

Youth Division: Technical Finishing

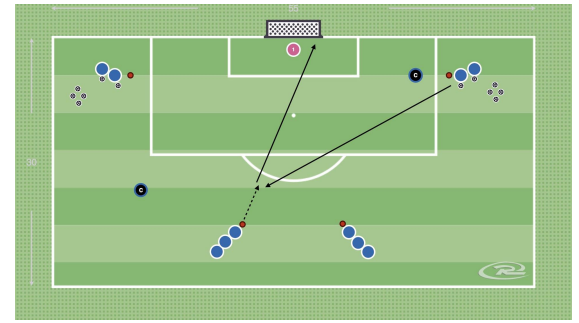
Written by Rush Soccer

15 mins 14 players 14 balls 14 bibs 4 cones

Attacking third of a 9v9 or 11v11 (U13) field. area

GAME PHASE AND COLLECTIVE ACTION

Attacking - Finish: Score Goals. Finish chances.



Youth Division: 5v5 + 1N Box On Box To Finish

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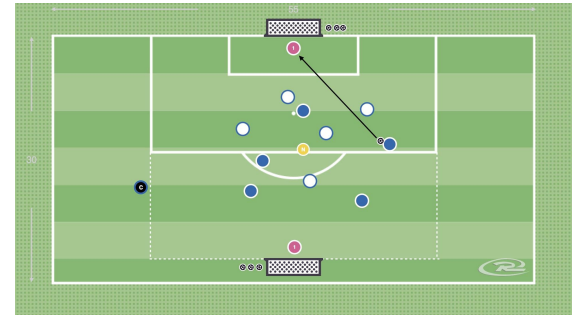
30 mins 14 players 14 balls 14 bibs 8 cones

Box On Box. area

ORGANIZATION & DESCRIPTION

Use a Box on Box setup. This scrimmage follows normal rules except that there is a time constraint of 10 seconds to shoot to goal and there is one neutral that always plays for the attacking team. Play in intervals of five minutes and make short one minute water breaks.

With 14 players, make three teams and rotate them. Play winner stays on to encourage competition.



Youth Division: 7v7 Scrimmage To Finish

Written by Rush Soccer

30 mins 14 players 8 balls 14 bibs 8 cones

60 x 45 approx. area

RUSH WAY

Application of the eight principles of the Rush Blue Thread. Player Acknowledgement and Greetings are expected. Style Of Play (attack oriented). Formation: 2-4-2 to ease transition onto 3-5-2 at U13.

Player Position (players should still experience different positions), this is not a specialization stage.

