



Kids Football in Israel

“IFA Game Plan: 9 vs 9”

Kickoff Meeting via Zoom, 01.05.2020, TD Willi Ruttensteiner





“In Austria it took more than five years before everyone could bring themselves to accept the new philosophy of Kids Football.

Because for most of the coaches and the clubs, all they cared about was winning the game. Nothing else!

But that was absolutely wrong for the development of our youngest players – totally wrong!!!

‘It wasn’t easy. In the beginning it was terrible.’

Willi Ruttensteiner, Technical Director IFA

Kids Football



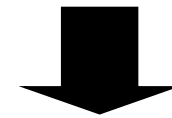
Play & Fun

Development & Creativity

Life School & Friends

Small sided Games

Adult Football



Results & Pressure

Stress & Media

Stars & Money

Pitch

UEFA/IFA Guidelines for Kids Football



- Kids football means playing, and playing means fun!
- The most important thing for the children is being together with their friends!
- Everyone should play the same time!
- Teach the kids both: winning and losing!
- More exercises - fewer matches!
- Children's football should be varied and diversified!
- Promote respect for the opponent and the referee!
- The games are for the kids and not for the adults!
- Let's try to create a "**happy kids football**" in Israel!
- Give your child a kids-friendly equipment!



Kids Football in Israel



"The central contents in children's football are: teaching fun and enjoyment of the game, technic and coordination, many ball contacts, both legs and sides, the involvement in all positions and the general social development of the children. Kid's football means playing, and playing means fun! "

Willi Ruttensteiner, Technical Director IFA



TOO big cycle → FUN ?



TOO big goal → FUN ?

***„Andre Iniesta –
12 years old!“***



TOO big opponent → FUN ?



“The like it to be on the bench!”



“Do they like the bench?”

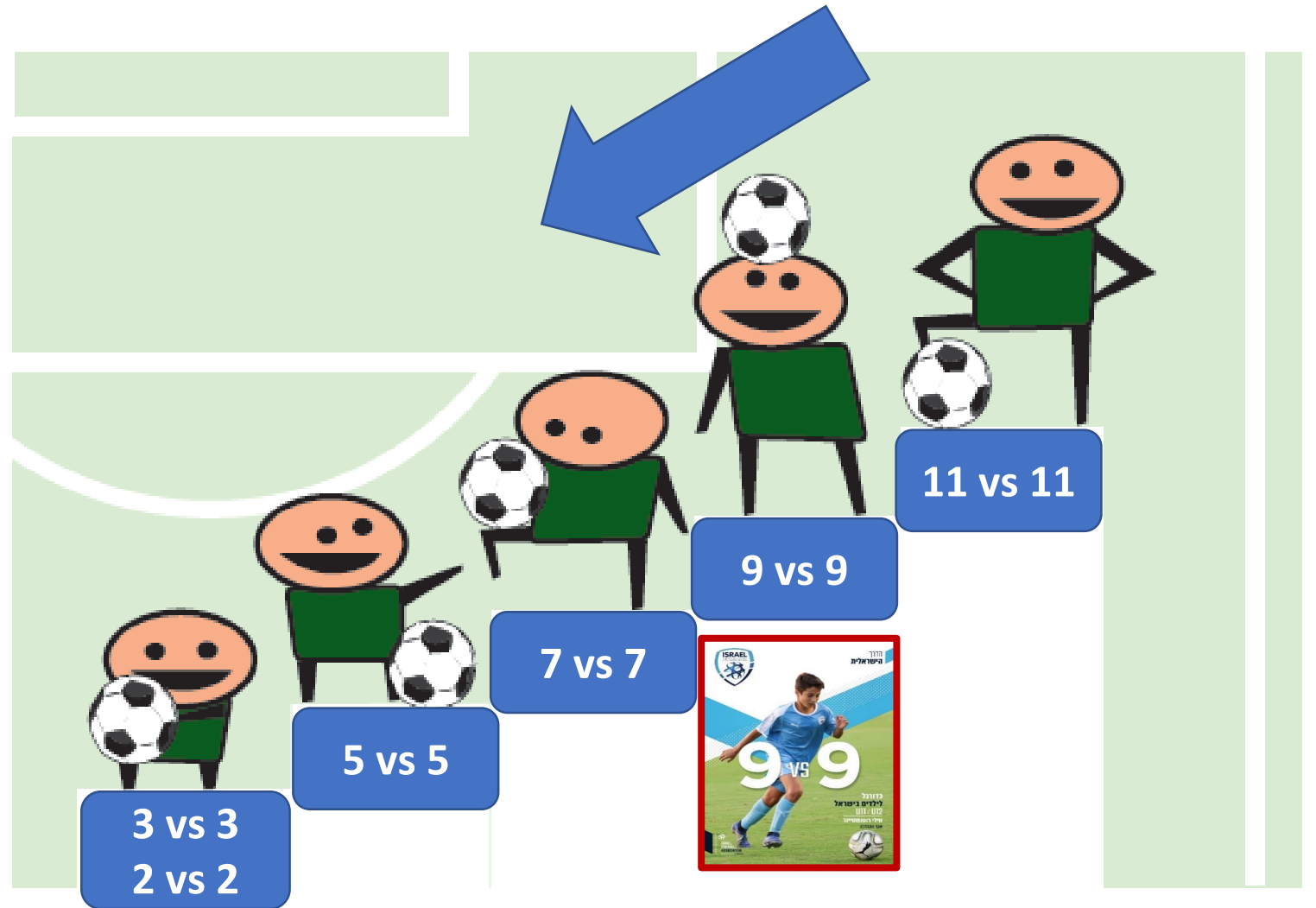
FUN ?

