

U9-U19 Outdoor Soccer Coaching Guide

Introduction

This manual outlines CLMSA's official playing style for Tier 4 competitive outdoor teams. Our identity is built on two key principles:

- Offense: Tiki-Taka → a possession-based, short-passing game with constant movement and support.
- Defense: High Press → aggressive pressing, compact shape, and a goal of winning the ball back within 5 seconds, modeled after top clubs like Liverpool and Manchester City.

The style is consistent across age groups, with tactical and technical adjustments for each game format:

- U9 & U11 → 7v7
- U13 → 9v9
- U13-U19 → 11v11

Club Identity

- Offense → Short passes, triangles, structured positional play.
- Defense → High press, coordinated team shape, pressing triggers (bad touch, back pass, sideline).
- Environment → Fast decisions, quick transitions, and creativity in tight spaces.
- Coaching Keys →
 - U9-U11: Keep it fun, rotate positions, reward effort over wins.
 - U13: Introduce tactical understanding, sharpen technical execution.
 - U13-U19: Focus on mastery, positional discipline, leadership, and pressing intensity.

U9 & U11 (7v7 – Formation: 3-2-1)

Offensive Principles

- Encourage short ground passes; avoid “kick and chase.”
- Always form triangles around the ball.
- Quick movement into space after passing.
- Use the striker as a high outlet and first defender.
- Introduce quick transitions: forward pass immediately after regaining possession.

Defensive Principles

- Rule: nearest player presses the ball instantly.
- Others provide cover and balance.
- Encourage “hunt in packs” swarm mentality.

- Begin basic zonal defending concepts (stay between ball and goal).

Recommended Drills

- Rondos (3v1 / 4v1) – spacing, quick passing.
- Gate Passing – accuracy, movement.
- Swarm the Ball Game – introduces pressing.
- Mini-Goals Game – teaches width and switching play.

U13 (9v9 – Formation: 3-1-3-1)

Offensive Principles

- Develop width & depth; stretch the field.
- Switch play frequently.
- Introduce “third-man runs” (pass–layoff–run).
- Build out calmly from GK/CBs.
- Expand rondos (5v2, 6v3).

Defensive Principles

- Introduce coordinated pressing: move as a unit.
- Teach pressing triggers (bad touch, back pass, sideline).
- Compactness: front-to-back lines within ~30–35m.
- Encourage anticipation from 2nd defenders.

Recommended Drills

- Positional Rondo (6v3) – formation-based passing.
- High Press Scenario Drill – pressing teams building out.
- Wave Drill – attack → lose ball → immediate press.
- Finishing from Team Moves – structured patterns.

U13–U19 (11v11 – Formation: 4-4-2 / 4-1-4-1 variant)

Offensive Principles

- Full positional play: structured width, depth, triangles.
- Patience: recycle ball to pull opponents out of shape, then accelerate forward.
- Encourage rotations (FB overlaps, wingers inside, midfield rotations).
- Attack deep blocks with quick switches, 1v1 creativity, and long-range shots.
- Use quick transitions to counterattack when opponents are unbalanced.

Defensive Principles

- High-pressing 4-4-2: forwards angle runs to cut options, mids step high, back line compresses.

- Gegenpressing: win the ball back within 5 seconds.
- Introduce pressing traps (force to the weak side/touchline).
- Plan B: mid-block 4-5-1 if high press isn't effective.
- Emphasize relentless work rate and fitness.

Recommended Drills

- Large Rondos (8v3, 11v6) – team spacing.
- Pattern Play Automatism – CB → DM → FB → Winger → cutback.
- 11v11 Pressing Shape – freeze/correct positioning.
- Transition Games – ball lost → 5-second press.
- Set Piece Routines – quick corners, restarts.

Coaching Keys (All Ages)

- Always reinforce the CLMSA Way: passing & pressing matter more than results.
- Rotate positions at younger ages to develop complete players.
- Start tactical talks lightly at U13, then expand with video and analysis for older teams.
- Encourage leadership roles (“press captain,” vocal leaders).
- Reward creativity, decision-making, and effort to play within the system.

