

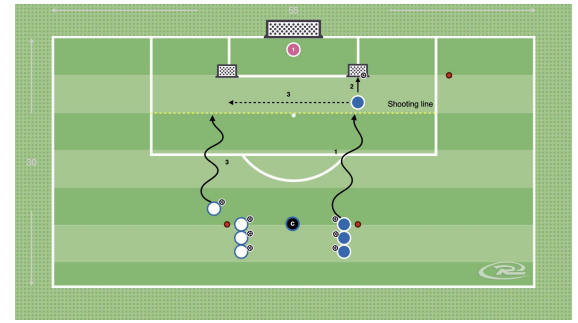
Youth Division: Emergency Defending To Two Small Goals Warm Up

Written by Rush Soccer

15 mins 12 players 12 balls 12 bibs
25-30 x 24 area

GAME PHASE & COLLECTIVE ACTION

DEFENDING, DENY: Deny The Finish. Prevent opponent from scoring goals.



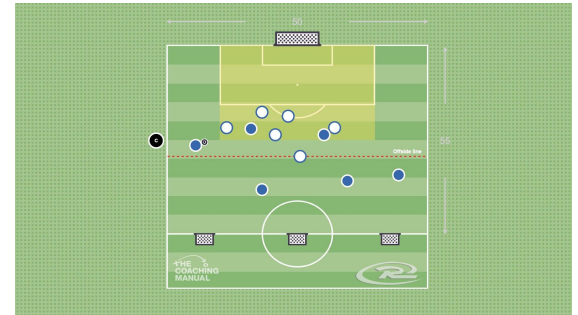
Youth Division: 6v6 With No GK To Deny Goals

Written by Rush Soccer

30 mins 12 players 12 balls 12 bibs
10 cones 55x50 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 Deny Goals

Written by Rush Soccer

40 mins 18 players 12 balls 18 bibs
full 9v9 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.