TOO difficult → FUN ?



Grassroots

New Kids' Philosophy
in
Israel





Game plan for Kids Football in Israel

3 vs 3

2 vs 2



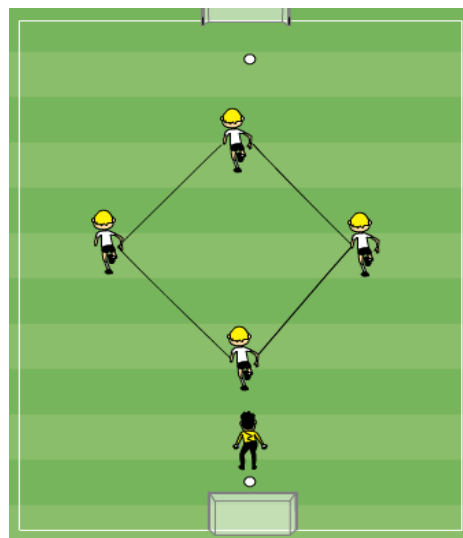
Game plan for Kids Football in Israel

U6/U7



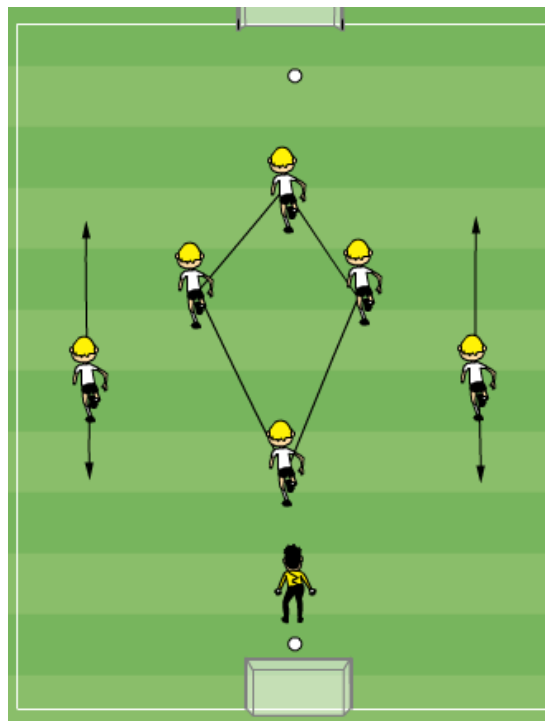
3 vs 3
2 vs 2

U8



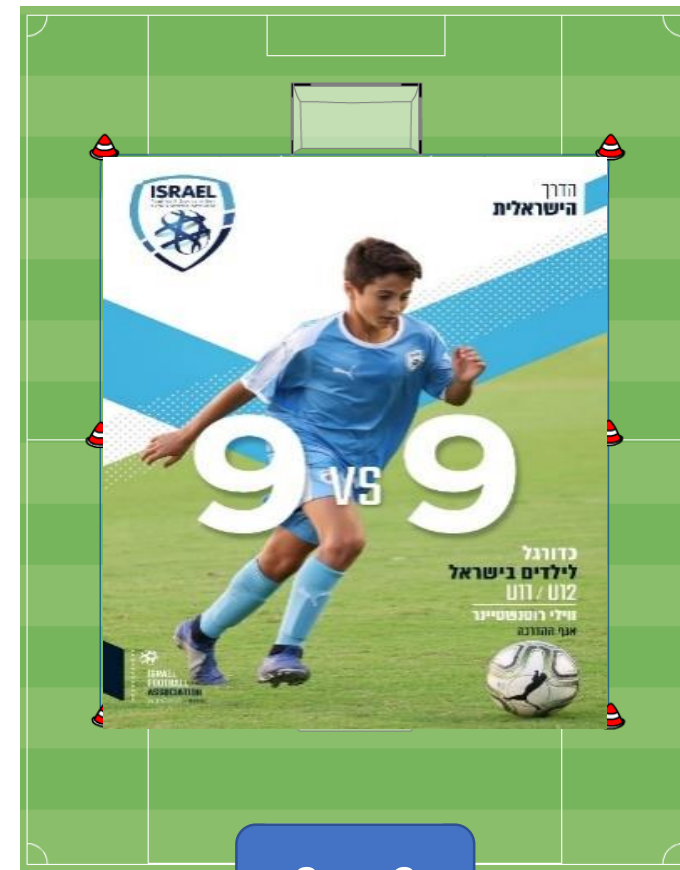
5 vs 5

U9/U10



7 vs 7

U11/12



9 vs 9



Grassroots

New Kids' Philosophy in Israel



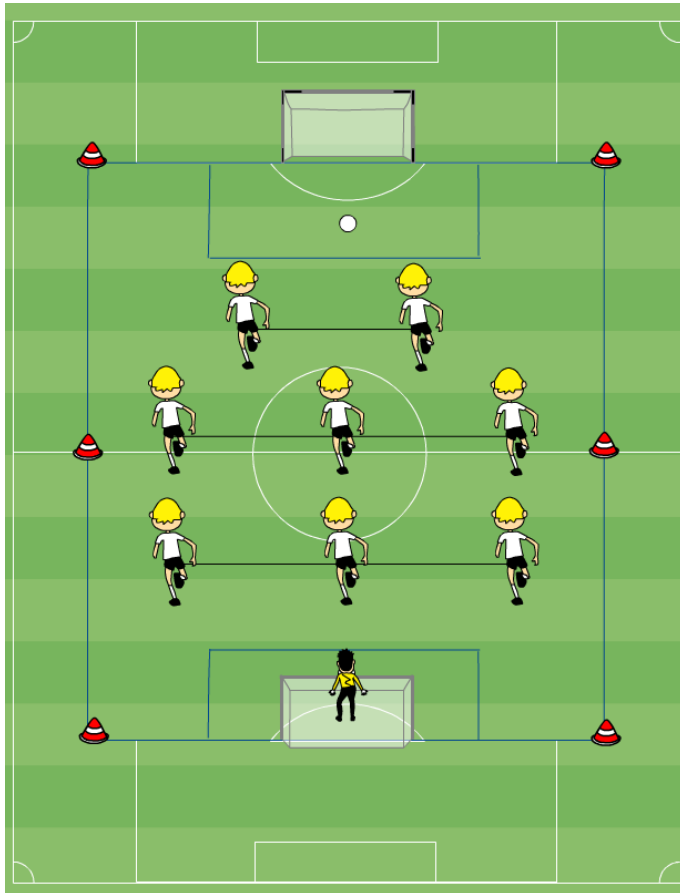
9 vs 9

Playing Philosophy

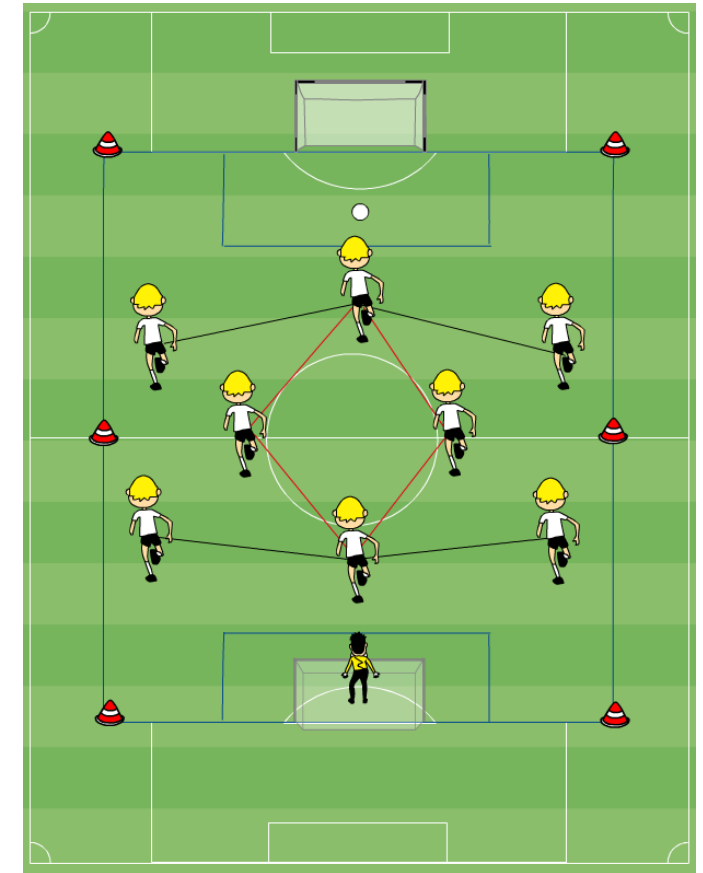
Shapes:



9 vs 9



1-3-3-2 (in three lines)



1-3-2-3 with diamond

9 vs 9

Playing Philosophy Offense

- We force attacking game with all players, we try to score goals and win games!
- We play on 3 lines: GK + 3 defenders, 3 midfielders and 2 strikers, flexible system!
- For further education we play 9 vs 9 (U12) with a diamond shape: GK + 3 defenders + 2 midfielders + two wingers + one central striker!
- We distinguish attacking phase, defense phase and transition phase!
- We try to build up the game from behind and play with flat passes!
- We educate wing play!
- We motivate the children to dribble with skills and finishing!



9 vs 9

Playing Philosophy Defense

- We develop zonal defending!
- Fast transition after losing ball!
- We continue to educate without complex tactical instructions and give the children a lot of freedom in the game!



9 vs 9

Playing Principles

- Fun to play football!
- Everyone should play!
- We play 9 against 9 regional games and championships on a pitch (min. 60x45m max. 75x55m)!
- Each child has many ball contacts!
- There are many goal situations and goals!
- We want to win our games!
- Fair play!
- Team spirit



9 vs 9

Playing Positions

- The change of positions is still to be strived for!
- The goalkeeper actively participates in the game!
- All players are involved in attacking game!
- All players act as defenders, we try to close space and to get the ball immediately back!
- We create clear position tasks!



9 vs 9

Education

- Ball control
- Dribbling
- Football ABC (ball control, dribbling, passing, shooting, heading)
- Build up, combination play and positioning, vertical play and switching play
- Recognizing of game situations
- Finishing out of different positions
- Wing play (direct to the goal, crosses, cutback, one-two, overlapping, third player)
- We train both legs and both sides!

Methodic build-up

Stage 1:

Learning basic movements = Pendulum dribble (moving the ball between two feet), withdrawing the ball, scissor, change of direction, etc.

