

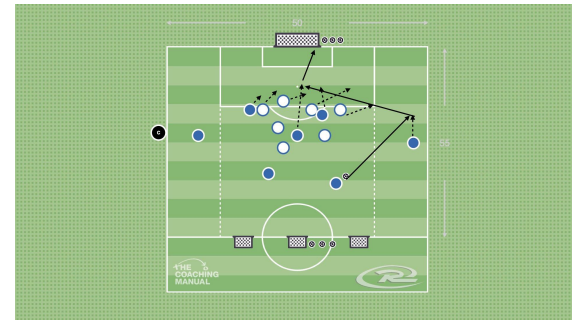
Youth Division: 6v6 + 2 To Cross & Finish

Written by Rush Soccer

15 mins 14 players 8 balls 14 bibs 8 cones
half of a field area

GAME PHASE & COLLECTIVE ACTION

ATTACKING, FINISH: Score Goals, Finish chances.



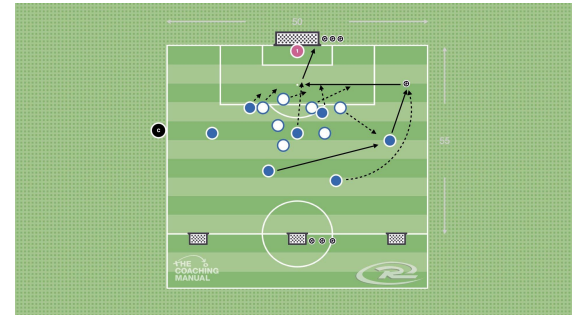
Youth Division: 6v6 + 2 Overlaps To Cross & Finish

Written by Rush Soccer

15 mins 14 players 8 balls 14 bibs 8 cones
half of a field 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.



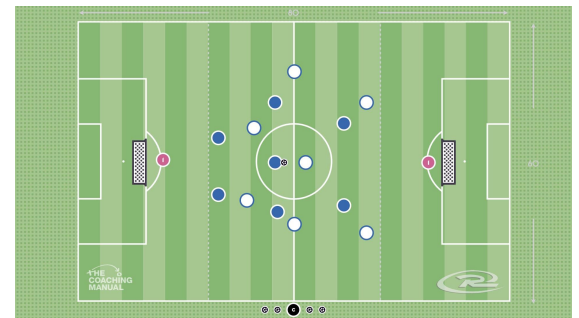
Youth Division: 9v9 Scrimmage To Finish Off Crosses (Overlaps)

Written by Rush Soccer

30 mins 18 players 9 balls 18 bibs 15 cones
full 9v9 field area

ORGANIZATION & DESCRIPTION

Full 9v9 field. Play normal, rules of the game, and coach on the flow as much as possible. Search for understanding of concepts introduced in previous stages of the session. Teams play in a 2-4-2 (2-3-1-2) formation. Use regular offside lines (build out lines). You can encourage certain behaviors (like finishing 1 touch in the box) by giving extra value to those goals (ex: 1 touch finishes are worth 3 goals).



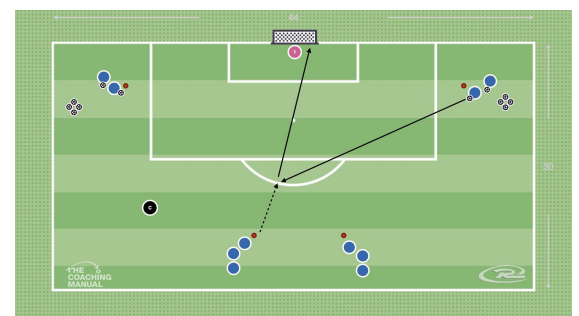
Youth Division: Finishing in 1 & 2 Touches

Written by Rush Soccer

15 mins 18 players 18 balls 18 bibs
15 cones Attacking third of a 9v9 or 11v11 (U13) field. area

ORGANIZATION & DESCRIPTION

Basic setup, with two players serving balls from the sidelines of the big box to two lines of players 7 yards from the semi circle on top of the box of a 9v9 or 11v11 field (U13). The activity is simple, in which balls are served to the far line (the second line) to control and finish from top of the box (2 touch), then 1 touch. You can vary the conditions, also asking the players to shoot with the weak foot, the far



foot, or the near foot. After a player shoots, he/she must go for his/her ball and line up to serve to somebody else, and after serving, he/she lines back to shoot. This is a good activity to run when you have 10-15 minutes left at the end of a session. I particularly like doing it in my last weekly session prior to the match because my players get to score and leave the field happy and feeling confident.