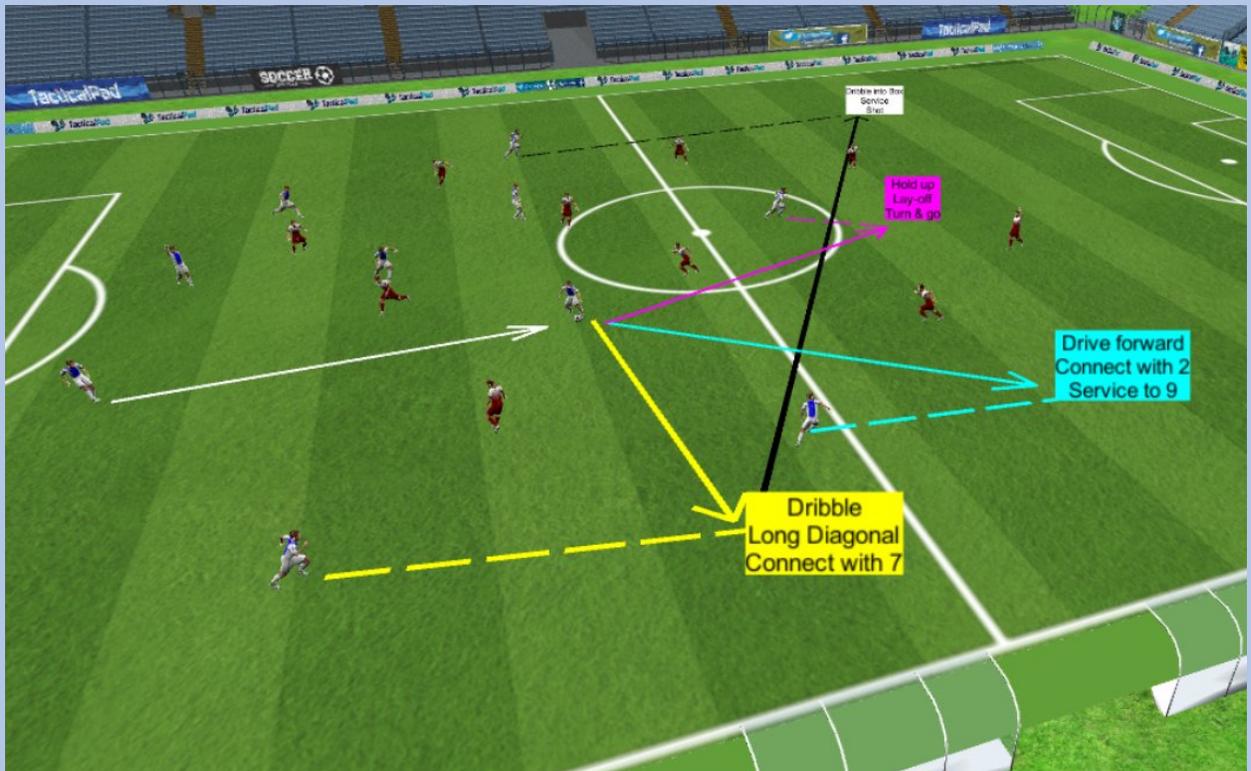
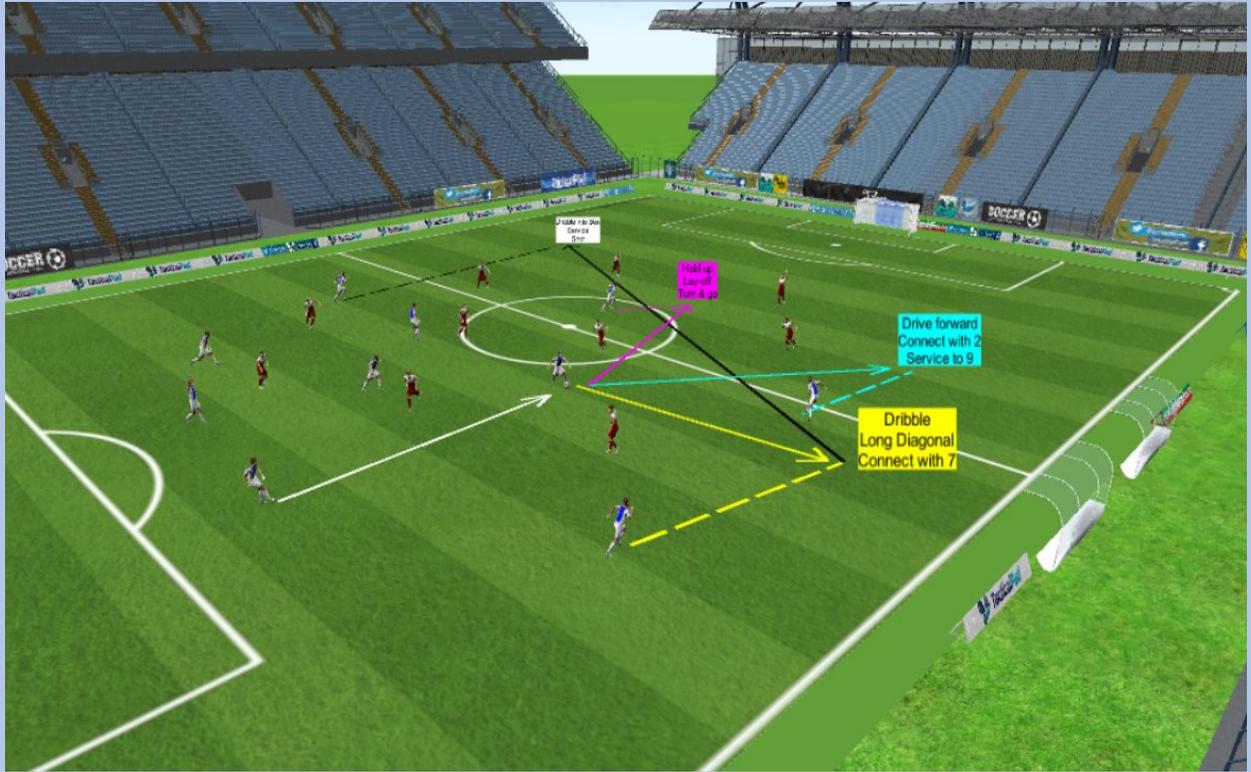






Building to counter through the 8. Options presented have some buzz words associated with each possible recipient to help generate player discussion of roles & actions of players within the images. Please share and utilize with your players if helpful!

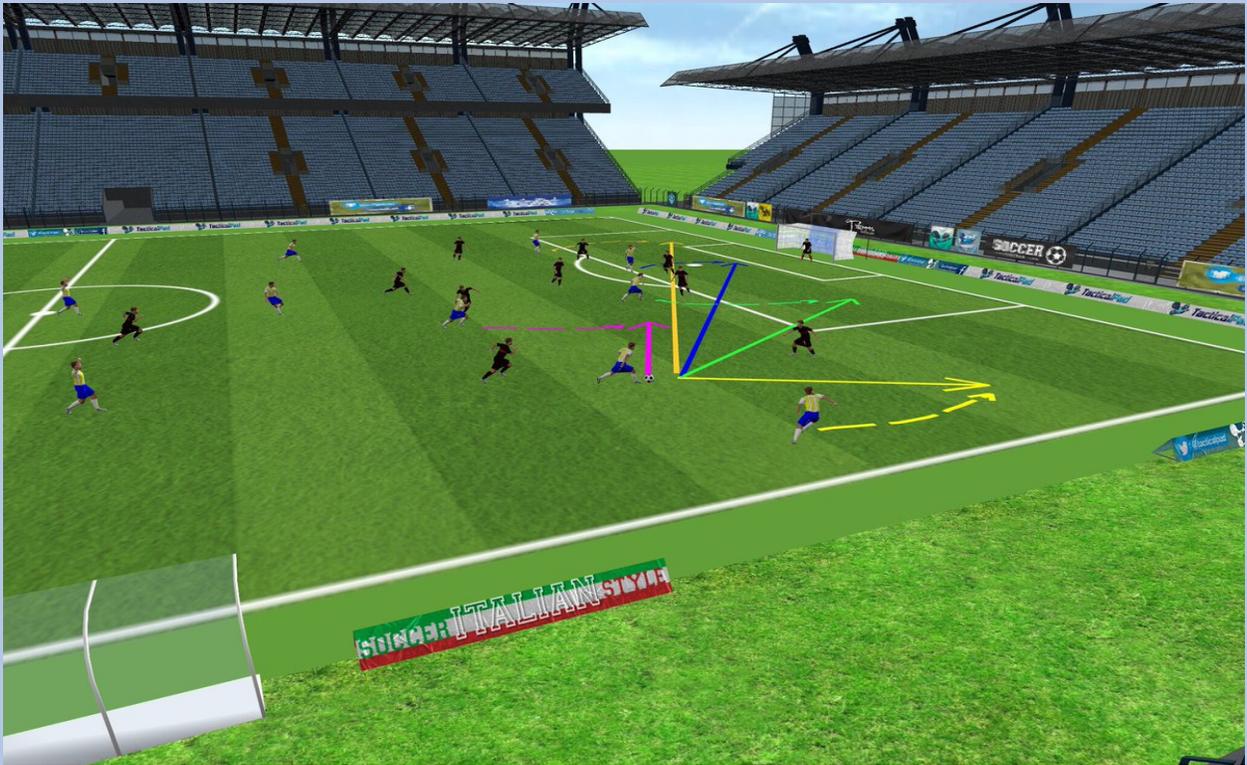
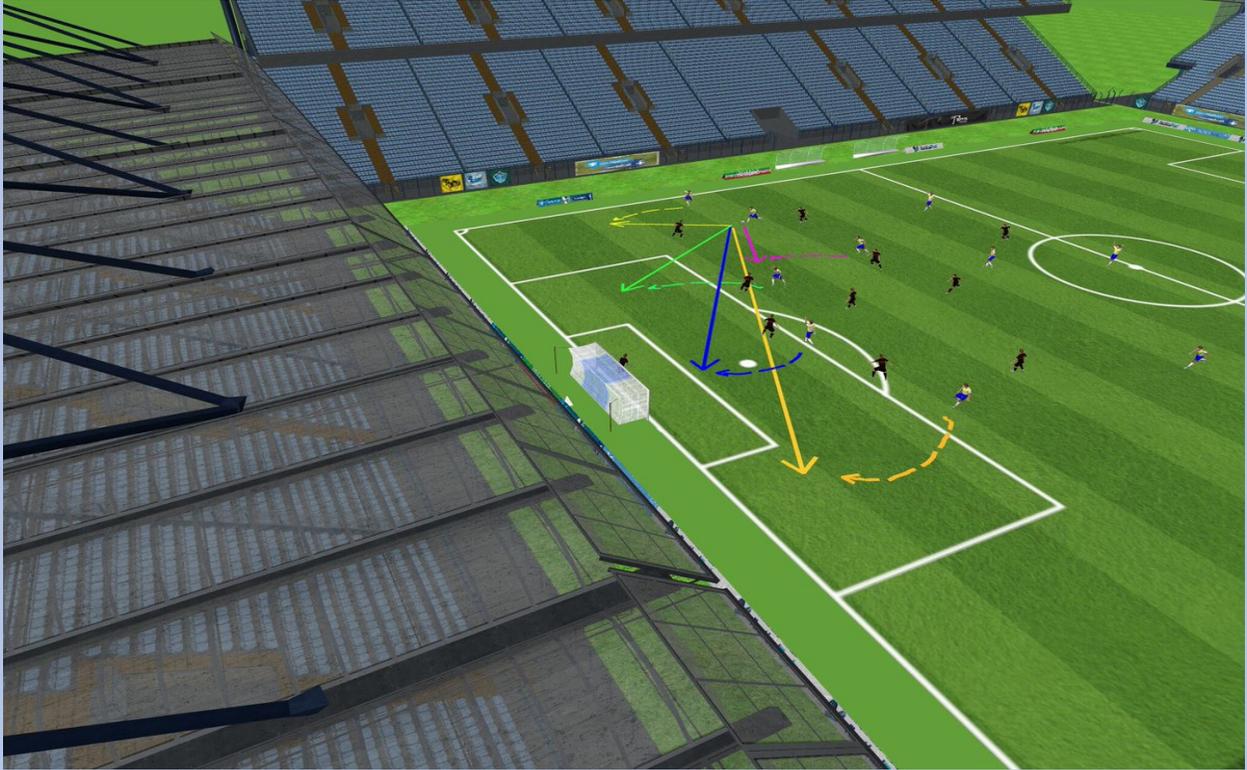