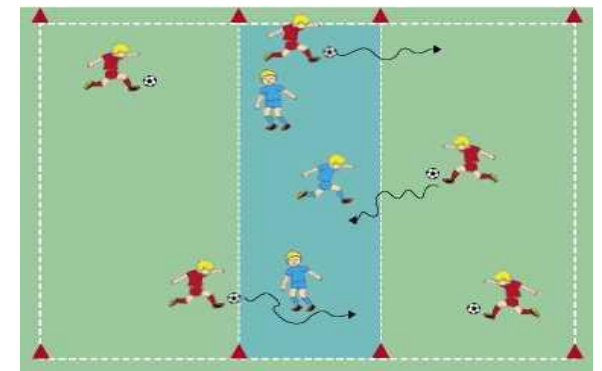
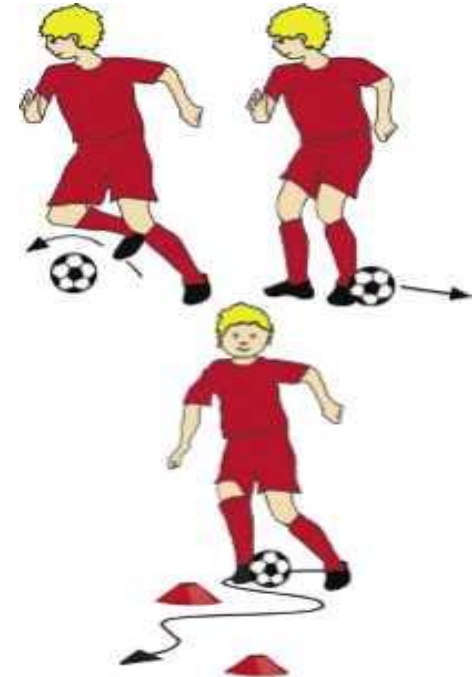
Stage 2:

Applying basic movements in the dribble course or against passive, semi-active or even active opponents (inside, outside, instep, etc.)

Stage 3:

Applying in game form

Pirate game: "***Cross the river***"



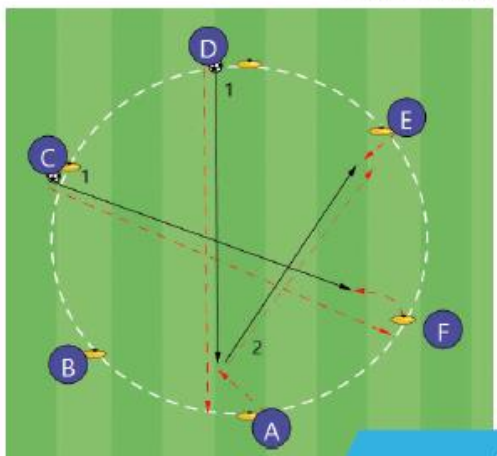
9 vs 9

Education

- Principles of zonal defending (covering, defensive triangle)
- 1 against 1
- 2:1; 1:2; 3:1; 1:3; 3:2; 2:3;.....4:4+3;.....5:5+2;.....9:9;
- Set pieces
- Versatile motor education and coordination with and without ball
- Stability training (FIFA 11+)
- Running school
- Force strengths and minimize weaknesses of the individual player

Basic exercises

מסירות במעגל

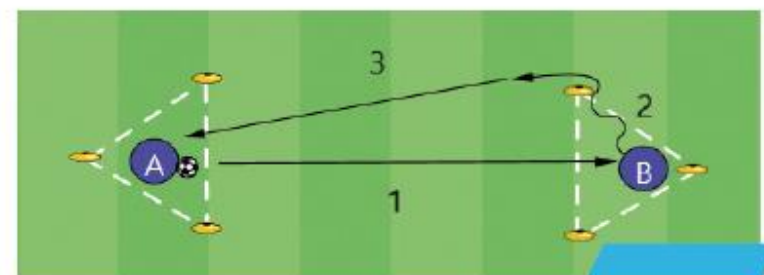


מסירה ושליטה בכדור

מסירות במשולש



שליטה בכדור בנגיעה ראשונה ומסירה (וריאציה 1)



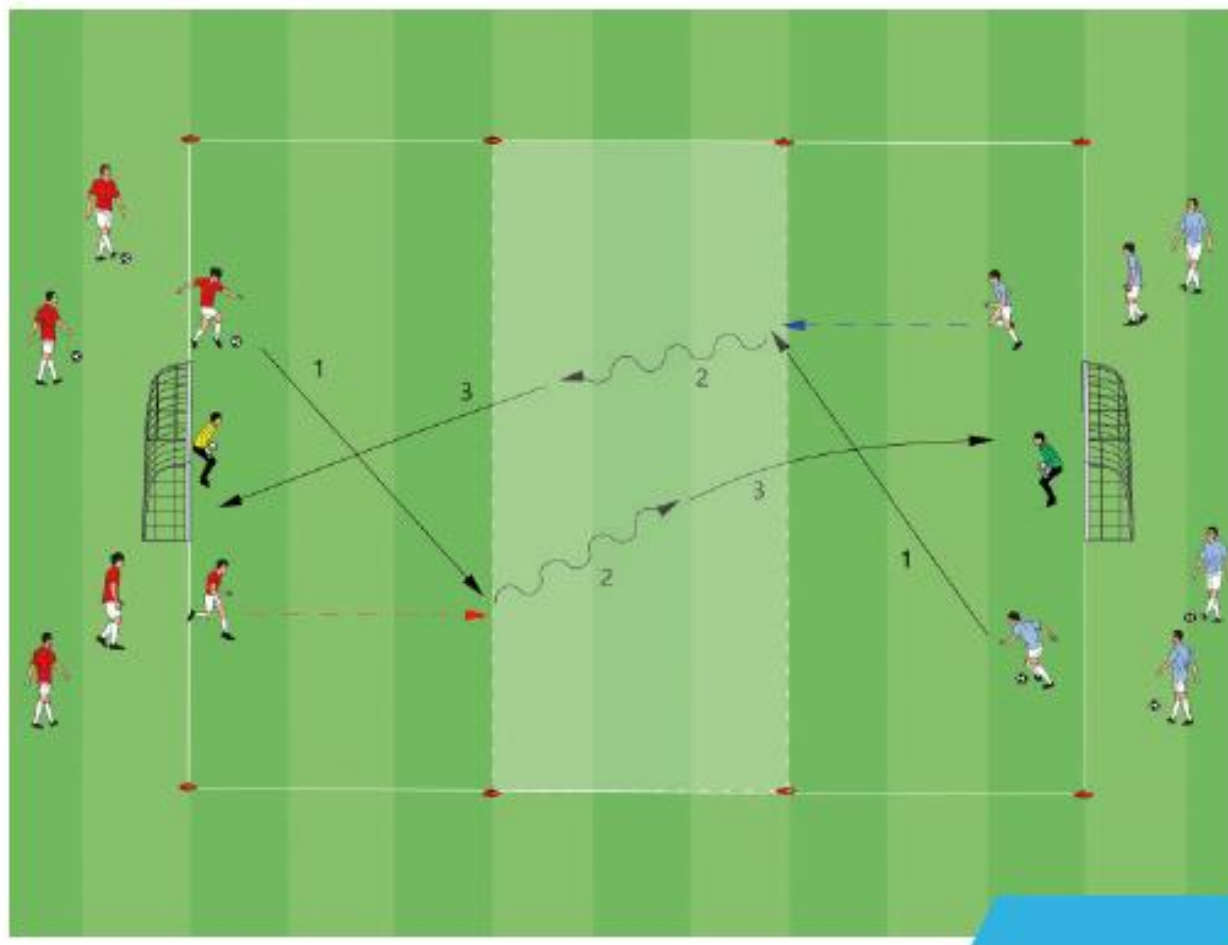
שליטה בכדור בנגיעה ראשונה ומסירה (וריאציה 2)



Basic exercises

טכניקות בעיטה

שליטה בכדור ובעיטות לשער



Education



1 vs 1

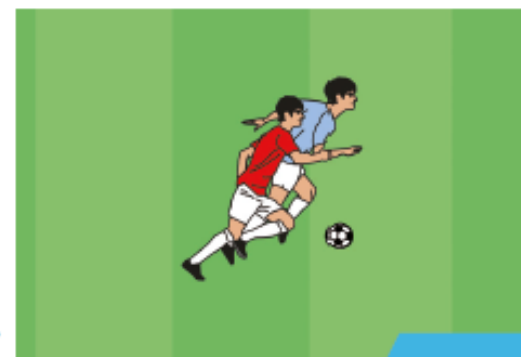
תרגיל בסיסי:



המיקום ממנו בוחר המגן לתקוף את השחקן המכודר הוא מכריע כשבוחרים לבצע תנועת הטעיה. אנחנו מבחינים בין ארבעה מיקומים אפשריים של המגן לעומת השחקן שמכודה:



השחקן עם הכדור מותקף חזיתית על ידי המגן



השחקן עם הכדור לצדי המגן

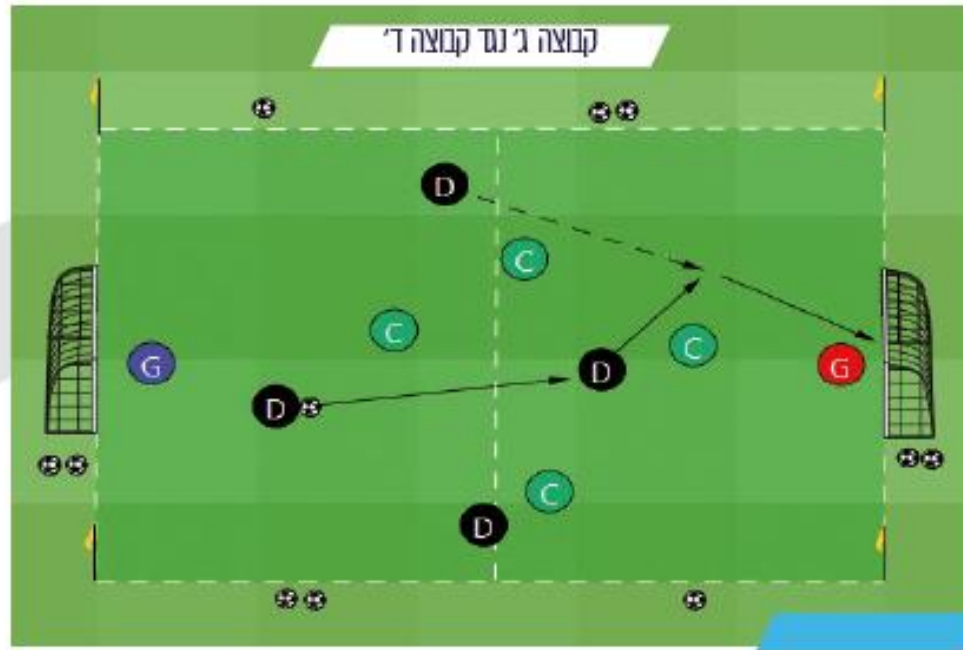


המגן הוא בגב השחקן עם הכדור



השחקן עם הכדור מותקף מן הצד על ידי המגן

Small sided games



“Play small sided games to develop football intelligence!”

