

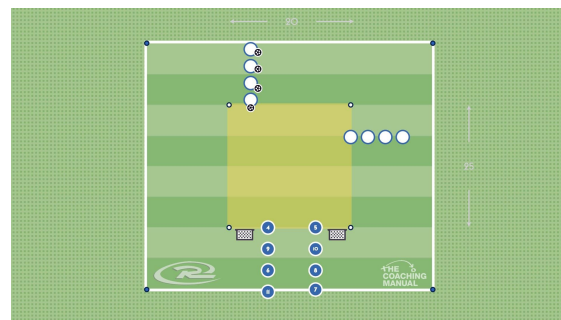
Youth Division: 2v2 Transitional Warm Up, Pressure & Cover

Written by Rush Soccer

15 mins 18 players 12 balls 18 bibs 8 cones
30 x 25 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.



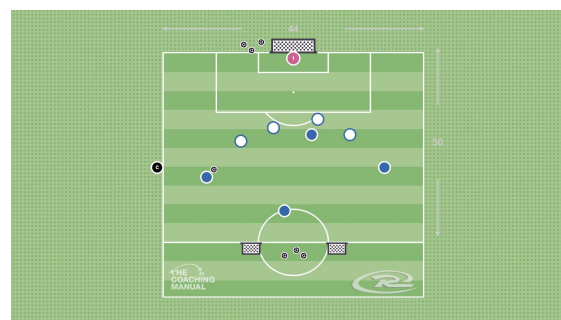
Youth Division: 4v4 + GK To Countergoals To Practice Pressure, Cover, & Balance

Written by Rush Soccer

25 mins 18 players 10 balls 18 bibs
10 cones Half of a 9v9 or 11v11 field (U13) 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 For Pressure, Cover, & Balance

Written by Rush Soccer

40 mins 18 players 12 balls 18 bibs
15 cones full 9v9 field area

ORGANIZATION & DESCRIPTION

Full 9v9 field or box to box of an 11v11 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).