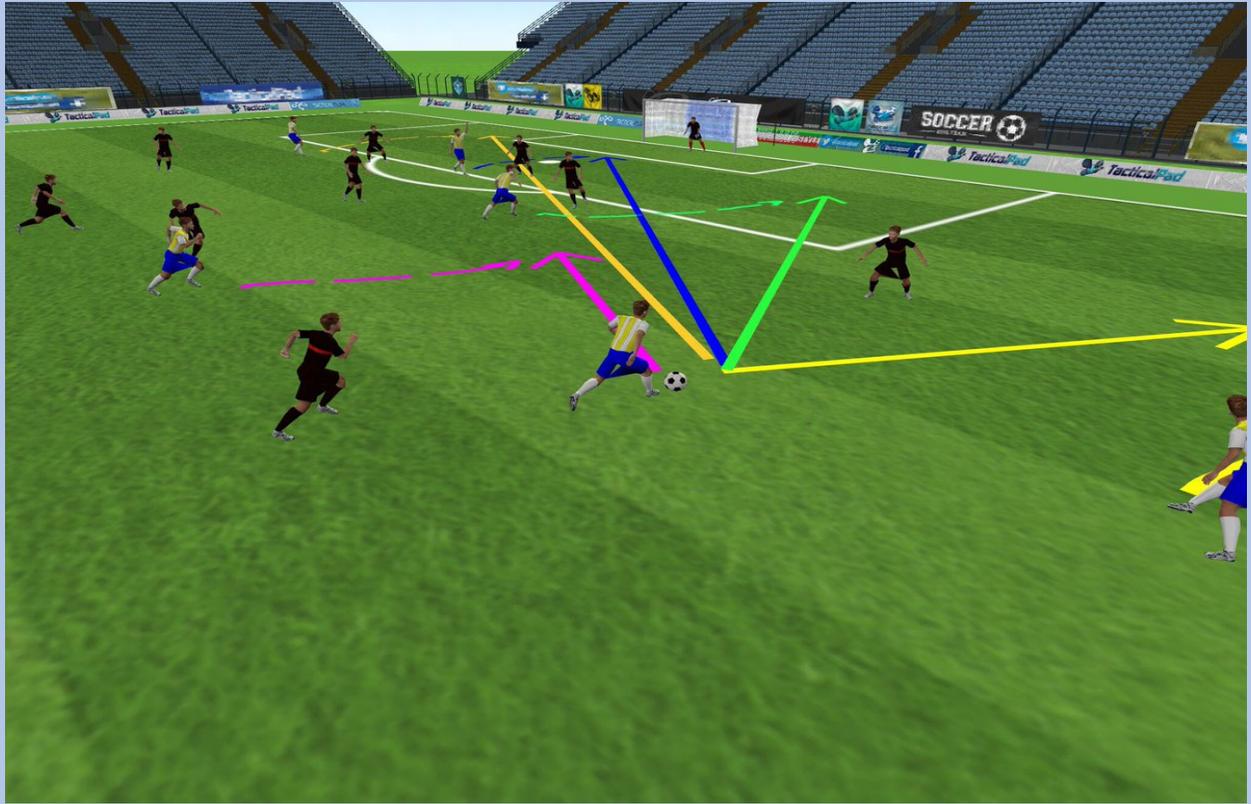




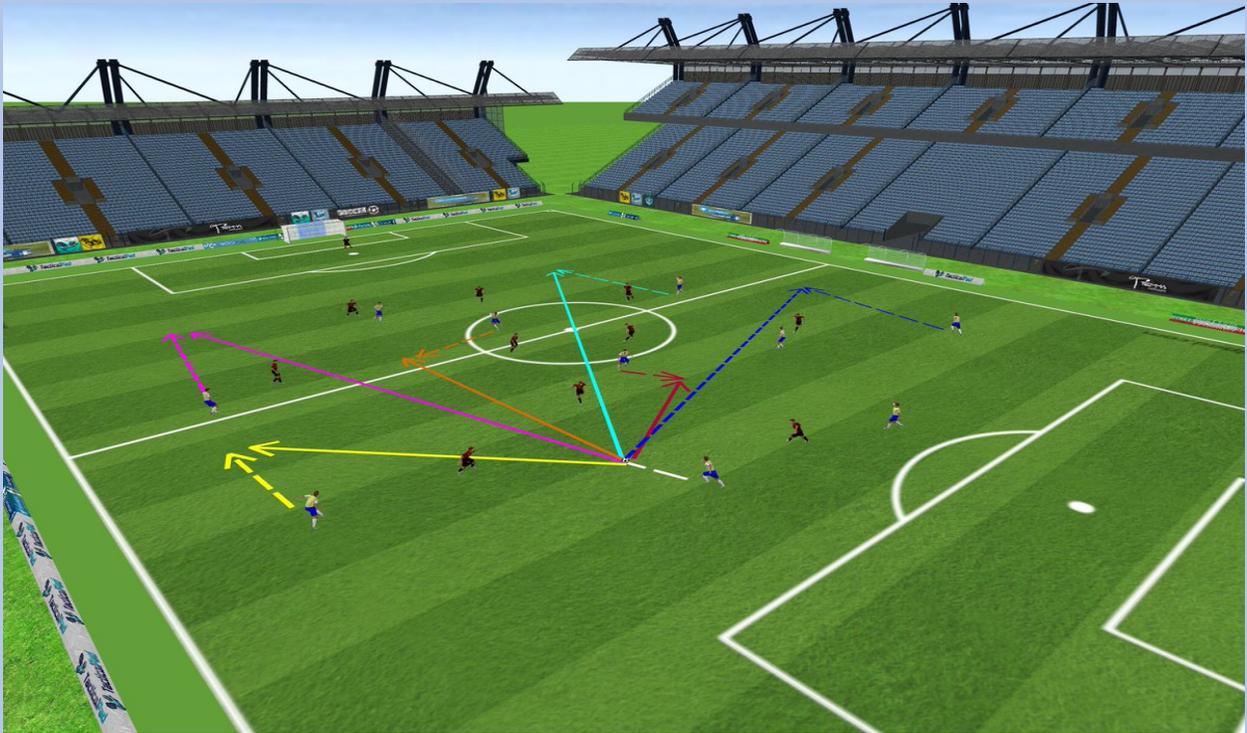
Attacking down the right edge from a midfield transition, numbers are high & the 7 has received the ball while turning forwards 30 yards from goal.. Generate discussion with your players - which color option would they play for the next pass, & why?

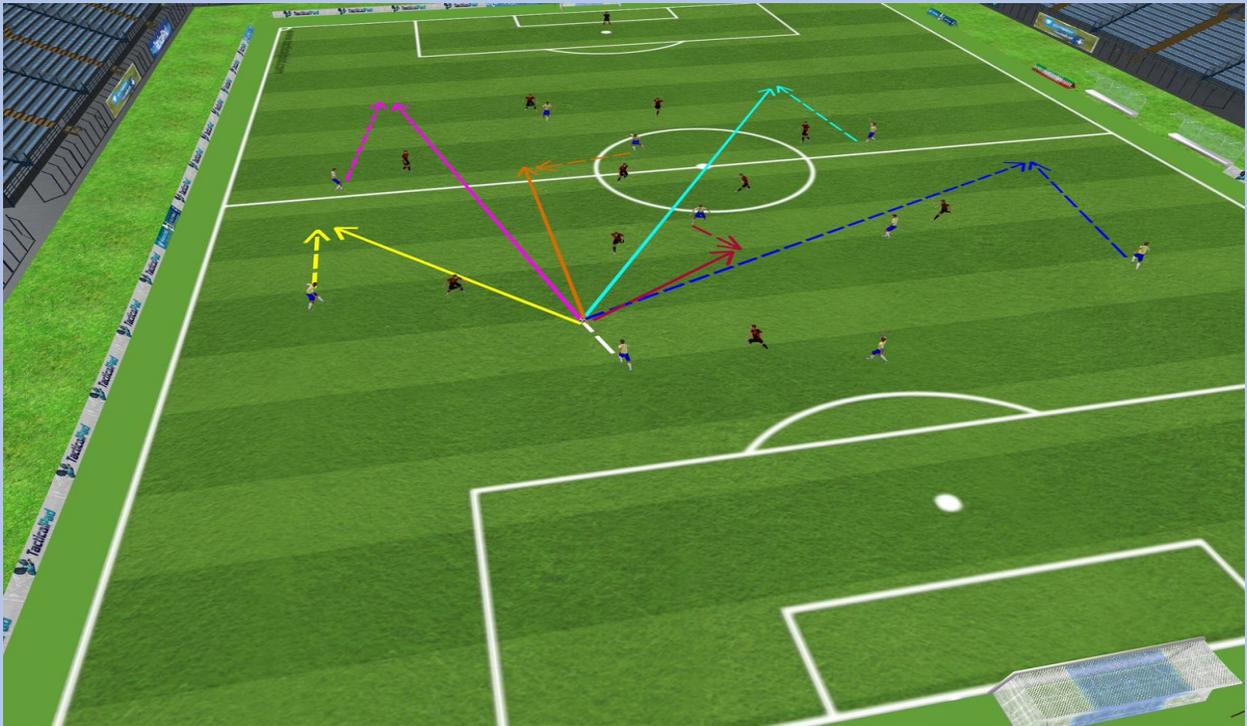


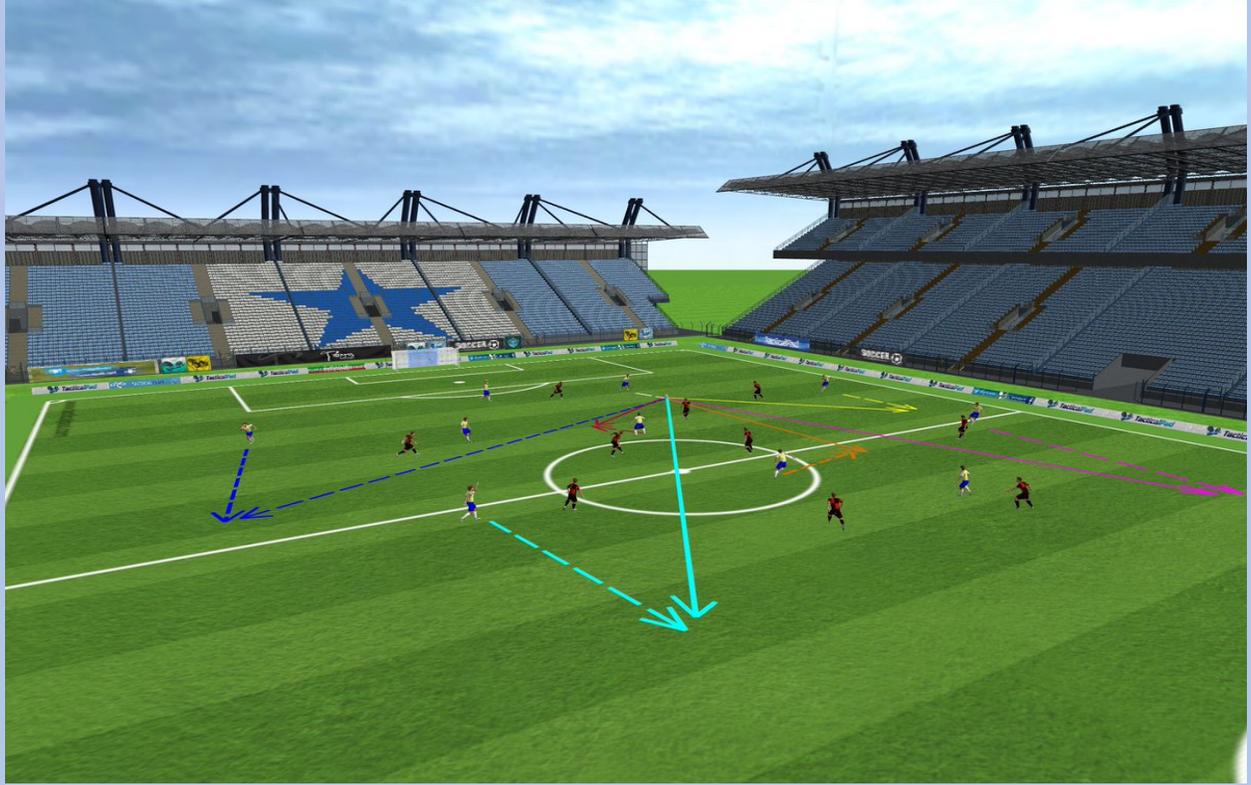




The 5 is advancing onto the loose ball & will look to initiate positive play with the next pass. Based on the positional shape, proposed movement actions, & what you foresee potentially happening in the next phase, which color pass would be your choice & why?







With little time to receive, 6 must find responses to numerous cognitive cues occurring around them - Direction of first touch? Best available teammate? Chance to take a risk? Smarter to play safe? How can I create space? Brain Ask your players to discuss their color choice & why..







The Incisive Dribbler...

"I love to drift in-between, underneath, or outside of the defensive line to receive the ball at my feet"



"I love to puncture holes in the defensive line via dribbling between opponents"

"I know when to engage the opponent, and put them on the 'back foot' as I change speed consistently when I dribble"

"I can shift the ball proficiently with both feet. I am just as dangerous with my back to goal, as I can turn sharply due to my low center of gravity"

"My dynamic agility with the ball at my feet makes me quick, I can change direction at speed"

Ahead of the game.

The Unselfish Technician

"My first touch is consistent and clean, it allows me to receive the ball in tight spaces and protect it from my opponent"



"I look to play the best possible option as early as possible, there is no better feeling that assisting my teammates or creating a goal-scoring opportunity"

"I am inventive. I paint pictures in my mind prior to receiving the ball, I am a risk-taker in the final third"

"I can twist and turn at speed, but I'm also strong for my size. My creativity and artistic mindset allow me to create space for others around me due to the intelligence of my own movements"

Ahead of the game.

The Lone Wolf

I thrive on leading the line for my teammates. I am focused on my role for this team.

I am reactive if I see the goal, I am not afraid to take on long-distance shots, I am accurate and quick to shoot

I am patient and confident in my own ability, when my chance comes, I will take it.



My minimum standard is to put any attempt on target. I am not wasteful, I crave the ball and I take care of it.

I enjoy leading our teams defensive pressure, I need to be intelligent about my positioning at all times. Always asking myself 'how can I help the team, in and out of possession

I am strong, I protect the ball, it is mine when I receive it, no one is knocking me off the ball

Ahead of the game.

The Drifting Danger

I enjoy collecting the ball in wide areas. Receiving on the half-turn is where I thrive in attacking transition.

I love drifting wide off the ball as it allows me to drive inside diagonally on the dribble. When I cut inside from wide I am highly dangerous and put fear into the opponents.



I am strong, skillful, and confident in beating any opponent in a 1 vs 1 dribbling situation.

I have creative vision, I connect key passes in the final third of the field. I assist my teammates often because of my good decision making.

I engage defenders, I put them on the back-foot when cutting inside. I am explosive when carrying the ball and changing speed

Ahead of the game.

What Should I do? Thoughts of the versatile Forward..

Tactical Focus -

When team is in possession, what cognitive considerations and reinforcements should be going through the mind of your attacking player

Considerations..

- Your own system of play
- Your playing personnel
- Your teams style
- The support play around your attacking system

The Consistent Threat

I am confident with every touch that I will make the best decision for my team.

I am comfortable under intense pressure with my own technical skill and ability on the ball.

My ability to shoot from long or short range with both feet make me believe I will always score each game I go into.



I am intense, I demand the ball, I crave the pressure that the ball brings when at my feet.

I am quick when I move the ball, I love to put the defender on the back-foot, before beating them with my skill, especially using the scissor.

I love to dribble in one vs one situations, but I also know how to find the key assist to my teammates. I take pride in the quality of my passing to others.

The Clinical Poacher

My movement in the final third is relentless. I am always looking to find space between the defensive lines

I am explosive in small spaces. When the ball goes wide into crossing areas I am immediately looking for space in the box to move into.



I thrive off the pressure of my teammates believing in me to grab a goal at any moment within the game. I never stop believing in my ability.

If you give me space inside the box, I will punish you. I move everywhere, I sneak behind the defenders into space without them seeing me. I am fast and reactive to the ball.

I am a 'fox in the box', I am a consistent finisher with both feet, or my head. This makes me a high danger to opposition defenders.

SOCCER

Ahead of the game.

Thoughts of the dynamic midfielder

- **What type of midfield player are you for your team?**
- I look to break up the opposition with my non-stop presence and relentless defensive commitment, feeding our attacking players in transition.
- I am comfortable with the ball, I maintain composure in tight spaces, I am constantly scanning to receive positive passes within pockets or half-spaces in the field.
- I am creative and dynamic, I play without a consistent theme, I am skillful, quick, and I love to dribble to break lines in our opponent.
- I drift wider to collect the ball and thrive in 1 vs 1 situations. I am willing to run long and isolate myself against the opposing full-backs, I love assisting from wide areas as I trust deeply in the quality of my service into the box.

SOCCER

Ahead of the game.

What type of Forward are you?

- I love the ball at my feet to dribble with a low-center of gravity
- I enjoy bringing my teammates into the final third via holding the ball and waiting for support play.
- I enjoy the physical battle with the opposing center backs - I love to lead our teams pressure from the front of the field.
- I like to check-in and play-off into the path of onrushing teammates
- I enjoy playing as a "Target 9" where I am the point of our attacking focus.
- I love to run in-behind and play 'off the shoulder' of the opposing defenders.
- I like to drift wide where I can collect the ball in space and go 1 vs 1.

Ahead of the game.

The Highlight Reel Risk-Taker

I am a specialist in set-pieces. Free-kicks are all about me.. I practice until I am consistent. In games, I produce.

I am a confident dribbler, my touch is consistent and precise with every move.



My confidence to make big plays when my teams needs a spark is why I am valuable. I believe I can be the difference when we are searching for one.

I think about playing certain passes that many players don't see. I paint pictures in my mind that correlate to artistic pieces of play on the field. I may try to flick the ball on with an improvised skill, I play to be as creative as possible throughout the game.

My strength and speed make me dangerous in the attacking third. I am decisive, and I will drive at my opponents to put them on the back foot.

Ahead of the game.

The Engine Room

I consistently challenge myself to out-battle and out-run the opponents who try to get past me

I am dynamic and fierce, my mentality is strong that I will challenge any opponent stronger or faster than me, and I will find a way to win the battle



I play with simplicity when in possession, I am disciplined in doing the small things cleanly and accurately.

My passing range is broad and clean. I connect short and long distances with accuracy and

I am imposing, I always want the ball, but I always want to find my teammates too. I see myself as the engine of this team

I work extremely hard to maintain the intensity of my defensive pressure and positioning throughout the 90 minutes

The Provider

My control is clean, I am smooth in my ball manipulations, even under intense pressure from my opponent.

I take pride in my passing success rate, even more so with 'key' positive passes that allow us to transition offensively.



When within range of the goal, I am never afraid to shoot. I am accurate and consistent with my technique.

I take pride in assisting my teammates. I believe my service from wide areas, whether from a cross, or a through ball, is artistic and of a high quality.

My range of passing is vast and proficient. I can play into tight spaces or through the lines of my opponent very accurately.

I am sharp and precise. My dribbling is effective and I am always confident of making space for myself to 'see the big picture', even when I am under pressure.

Thoughts of the dynamic midfielder

The Proficient Playmaker

I love the challenge of finding space to receive the ball on the half-turn, allowing me to play forwards consistently

I thrive in small spaces on the field. I can play quickly, one-to-two touches, and I am always looking for the next space to receive the ball next

My balance and decision-making sets me apart on the field. I am artistic, and I see patterns of play developing before they often happen. This allows me to move fluidly and support the attacking players when we go forward



I am a goal scoring player for this team. If I am given space to do so, I will look to shoot, and I am confident when taking on opportunities that present themselves.

My dribbling proficiency is a high level, and I can carry the ball forwards through tight spaces via quickly beating opponents with a variety of skills



What Should I do?

Scenario: Defensive positioning against the long ball when the opposition is in possession.



How close/tight is the pressure on the ball?

Very tight (Zero chance of long ball): Step line up to around the half line.

Moderately tight (a small chance of the long pass): find a compromising position- 2-3 yards separation from the 9. This allows you to pressure the 9 if ball gets to feet and have a head start should the ball be played over the top.

Not tight at all (high possibility of the long ball): anticipate the long ball and drop the line.

Is your GK positioning themselves to sweep up behind the defense?

Yes: You can afford to maintain your position based off the pressure on the ball as a ball through or over the top will be cleaned up by the GK.

No: You may need to drop off a few yards in anticipation to defend that space if the ball is played through.

Physical attributes:

Is the forward quick?

If the forward is quick you may need to drop a few yards and create separation in order to get a head start on the through balls.

Are you blessed with speed?

If you can recover then you may be able to create less separation, and drop slightly later.

**it is recommended that you do not rely on speed when finding the best positioning.*

Is there pressure on the ball?

Yes: You can afford to step the line up.

No: prepare for the long ball over the top. Give yourself a few yards separation from the forward and prepare to drop as soon as the 4/5 get his head soon to play long.

Where is your 2/3 positioned

Pressed high: drop a few yards so you may cover the space in behind 2/3 if needed.

Level or only pressed slightly: maintain your position based of the pressure or lack of pressure on the ball.

Note: Refrain from sitting deep to deal with the long ball. Constantly adjust your position based on the variables above. Sitting deep will invite the opposition into the space you have given them. Compress the play, anticipate the long ball and drop the line as or slightly before the ball is played through or over.



What Should I do?

Scenario: 7/11 Decision making when your team is in possession

Working together with 9 & 10

Is 9 checking on your side of the field? If so, remain high and be looking to exploit the space created by 9

Has 9 checked on the opposite side of the field? Begin to narrow, look for diagonal runs in meeting diagonal balls through

Is 10 running through the line into 9's created space?

If so, don't come too narrow as you will drag defenders into 10's space.

Should I Check Down?

- Is your 2/3 under pressure?
 - If so, go and help...
- Is 2/3 overlapping?
 - You could check down, drag a defender with to create space for the overlapping run
- Is 9 looking to run blindside?
 - You could check to draw out opposing 2/3 and create a channel of space for 9

Right/Left
Forward/
Midfielder
7/11

If you check and receive the ball at your feet...

Where should my first touch go?

- Is the defender tight? Back or inside
- Separation between defender? Open up & Face up
- Is 2/3 looking to overlap? Take touch inside to create space

Know yourself...

Are you pacey? You may see more success in making runs in behind although, Timing is Key!

Are you more technical? You may see more success dragging players out of position, getting the ball at your feet and linking up with players inside.

Once I'm faced up...

Do you have space to dribble? If so take it. (Inside or Outside)

Is 9 open? Look for feet

Is 2/3 out of position/disconnected from back line? Link up/give and go with 9 around opposing 2/3.

Is 2/3 well positioned/connected? You could look to link up with 9 and continue run on the inside (to draw players out of position), slot balls through for 3rd man runners.

Note: Have fun toying with your defender! Make them believe you want a certain space and then exploit the space they have given you. Do your best to make yourself unpredictable. Once you become predictable you are easy to defend. Mix up when you look for the ball in behind and when you get the ball at your feet. You may drive inside or outside, You may try and beat people with the dribble and also link up with 9. Keep the defender wondering where you're going to be and where you want to receive the ball.



What Should I do?

Scenario: 2/3 Decision making when in team is in possession.

Once on the overlap: Serving into the box

How deep is the opposing defense?

Deep in their box: Try and get to the end line with the dribble of combination play and cut the ball back at an angle

High: Look for an early service in behind. Service may come from deep.

Towards the front post: Look for a chip to the back post

Towards the Back post: drive a ball low for a front post runner.

Where is the ball?

Opposite side of the field: Tuck in slightly, you may need to tuck in and step up if there is no one holding the middle of the field.

In the middle of the field: read the cues (eyes, hips) Anticipate the switch so begin to get wide and open the hips so you are ready to take & exploit the space that should be open in front of you.

Know yourself

Know your:

- Stamina
- Speed
- Technical ability with both feet

If any of these are weak, work at these as this may influence your decision to go forward or be more cautious and stay back.

Right/Left Back 2/3

You receive the ball from 5/4 or 6, Do you have space in front of you?

Yes: Take a positive first touch and take your space.

No: Can you find 9/7/11's feet?

If not, Can you find 8/10's Feet?

If not, may have to swing the ball back through 6/5/4

You've played the ball into 7/11's feet, where does their first touch go?

Inside: Space should have opened to overlap on the outside.

Outside: You could support underneath should 7/11 wish to come back or underlap on the inside.

You play the ball into 9's feet, where does 7/11 go?

Stay wide: Support underneath 9

Support Inside: utilize the space on the outside and overlap as 3rd man runner.

Note: Its very easy for 2/3 to fall into the trap of being stuck to their wings. Do not be afraid to drive inside, underlap as well as overlap and link up with 8/10/9. Have a plan as or before you receive the ball to exploit the spaces in front of you before the opposition is able to shift over and cut off the passing lanes. Try not get into the habit of using your 7/11 as an escape pass. Mix things up, be just as dangerous as 7/11 on the attack yet as solid as 4/5 on defense.



What Should I do?

Scenario **8/10's** Decision making when your team is in possession

Has 9 checked to the ball on the opposite side of the field to you?

YES: There should now be a big space where 9 has dragged out 4/5.

- Maybe look to make a run through the back line to receive a through ball.

NO: Maybe tuck in slightly, always be looking to receive the ball.

- Be prepared to spread out and receive the ball should the ball get switched through 6/5/4

2/3/4/5/ has the ball...Has 9 checked to the ball on your side of the field?

YES: Make yourself available for a lay off/set back

NO: Clear the passing lane that 9 is hoping to receive the ball.

- Look to receive the ball yourself by opening your hips- Look to break the lines and receive the ball in behind the opposing midfield.

Is there someone holding the middle of the field?

YES: You have more freedom to get forward into the attack.

NO: either communicate that to a midfielder deeper than you or fill the spot yourself.

This is important should the opposition start a counter attack

**Central
Midfield
8/10**

You have the ball at your feet, Do you have space?

YES: Take it! Can you draw people out of position with the dribble, then combine or slot people in behind.

NO: look forward first, can you play 9/7/11's feet and link up? Can you play in behind?

(Avoid straight balls, work to play diagonal passes or the risk of the ball being swept up by the keeper increases)

If not...Can you switch the ball through 6?

If not...You may have to go back a switch the ball though the back line.

Note: Be fluid in the center of midfield. Don't feel rooted to a more "defensive" or "attacking" role, if the time is right to combine and go forward then do it and communicate another midfielder to rotate. Be quick on transition, if you can master this then you can be as fluid as you wish as you will have the confidence to get back should your team lose the ball.



What Should I do?

Scenario Decision making of a 6 when in possession

You receive the ball from 2/3/4/5/8/10- (Can we switch the point of attack?)

- If possible always pop open hips to open up and face forward.
1. **Is opposite side 7/11 open from the defensive shift?**
Can we play them on the Move or through a gap between 2/3 & 4/5? If not...
 2. **Do we have space in front?**
Take it! If not...
 3. **Can we find 10 to open up?**
a. Play it! If not...
 4. **Can we release opposite side 2/3 on the move?**
a. Play it! If not...
 5. **Can we find opposite side 4/5?**
a. Play it!

When 4/5 have the ball

Is the opposition 9 pressing them or sitting off?

Pressing: provide an option for 4 & 5 to play the ball around 9

Sitting: 4/5 can split, 6 sit in the space between them and look to receive the ball and open up

10/8 has the ball, are they under pressure?

Yes: Slide over slightly to provide an angle for 10/8 and open hips to receive the ball.

No: maintain a central position and anchor the midfield in preparation to defend a counter attack

Defensive
Center
Midfield

6

Rotating & combining with 8/10

Can we find 2v1's or combine to create 2v1's with 8/10

- Give and go's
- Overlaps
- Feet and back

Then you can find a ball through... 9's feet... or switch the play again.

Rotating with 4/5- 4/5 drives into the space in front of them

Has the 4/5 dribbled ahead of you or are they still behind you?

Behind: provide angle dependent on position of opposition 9.

Ahead: Drop into their spot to provide an angle and to cover should they lose the ball.

Note: Do not feel rooted in the "defensive midfield" position. The 6 can provide a deeper option in the midfield and defensive 3rds but can just as easily rotate and find themselves in the attacking 3rd to score or create goal scoring opportunities providing someone rotates into the 6 position to prevent the counter. Always look to open up wherever possible by adjusting your angle and body position to receive the ball.

SOCCERIQ Ahead of the game. **What should I Do?**

IF I HAVE TURNED & FACED UP THE DEFENDER...

- Q - DO I HAVE SPACE TO DRIBBLE? If so take it. (Inside or Outside)
- Q - IS 9 OPEN? Look to combine with or play through 9
- Q - ARE 2/3 OUT OF POSITION/DISCONNECTED FROM THEIR BACK LINE? Link up with 9 or 10 around the disconnected defender.
- Q - ARE 2/3 WELL POSITIONED/CONNECTED TO THE BACK LINE? Look to link up with 9 & continue run on the inside. Or drop back to your support players and stay wide. This could draw opposition out of position & allow you to slot balls through for 2nd man runners

KNOW YOURSELF...

- Q - ARE YOU FACEY? You may see more success in making runs in behind, although timing is KEY!
- Q - ARE YOU MORE TECHNICAL? You may see more success dragging players out of position, getting the ball at your feet and linking up with players inside.

SHOULD I CHECK DOWN TO THE BALL?

- Q - IS YOUR 2/3 UNDER PRESSURE? If so, go and help.
- Q - IS 2/3 OVERLAPPING? You could check down, dragging a defender with you to create space for the overlapping run.
- Q - IS 9 LOOKING TO RUN BLINDSIDE? You could check in to draw out the opposing outside back and create a channel of space for 9 in-behind.

CHECKING TO RECEIVE THE BALL...

- Q - HAVE I CHECKED MY SHOULDER? Q - WHICH SIDE IS MY SPACE? Q - WHERE SHOULD MY FIRST TOUCH TAKE ME?
- Q - IS THE DEFENDER TIGHT TO ME? Can I lay the ball off or release it quickly to release pressure...
- Q - DO I HAVE SEPARATION FROM THE DEFENDER? Can I open my hips to receive on the half-turn...
- Q - IS MY 2/3 LOOKING TO OVERLAP ME? If yes, can I play the give and go or dummy the ball...
- Q - IS THE DEFENDER STEPPING HARD TO ME? Can I drop my shoulder & take my first touch around them into attacking space...

Thoughts & considerations for Wide Players 7/11

SOCCERIQ Ahead of the game. **What should I do?**

HAS THE BALL BEEN PLAYED LONG INTO MY FEET?

- Q - CAN I CONTROL IT WITHIN 1 TOUCH? I must check my shoulder. I need to be balanced. I need to prepare for defensive contact from behind me.
- Q - IS SUPPORT ON THE WAY QUICKLY? Has my first touch allowed my 2nd touch to be a pass? If so, I'll release the ball and then make a positive movement to take a defender away with me. If not, I must protect the ball and use a low center of gravity to pivot and shield.
- IS THE DEFENDER STEPPING INTO ME QUICKLY? Can I turn the defender by faking or using disguise and break forwards. If I can't turn, can I take my touch back and bring my teammates into the attack by keeping simple possession.

ARE WE IN POSSESSION?

- Q - IS THE BALL UNDERNEATH ME? I need to be 'scanning' to find space every 3 seconds, am I in a position to receive a pass?
- Q - ARE 7 & 11 RUNNING BEYOND ME? Q - IS THE BALL WITH THE 6 OR 8? Can I check in to draw a defender out with me & create half-spaces for 7 & 11 to run into
- Q - IS THE BALL WIDE IN THE ATTACKING HALF? Can I be dangerous? Make a run into the box? Stretch the field by running behind the defenders?

AM I ONE VS ONE IN THE FINAL THIRD?

- Q - IS THIS THE LAST DEFENDER BETWEEN ME & THE GOAL? If so, take them on! Be creative, be quick, and be POSITIVE!
- Q - IS THE DEFENDER BACKING OFF? I need to engage them & drive towards them, I can make them nervous.
- Q - GOT SPACE TO DRIBBLE INTO THE BOX? Moving the ball with both feet will unbalance the defender & may give me a yard of space to potentially get a shot away.
- Q - HAS THE DEFENDER FORCED ME WIDER? I might need to relax and review my options. Maybe I can pass or cross to a teammate. Maybe I need to protect the ball & wait till support arrives.

Thoughts & considerations for the central forward 9

What should I do?

I WANT TO BE INSTINCTIVE...

Q - OUR 11 HAS CUT INSIDE THE BOX AND IS LOOKING TO SHOOT, WHERE SHOULD I BE?
If I want to be instinctive, I should consistently anticipate any rebounds by moving in towards the goal prior to the shot taking place.

Q - IS THE DEFENDER BACKING OFF ME ON THE EDGE OF THE BOX?
Maybe I can take my shot early, the GK may not be set, and the defender may be obstructing part of the GK's view.

Q - HAS THE OPPOSING CB STEPPED UP TO CHALLENGE FOR A LONG BALL?
I should anticipate that my teammate wins the flick-on. This is an opportunity to run in-behind the path of the long ball and potentially receive the ball in a great attacking position.

Shoot the opposite by opening right hip + inside foot

Eyes & Body facing near post

Instinctive movement, anticipating rebounds.

IF MY MOVEMENT OFF THE BALL INFLUENCE THE ATTACK?

Q - IS THE 10 CARRYING THE BALL INTO THE FINAL THIRD?
Can I move to the blind-side of a cb to create a possible passing lane in-behind.

Q - IS THE BALL WITH OUR 7/11 BY THE END LINE?
I must be decisive and take an 'anticipated guess' with my movement. Can I get in front of the opponent if going near post, or drop behind the opponent if I drift to the back post?

Q - CAN MY MOVEMENT INDIRECTLY AFFECT THE OUTCOME?
If I can drag a defender away with me, I may allow a pocket of space to open for another teammate to utilize.

I'M ONE VS ONE WITH THE GK, HOW CAN I FINISH?

Q - IS THE GK RUSHING OUT?
If so, do I have space to go around them without narrowing my angle to goal?
Can I finish early so that I have more of the goal open to aim at?

Q - WHICH SIDE OF THE GOAL SHOULD I SHOOT?
If the GK is covering one post, always aim 'hard and low' to the opposite corner of the goal.
If I am central, I could open my hips and 'finesse' the ball either side using the instep.

Q - CAN I WRONG-FOOT THE GK?
If I look one way, and slot the ball the opposite, the GK may read my eyes and dive early before I shoot. Body positioning is so important if I drop my shoulder down one side, then slot the ball the opposite side, the GK may be unbalanced & unable to make a save.

Thoughts and considerations for the dynamic forward 9

What should I do?

ROTATING WITH THE 8 & 10...

Q - HAS 8 CHECKED-IN BELOW ME?
If so, I can make a higher run.

Q - HAS THE BALL GONE DIRECTLY INTO 10'S FEET?
If I am closer to 10, I should find space underneath & open my hips to receive a lay-off.

Q - HAS 10 TURNED WITH BALL IN THE ATTACKING HALF?
HAS 8 MADE A POSITIVE RUN TO SUPPORT THE ATTACK?
If so, I should find a position underneath the ball that gives us balance. This position should allow me to see & communicate everything, while being closer to my 4 & 5 in preparation to defend a potential counter attack.

CAN WE SWITCH THE POINT OF ATTACK?

Q - IS THERE SPACE FOR ME TO TURN FORWARDS?
If yes, Can I open my hips quickly to turn and make the field big.

Q - HAVE I CHECKED MY SHOULDER?
I know where the space is (Left or Right) and I can turn with the ball that way quickly.

FIRST THOUGHTS...

Can I play into 9, 10 centrally forward.
If not...

Can I stretch the width and play out 7 or 11.
If not...

Can I release the 2 or 3 into a more advanced position out wide?
If not...

Can I find opposite side 4/5 to unbalance the opponents pressure again.

Move in-between the press to be a release option.

RELATIONSHIP & COMBINING WITH 8 AND 10.

Q - ARE WE IN POSSESSION?
I should look for the ball primarily from our defensive players - GK, 2, 3, 4, or 5.
I am the link between the defensive & attacking lines.

OPTIONS - IF I COLLECT THE BALL ON THE HALF TURN...

Can I Play vertically into 8 or 10?
Can I look to play a 'give and go' with 8 or 10?
Can I find the positive pass? If so, afterwards I should move into a new space underneath the ball. We may need to reset our attack or play backwards to retain possession.

IF MY 4/5 CARRY THE BALL INTO SPACE OR HAVE POSSESSION.

Q - HAVE THEY DRIBBLED BEYOND ME?
Drop into their position as a balancing act for our shape in case we lose the ball or get countered.

Q - AM I STILL POSITIONED HIGHER THAN THE BALL CARRIER?
I need to check my shoulders and scan. If I'm in space, I need to provide an angle to receive the ball on the half-turn so that I can face forwards.

Q - WHERE ARE THE OPPOSITION FORWARDS?
If they are pressing high, can I get in-between the pressing players & receive the ball on the half-turn to break pressure.

Thoughts of the dynamic & protective defensive midfielder, the 6

What should I do?

ARE WE COMPACT, CONNECTED, & BALANCED IN THE CENTRAL AREAS OF THE FIELD?

YES:
You have more freedom to get forward & join the attack. Can you support the front 3 and play closer to 10?

NO:
You should communicate with 6 to hold deeper and offer balance. Also making sure that if you go forward, you stay underneath 10 during the attack to offer protection against a possible counter attack.

YOU HAVE THE BALL AT YOUR FEET.

Q - DO I TAKE THE SPACE?
Take space if you can draw the opponent out of position on the dribble. Look to drive & combine, or slot a teammate in behind. Look forward first, can you play 9/7/11's feet & link up? Can you play in behind?

*Try to avoid straight balls in the attacking half.
*Look to play diagonal passes into diagonal runs.
*This decreases the risk of the ball being swept up by the GK

Q - WHAT IF I TURN WITH THE BALL, BUT I AM CLOSED DOWN QUICKLY?
Look for your closest support, is 6 nearby to receive a drop pass into an open pocket? Look wide early, do we have 2, 3, 7, or 11 in space to swing wide? You may have to go back, switching the ball through the back line to reset the attack.

KNOWING WHEN TO ADVANCE & WHEN TO HOLD.

Q - DO ONE OF OUR DEFENDERS HAVE THE BALL?
If 9 checks deep to receive, can I scan around quickly and get my hips open in a position half-turned to potentially receive a lay-off.

Q - IF 9 STAYS HIGH, SHOULD I CHECK-IN?
It depends on 6. If 6 checks-in, you should look to hold a little higher and seek space in-between 6 & 10 to potentially create an overload of numbers to help us continue moving forward.

Q - IF 9 LAYS-OFF, WHAT ARE MY NEXT CUE'S?
Have 7 or 11 stretched wide? Can I play forward into wide areas.
Has 9 spun and made a run in-behind? Play 9 into space.
Are 2 or 3 advancing into the middle-third? Can I play them into wide space.

BE FLUID AS THE 8...

You are the engine that drives your teammates & the tempo around you. Don't feel rooted to a more "defensive" or "attacking" role. You must always be scanning (Left + Right every 4 seconds). If the time is right to combine & go forward then do it. Remember to communicate with another midfielder to rotate. Be quick in the transitions of play (Attacking support & Defensive recovery)

Thoughts & considerations for the midfield engine room, the 8

What should I do?

BEING DYNAMIC IN THE MIDDLE THIRD TRANSITIONS.

Q - WHEN 6 OR 8 RECEIVE ON THE HALF-TURN.
Be actively looking to combine & look to connect the triangle with 6 & 8 by being a higher option when in possession.

Q - BODY POSITIONING WHEN LOOKING FOR THE BALL?
Scan your shoulders often, try to be positioned obliquely to receive on the half-turn. This will allow you to pivot easily and turn inside or outside depending on the pressure from defenders behind you.

Q - IF I'M ABLE TO TAKE A POSITIVE (FORWARD FACING) FIRST TOUCH.
Change speed imminently, accelerate with the ball & look to put fear in opposition defenders by making them back-away, or engage you. Look to use both feet, shifting the ball left & right. This can unbalance your opponent and give you more space to keep advancing on the dribble.

Q - THE AVAILABILITY OF SPACE?
Keep your eyes up, you must be aware of players moving around you. Look wide, are 7/11 in open space? Is 9 wanting to combine with you? If space is running out on the dribble, turn & twist with the ball, drop it off to 8/6 or 2/3 & find a new pocket of space. Finding space in which you can face the ball at an oblique angle is important, this allows you to receive and turn in a multitude of directions.

CREATING THE UNBALANCE IN THE ATTACKING HALF.

Q - 9 CHECKS IN TO RECEIVE A PASS FROM A PLAYER UNDERNEATH YOU.
Anticipate that 9 may drag a defender out of position with them as they lay the ball off to 8 or 6. Can you drift beyond 9 & try make a run in-behind the defensive line?

Alternatively, try find an open pocket of space for 9 to set the ball back into your feet. You could then play the ball through to 9 if they spin in-behind themselves, or you could open the field and play wider to 7 and 11, allowing 9 time to spin off and make a run towards the final third..

Q - ANGLES & MOVEMENT WHEN THE BALL GOES WIDE TO 7/11.
Try & help create triangles by drifting towards the ball to play tighter combinations with 7/11 & the overlapping 2/3. Be consistently aware of your space by scanning relentlessly within the attacking third. If 7/11 have space to drive forward & serve, look to make a more direct run into the box (alternative to 9's movement).

Thoughts & considerations for the creative 10..

Center Back - In-Possession Checklist



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Central Midfielder - In-Possession Checklist

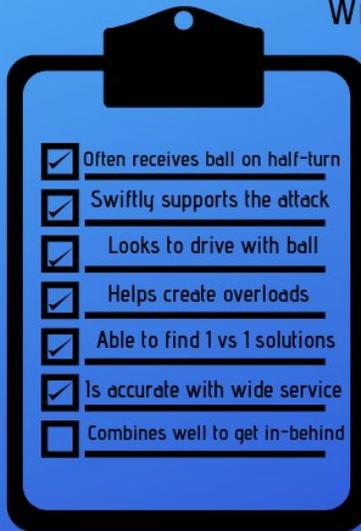


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Wide Player - In-Possession Checklist

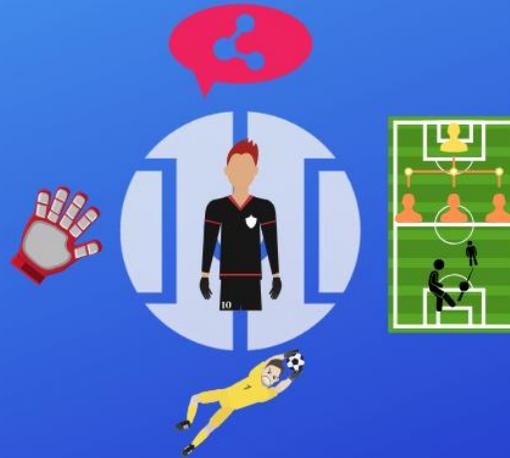


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GoalKeeper - In-Possession Checklist



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PASSING WITH PURPOSE

INSIDE



Why use the Inside of the foot?



- A relatively 'careful' passing option
- Allows for greater accuracy percentage
- For shorter to middle range passes
- Allows for more control of the pass
- Push-pass for short & sharp movements
- Opportunity to curve the ball around opponents
- Idealistic part of the foot used in wall-passes
- Large surface area decreases risk of poor connection



PASSING WITH PURPOSE

OUTSIDE



The outside of the foot. Why or Why not?



- Generally a more risky passing option
- Allows for more disguise on through balls
- For shorter to middle range passes
- Utilized when under tight pressure to play quickly
- Used often to 'flick' the ball around opponents
- Opportunity to curve the ball around opponents
- Allows passes to be more deceptive
- Smaller surface area - Higher risk, less accuracy



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PASSING WITH PURPOSE

LACES



Why use the laces to pass the ball?



- A more powerful & direct passing option
- Allows for greater ball speed
- For longer range passes
- Slightly less control of the pass accuracy
- Driven pass is useful for quick transitions
- Opportunity to take out a line of defence quickly
- Powerful area to go over the top or in-between
- Less likely to under-hit long range passes using laces



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PASSING WITH PURPOSE

IMPROVISATION



Innovation & Imagination is Improvisation



- A creative & unpredictable passing option
- Can be used for deception
- Generally used in closer proximity combinations
- Flicks, Scoops, Re-directed & cushioned passes
- Useful in quick transitions to break pressure
- Opportunity to take out a line of defence quickly
- May include use of the Heel, Head, Chest, Toe-poke
- Risk > Reward but can be very successful
- More safely utilized in the attacking half of the field

SoccerIQ Challenge Card #1


SOCCEIQ
 Ahead of the game.

- 1 WATCH A PROFESSIONAL GAME
- 2 PRACTICE 3 OR MORE TIMES FOR 30+ MINS THIS WEEK
- 3 TRY A NEW SKILL IN A GAME THIS WEEK
- 4 GO TO OUR PLAYERIQ AREA ON THE WEBSITE. COMPLETE A TACTICAL SCENARIO JOURNAL
- 5 MEET WITH YOUR COACH FOR A PROGRESS CHECK - WHAT CAN YOU FOCUS ON IMPROVING THIS WEEK?
- 6 ACHIEVE A TOTAL OF 200 JUGGLES THIS WEEK




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SoccerIQ Challenge Card #2


SOCCEIQ
 Ahead of the game.

- 1 WRITE DOWN YOUR DREAM TEAM 11 - INCLUDE ONE REASON WHY EACH PLAYER MADE YOUR TEAM
- 2 PRACTICE 4 OR MORE TIMES FOR 30+ MINS THIS WEEK
- 3 PLAY ONE 'STREET GAME' FROM OUR WEBSITE WITH YOUR TEAMMATES THIS WEEK - WHAT DID YOU PLAY AND HOW DID THIS GAME HELP YOU IMPROVE?
- 4 GO TO OUR PLAYERIQ AREA ON THE WEBSITE. COMPLETE A TACTICAL SCENARIO JOURNAL
- 5 MEET WITH YOUR COACH FOR A PROGRESS CHECK - WHAT CAN YOU FOCUS ON IMPROVING THIS WEEK?
- 6 ACHIEVE A TOTAL OF 250 JUGGLES THIS WEEK




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SoccerIQ Challenge Card #3


SOCCEIQ
 Ahead of the game.

- 1 PRACTICE 'CURVING' / BENDING THE BALL AROUND OBJECTS TO HIT TARGETS (30 MINS)
- 2 CATCH YOURSELF CHECKING YOUR SHOULDER & "SCANNING" IN TRAINING OR A GAME THIS WEEK
- 3 PLAY ONE 'STREET GAME' FROM OUR WEBSITE WITH YOUR TEAMMATES THIS WEEK - WHAT DID YOU PLAY AND HOW DID THIS GAME HELP YOU IMPROVE?
- 4 GO TO OUR PLAYERIQ AREA ON THE WEBSITE. COMPLETE A TACTICAL SCENARIO JOURNAL
- 5 MEET WITH YOUR COACH FOR A PROGRESS CHECK - WHAT CAN YOU FOCUS ON IMPROVING THIS WEEK?
- 6 ACHIEVE A TOTAL OF 300 JUGGLES THIS WEEK




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SoccerIQ Challenge Card #4


SOCCEIQ
 Ahead of the game.

- 1 THIS WEEK, WHENEVER YOU GET THE CHANCE TO DRIBBLE 1 VS 1, PRACTICE THE SCISSORS SKILL
- 2 WHO'S YOUR FAVORITE PLAYER? WATCH YOUTUBE HIGHLIGHTS OF THEM FOR 10 MINUTES, EVERY SINGLE DAY THIS WEEK. AT THE END OF THE WEEK, WRITE A SMALL JOURNAL EXPLAINING WHY THEY ARE YOUR FAVORITE PLAYER TO WATCH
- 3 PLAY ONE 'STREET GAME' FROM OUR WEBSITE WITH YOUR TEAMMATES THIS WEEK - WHAT DID YOU PLAY AND HOW DID THIS GAME HELP YOU IMPROVE?
- 4 GO TO OUR PLAYERIQ AREA ON THE WEBSITE. COMPLETE A TACTICAL SCENARIO JOURNAL
- 5 SPEND TIME WORKING ON CREATING SPACE AWAY FROM OPPONENTS THIS WEEK - PRACTICE AS MANY DIFFERENT TURNS AS YOU CAN HIT THE BALL
- 6 ACHIEVE A TOTAL OF 400 JUGGLES THIS WEEK




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SoccerIQ Challenge Card #5

- RESEARCH & JOURNAL 5 TACTICAL DIFFERENCES BETWEEN A 4-5-1 FORMATION AND A 4-4-2 - GIVE EXAMPLES.
- WRITE DOWN 5 SKILLS YOU THINK YOU NEED IN ORDER TO BECOME A PROFESSIONAL PLAYER IN THE GAME. EXPLAIN WHY EACH ONE IS IMPORTANT.
- PLAY ONE 'STREET GAME' FROM OUR WEBSITE WITH YOUR TEAMMATES THIS WEEK - WHAT DID YOU PLAY AND HOW DID THIS GAME HELP YOU IMPROVE?
- GO TO OUR PLAYERIQ AREA ON THE WEBSITE. COMPLETE A TACTICAL SCENARIO JOURNAL.
- SPEND TIME WORKING ON CREATING SPACE AWAY FROM OPPONENTS THIS WEEK - PRACTICE AS MANY DIFFERENT TURNS AS YOU CAN WIN THE BALL.
- ACHIEVE A TOTAL OF 450 JUGGLES THIS WEEK.

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SoccerIQ Challenge Card #6

- WHAT MAKES YOUR FAVORITE TEAM SO SPECIAL? WHAT DO THEY HAVE? WHAT DO THEY DO AS A TEAM? WHO PLAYS FOR THEM?
- HOW MANY DIFFERENT PARTS OF THE FOOT CAN YOU USE TO CONNECT A PASS WITH A TEAMMATE THIS WEEK? (INSIDE, OUTSIDE, HEEL, SCOOP, DRIVEN, CHIPPED)
- PLAY ONE 'STREET GAME' FROM OUR WEBSITE WITH YOUR TEAMMATES THIS WEEK - WHAT DID YOU PLAY AND HOW DID THIS GAME HELP YOU IMPROVE?
- GO TO OUR PLAYERIQ AREA ON THE WEBSITE. COMPLETE A TACTICAL SCENARIO JOURNAL.
- EXPLAIN YOUR IDEAL SELF AS A PLAYER. WHAT DO YOU THINK YOU LOOK LIKE AT YOUR BEST? WHAT DO YOU DO AT YOUR BEST? INCLUDE ON AND OFF THE BALL EXAMPLES - JOURNAL THIS.
- ACHIEVE A TOTAL OF 500 JUGGLES THIS WEEK.

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SoccerIQ Challenge Card #7

- PRACTICE DRIBBLING WITH YOUR WEAKER FOOT THIS WEEK. HOW MANY DRIBBLES CAN YOU COMPLETE WITH IT SUCCESSFULLY?
- FOCUS ON 'KILLING THE BALL' FROM THE AIR THIS WEEK - CAN YOU CONTROL THE BALL FROM THE SKY AND KEEP IT CLOSE TO YOUR BODY?
- PLAY ONE 'STREET GAME' FROM OUR WEBSITE WITH YOUR TEAMMATES THIS WEEK - WHAT DID YOU PLAY AND HOW DID THIS GAME HELP YOU IMPROVE?
- GO TO OUR PLAYERIQ AREA ON THE WEBSITE. COMPLETE A TACTICAL SCENARIO JOURNAL.
- WORK ON IMPROVING YOUR ACCURACY THIS WEEK. PRACTICE SHOOTING INSIDE THE BOX. HOW MANY TIMES CAN YOU HIT THE BOTTOM CORNERS?
- JUGGLE WITH YOUR WEAK FOOT THIS WEEK. HOW MANY CAN YOU GET WITHOUT STOPPING?

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SoccerIQ Challenge Card #8

- THINK ABOUT YOUR BEST PERFORMANCE YOU REMEMBER. WHAT DID YOU DO THAT MAKES IT SO MEMORABLE? HOW DID YOU PLAY? HOW DID IT FEEL? JOURNAL THIS.
- WATCH 30 MINUTES OF A PROFESSIONAL GAME ON TV. WHO IS PLAYING? WHAT FORMATION DID BOTH TEAMS SEEM TO BE PLAYING. WHICH SEEMED MORE SUCCESSFUL AND WHY?
- PLAY ONE 'STREET GAME' FROM OUR WEBSITE WITH YOUR TEAMMATES THIS WEEK - WHAT DID YOU PLAY AND HOW DID THIS GAME HELP YOU IMPROVE?
- GO TO OUR PLAYERIQ AREA ON THE WEBSITE. COMPLETE A TACTICAL SCENARIO JOURNAL.
- WHAT 3 THINGS DO YOU THINK YOU SHOULD DO BEFORE YOU RECEIVE A PASS FROM A TEAMMATE AND WHY DO YOU THINK THESE 3 ARE IMPORTANT? JOURNAL THESE.
- JUGGLE WITH YOUR WEAK FOOT THIS WEEK. HOW MANY CAN YOU GET WITHOUT STOPPING?

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PLAYER CHALLENGE CARD

Challenge yourself to check off all the items on the card & take control of your game!

- Watch a Professional Game of Soccer this week (On TV or Live)
- Practice (or play pick-up) 3 or more times this week
- Try a new skill in a game - What skill did you choose and why?
- Go to www.socceriq.com - Player IQ - Tactical Scenario Analysis – Choose a scenario to complete. Fill out a player analysis journal (found on the webpage) and have your coach Tweet us
- Meet with your Coach for a progress check
- Player Determined challenge:
- Coach Determined challenge:
- Have your Coach tweet us a photo of your completed checklist @SoccerIQ1

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PLAYER CHALLENGE CARD

Challenge yourself to check off all the items on the card & take control of your game!

- Practice bending the ball around and toward targets, Using inside of the foot
- Achieve 500 cumulative juggles for the week
- Spend your week focusing on a specific skill to beat an opponent – The Scissors
- Go to www.socceriq.com - Player IQ - Tactical Scenario Analysis – Choose a scenario to complete. Fill out a player analysis journal (found on the webpage) and have your coach Tweet us
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#SoccerIQChallenge



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Ahead of the game.

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#SoccerIQChallenge



PLAYER CHALLENGE CARD

Challenge yourself to check off all the items on the card & take control of your game!

- Watch YouTube highlights of your favorite player for 10 minutes each day, what aspect of the game are they most successful at when they play?
- Research and write down 3 tactical differences between a 4-5-1 formation and a 4-4-2. Be detailed in your answer to show understanding.
- Focus on creating separation from a pressuring opponent this week – Spend time practicing the Cruyff turn this week.
- Go to [Player IQ - Tactical Scenario Analysis](#) –Choose a scenario to complete. Fill out a player analysis journal (found on the webpage) and share a photo with us on Twitter @SoccerIQ1
- Meet with your Coach for a progress check
- Player Determined challenge:
- Coach Determined challenge:
- Have your Coach tweet us a photo of your completed checklist @SoccerIQ1

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