2 vs 1

2 נגד 1

יתרון/חיסרון מספרי



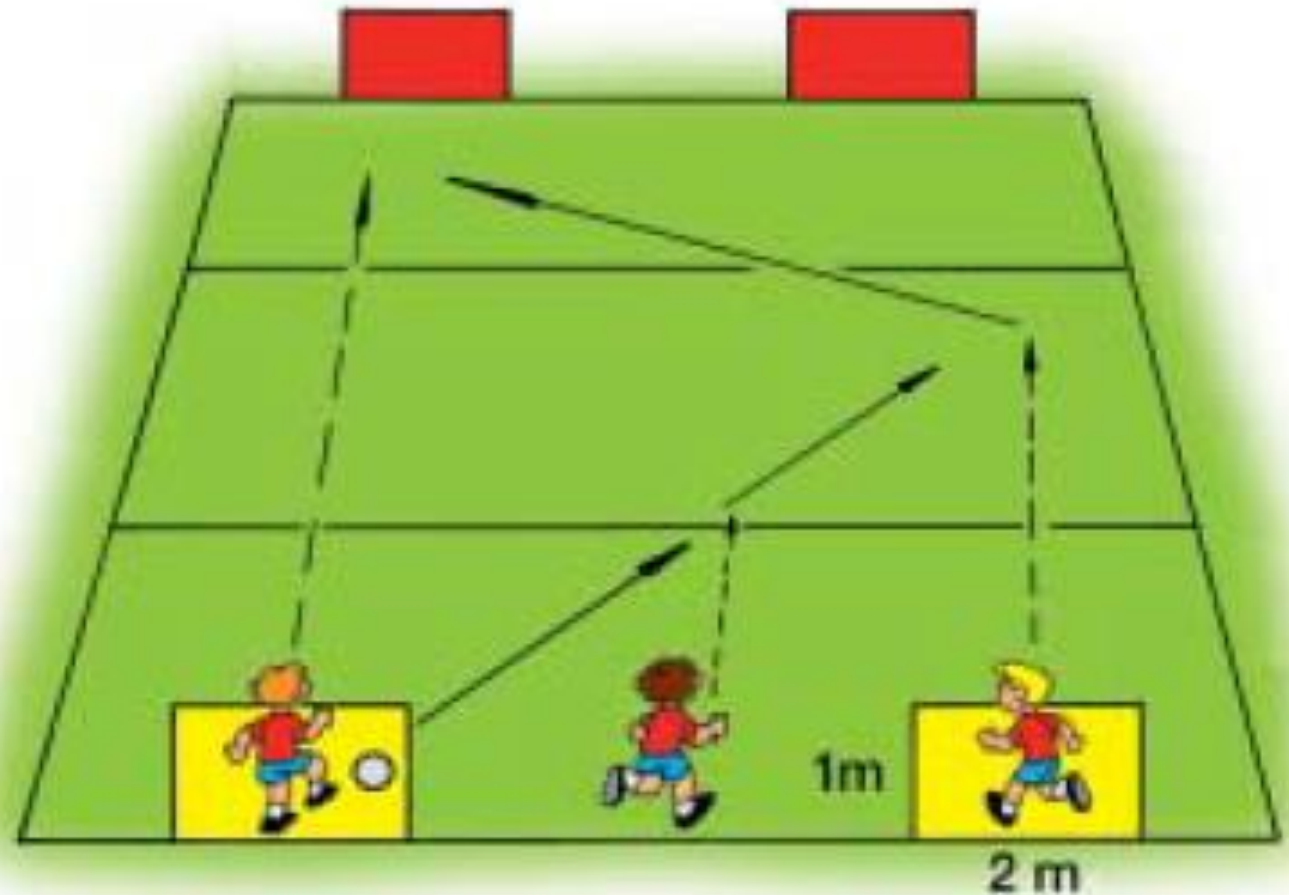
תרגול מבוססת משחק:

- שחקן ההגנה (בכחול) מוסר כדור ארוך לעבר שחקני ההתקפה (באדום).
- שני שחקני ההתקפה מנסים להתגבר על שחקן ההגנה והשווער ולכבוש שער.
- אם שחקני ההגנה אזכים בכדור, הם מיד מבצעים מסירה מדויקת לעבר שוער היריבה (=שוער).
- מידות המגרש: כ-20x15 מטר.

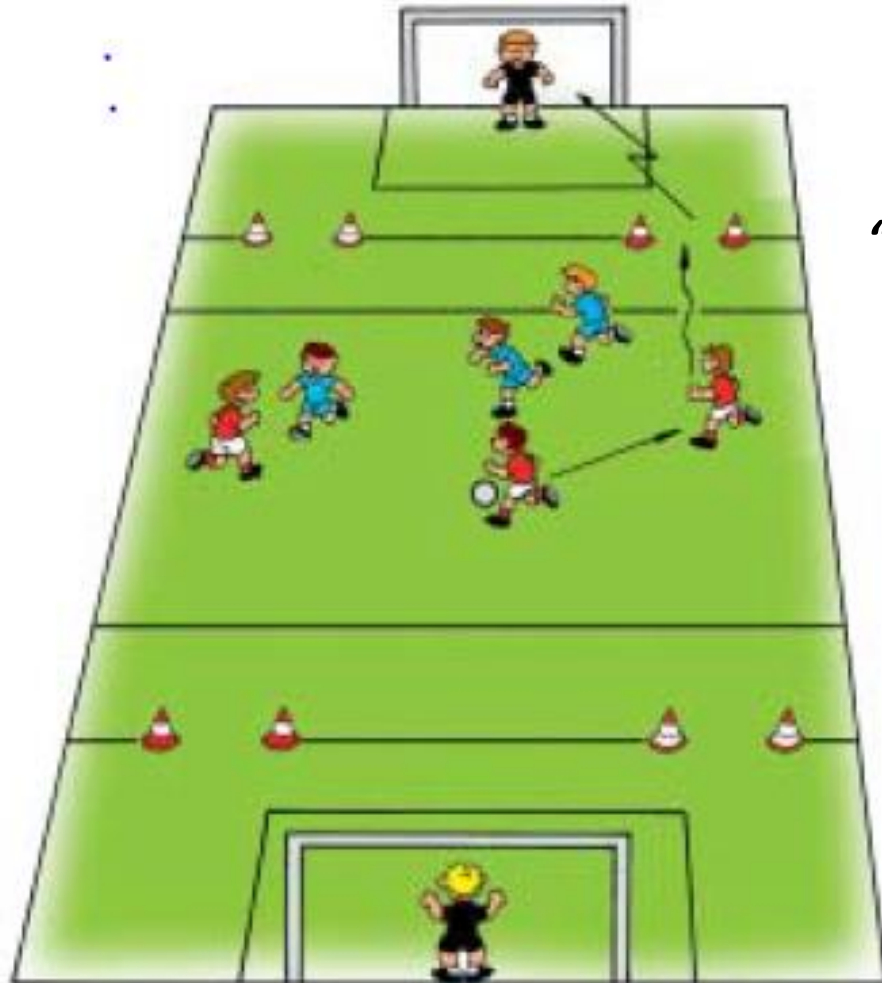
3 vs 0

Variations:

- 3 vs 0 in triangular formation
- 3 vs 0 with interchange of positions
- 3 vs 0 with one touch
- 3 vs 0 using the weaker foot
- 3 vs 0 fast attack



3 vs 3 + GK



“Dribbling through cone goals before finishing!”

4 vs 4 + GK

4 נגד 4

אימון בקבוצות של 4 נגד 4 סלל היבטים רבים מהיבטי המשחק ה"גדול" (11 נגד 11), כולל מספר רב של פעולות משחק אשר מבטיחות התקדמות אופטימלית בפיתוח השחקנים.



שני קווים

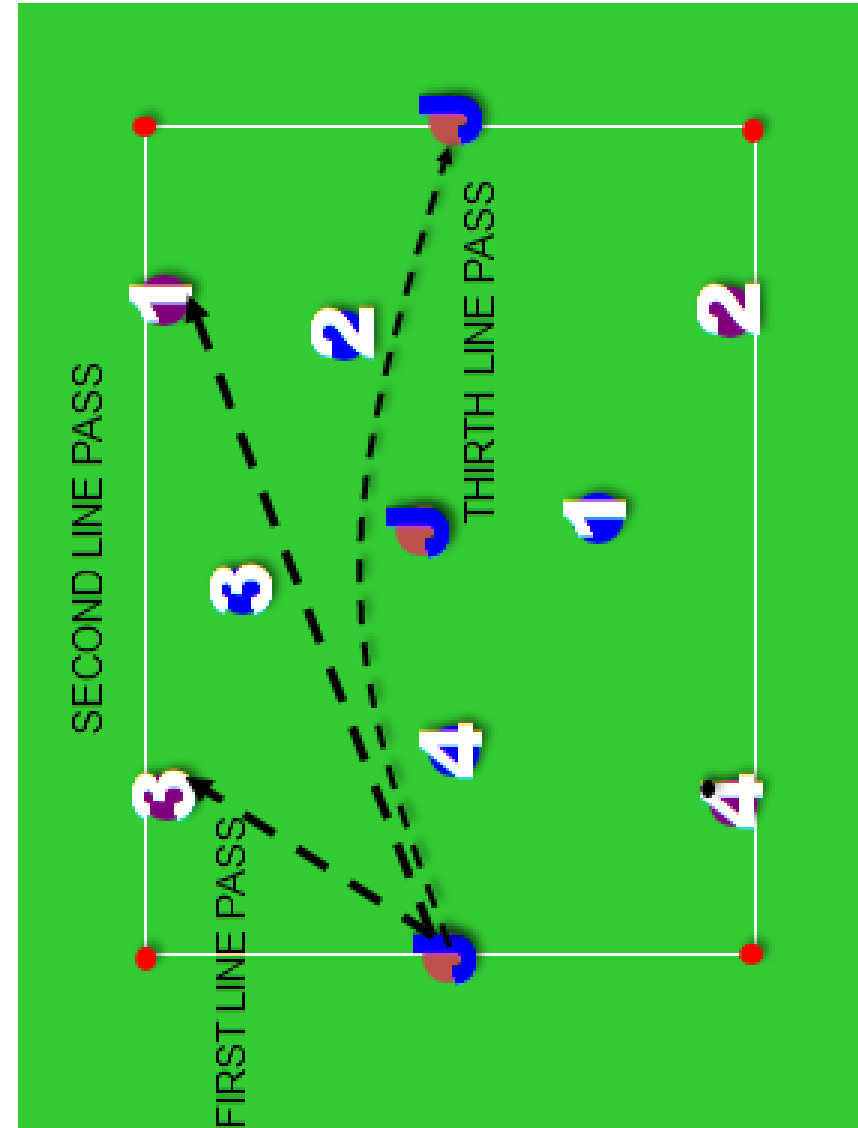


יהלום

“The 4 vs 4 offers many of the "big" game's (11 vs 11) aspect with a great number of actions, guaranteeing optimal learning progress for players!”

4 vs 4 + 3 Jokers

- Positional play
- Wing play
- Line play
- Midfield play



9 vs 9

Coaching

- Basic techniques
- Fast dribbling or running forward using space
- Ball off movement; support for player with the ball
- Create space for attack using width and depth of the pitch
- Build up and combination play (passing, ball control, positioning, timing)
- Tasks on playing positions
- Wing play
- Vertical play and switch play
- Chasing ball after losing (fast transition)!

9 vs 9

Coaching

- Organization of the team
- Positioning and support of the attacking player!
- Close space – compact team – fast transition from off. to def. – strong 1 against 1
- Principles of zonal defending (coverage, defensive triangle)
- Create numerical advantage
- 1 against 1 till 9 against 9
- Set pieces
- Communication and team spirit



9 vs 9

Training

- Central contents are play, fun and quality!
- Positive training atmosphere, good organization of training sessions!
- Force creativity and fun to play!
- Each child has a ball!
- By exact demonstrating and showing the children's learning demand!
- Be patient, do not put any pressure on the children
- Technique and variation training
- Small sided games till 9 against 9 with and without goalkeepers
- Training the whole year!



9 vs 9

Training

- Individual learning, build small groups, play on small pitches, many contacts, many game related football actions and goal situations!
- Run, coordination and motor basics exercises and games
- Build up a training culture!
- Give home works for learning individual technique



General funny input with the ball

Orientation game

Shooting/Passing/Dribbling (3x10')

Play: 5 against 5

Cool down (Penalty)



9 vs 9

Methodical-progressive development of Attacking Play:

- (1) Development of basic techniques
- (2) Application of the basic techniques in simple forms of play
- (3) Position training
- (4) Forms of play to build up the game system
- (5) Possession play
- (6) Group training and training of the whole team
- (7) League and friendly matches
- (8) Te / ta analysis of the games and consequences for the further development of the teams (theory / practice)

9 against 9

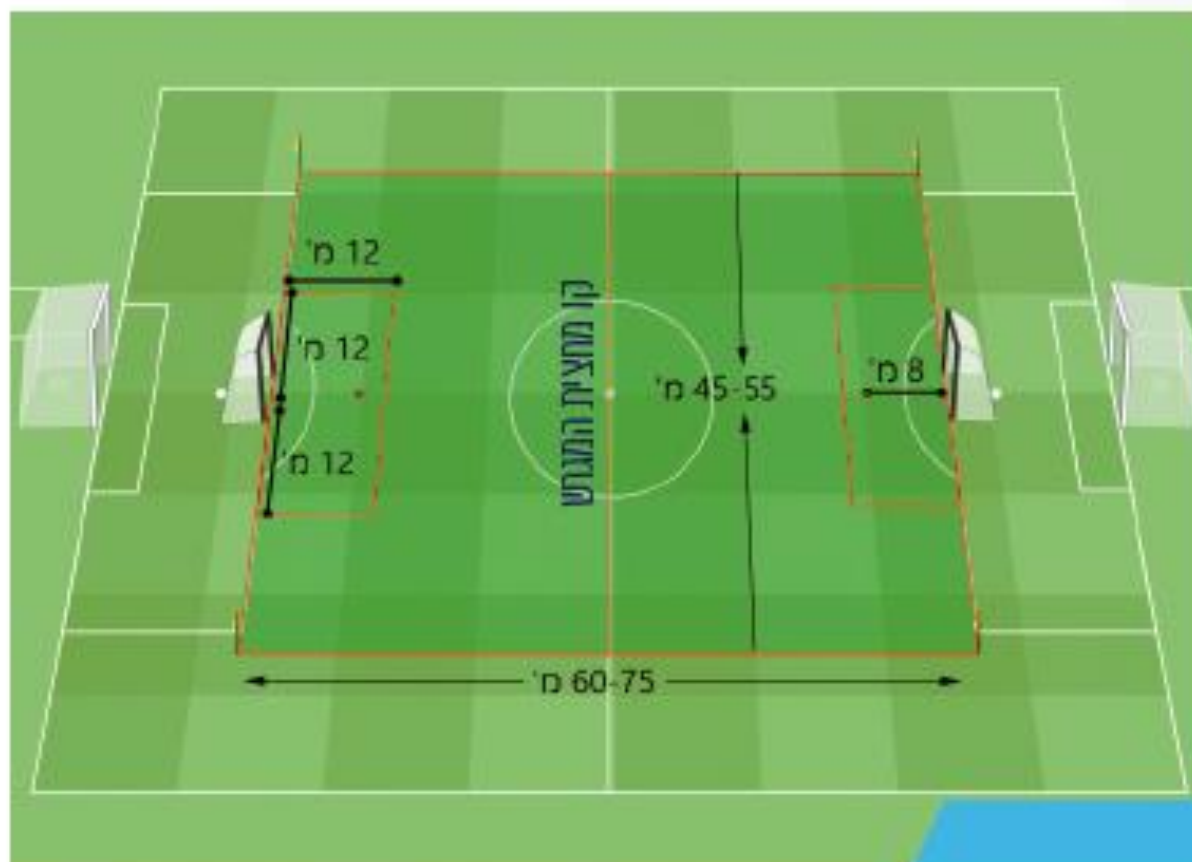
Methodical-progressive development of Defense:

- (1) Promote and demand of coordinative abilities through targeted setting of stimulation
- (2) Training of individual defending (1:1, 2:1, 3:2)
- (3) Teaching covering
- (4) Teaching of covering and defensive triangle
- (5) Teaching the back four
- (6) Play on two lines (2+2 against 2+2)
- (7) Back four – midfield play
- (8) Placing whole team on reference points (B – T – 0)
- (9) Play on three lines (Strikers – