

U9-U19 Indoor Boarded Soccer Coaching Guide

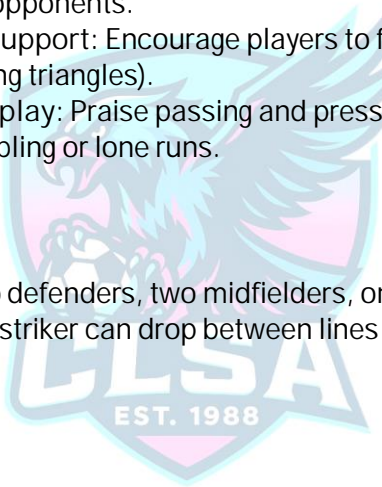
Our club's indoor soccer philosophy centers on Tiki-Taka offense (short, precise passing with constant triangular support) and a High-Press defense (immediate pressure and quick regain of possession). We play fast-paced, possession-based soccer: short passes, supportive movement, and use of the boards in attack, while defending with coordinated pressing traps and a goal of winning the ball back within ~5 seconds. Below are guidelines by age group.

U9-U11 (7v7 – Boarded)

- Formation: 3-2-1 (three forwards, two midfielders, one defender, plus GK). This provides balance and width in attack while maintaining a solid base.
- Offensive Principles:
 - Short, quick 1–2-touch ground passes (no long “kick-and-chase”).
 - Always form supporting triangles around the ball for combination play.
 - Constant off-ball movement and support: players must be ready to receive and recycle the ball immediately.
 - Creative use of the boards: wall-passes and bank-ups to escape pressure or overload space.
 - When possession is won, play forward quickly (dribble or pass) to exploit unsettled defense.
- Defensive Principles:
 - Immediate pressure by the closest player to the ball. One defender must step up aggressively as soon as the ball is lost.
 - Cover-and-balance: the second defender provides cover support, and the rest of the team shifts compactly.
 - “Swarm” as a pack: teammates converge together to force the opponent toward the boards or corners. This press in numbers traps the ball near the wall.
 - Maintain a compact front-to-back team shape (short distances between lines).
 - Always “stay between the ball and our goal” – protect the center even as you pressure.
- Recommended Drills:
 - Rondos (3v1, 4v1): Small-group possession under pressure to practice quick passing, support, and 2-touch play.

- Gate Passing Drills: Players pass through small targets on the move to work on passing accuracy, timing, and movement.
 - Board (Wall) Drills: 1-2 wall-pass exercises (board-bounce drills) emphasizing give-and-go passing under defensive pressure.
 - Press & Recover Games: Mini-games where teams try to win back possession within 5 seconds (e.g. "win it back" challenges).
 - Swarm-Press Games: Small-sided games focused on immediate pack pressing (e.g. mini-goal pressing games) to reinforce chasing together.
- Coaching Focus/Keys:
 - Fun and effort: Keep training fast-paced and enjoyable, emphasizing high energy and effort.
 - Technical foundation: Teach good first touch, passing technique, and 1-2-touch play early.
 - Pressing mindset: Instill a habit of immediately chasing loose balls and closing down opponents.
 - Spacing and support: Encourage players to find space and always support the ball (forming triangles).
 - Reward team play: Praise passing and pressing ("the CLSA way") over individual dribbling or lone runs.

U13 (6v6 – Boarded)

- Formation: 2-2-1 (two defenders, two midfielders, one forward, plus GK), with flexible rotations (e.g. striker can drop between lines or side players can shift into midfield).
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- Offensive Principles:
 - Build possession from the back through the goalkeeper and defenders (play out of defense).
 - Use third-man runs and quick wall-passes to break lines. For example, a midfielder supports a defender, who passes to the wing and receives back through the wall-pass.
 - Quick switches of play (reverse the field) to pull opponents out of shape and find space.
 - Structured rotations: e.g., striker drops into midfield while a midfielder makes a run, or wide players cutting inside to overload central areas.
 - Creative board play: use bank passes off the walls to create overloads or escape pressure in tight spots.
 - Defensive Principles:

- Unit pressing: Press in coordinated groups. Look for triggers (poor touches, back passes, or when the ball is played near the sideline) to launch the press.
 - Board traps: Guide play into the corners and pin opponents on the boards; teammates then swarm to recover the ball.
 - Maintain a compact defensive block (~20–25m wide) so opponents have little room.
 - Counter-press (Gegenpress): Upon losing possession, immediately chase and win the ball back (aim within 5 seconds).
- Recommended Drills:
 - Positional Rondos (4v2, 5v3): Train quick passing and movement under pressure in game-like setups.
 - Wave Drill: Players attack, then immediately defend and try to win ball back (attack → turnover → immediate press).
 - Build-up Press Scenarios: Practice defending against goalkeeper/defender build-up; attackers apply high press to force errors.
 - Board-Trap Drill: Force attackers to a corner and practice regaining possession (defenders herd attacker onto the wall).
 - 6v6 Pressing Games: Small-sided games focusing on fast counter-press after loss (can incorporate neutral target players).
 - Coaching Focus/Keys:
 - Tactical awareness: Teach players to recognize pressing triggers (bad touches, etc.) and understand cover/shift responsibilities as a unit.
 - Coordinated pressing: Emphasize communication and teamwork in the press (call for pressure, cover for each other).
 - Ball circulation and patience: Encourage patience when holding the ball; move opponents by recycling possession and using width.
 - Spatial awareness: Work on exploiting space (e.g. diagonal runs, switching field of play) and on-slide/overlap support.
 - Positivity on risk: Praise good attempts at pressing or clever movement, even if the ball is lost. Encourage taking initiative.

U15–U19 (6v6 – Boarded)

- Formation: 2-2-1 as base, with situational shifts (e.g., pushing one midfielder up to create 2-1-2 in attack or a 3-1-1 shape). Players must be able to adapt shape fluidly depending on the game flow.
- Offensive Principles:
 - Full Tiki-Taka implementation: Use structured width and depth, constant triangles, and short passing to control possession.
 - Patient ball circulation: probe for weaknesses, recycle play to shift the opponent's shape.

- Quick rotations and overlaps: e.g., defenders overlap midfielders, midfielders interchange positions, forwards drop into channels (and vice versa).
 - Rapid switches of play to the opposite side, especially using the boards when opponents overcommit on one side.
 - Accelerate into space once the defense is unbalanced: sudden forward runs or long passes to exploit gaps.
 - Creative use of the boards: set plays off the wall or wall-pass combinations to break defensive lines.
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- Defensive Principles:
 - Aggressive high press: 2-2-1 or 2-1-2 press (forwards cut passing lanes, midfielders push up, back line compresses).
 - Immediate counter-press (Gegenpress): Upon any turnover, trigger a full-team press aiming to win the ball back within ~5 seconds.
 - Pressing traps: Guide opponents to the weak side or toward the boards; defenders then converge and regain possession.
 - If opponents break the press, have a Plan B: fall back into a compact mid-block (e.g., a 2-3 shape) to defend space.
 - Emphasize fitness and relentlessness: players must sustain high intensity (fitness is key) for effective continuous pressing.
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- Recommended Drills:
 - 6v6 Pressing Games: Full-court games where teams must press immediately after losing the ball; the coach can reset balls to enforce intensity.
 - Large Rondos (6v3 or 6v4): Focus on possession and quick counter-press once defenders win the ball.
 - Transition Games: Goal-oriented games where, upon turnover, teams have to sprint to a target or small goal, simulating fast counters and immediate press.
 - Board-Pattern Drills: Pre-set wall-pass combinations and rotations (e.g., CB → midfielder → wing → forward) to practice coordinated attacking moves.
 - Pressing Shape Drills: Small-sided scenarios emphasizing specific pressing triggers and packing (e.g., lose ball at midfield and immediately press).
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- Coaching Focus/Keys:
 - Discipline and intensity: Require full commitment to positioning, shape, and pressing at all times. Players must “do the right thing” tactically.
 - Leadership and decision-making: Older players should learn to direct teammates, organize the press, and make quick game decisions.

- Maintain club style: Continually praise adherence to the CLSA way – short passing, triangles, and coordinated pressing over brute force or solo play.
- Board creativity: Encourage smart use of the boards for attacks, but never abandon core tiki-taka principles of possession and support.
- Mentality: Cultivate a relentless, winning mindset – fitness, focus, and aggression off the ball should be as important as technical skill.

Sources: Guidelines adapted and combined from the club's Indoor Boarded Soccer materials. These emphasize our Tiki-Taka offensive identity and High-Press defensive principles, along with age-appropriate tactics and drills.

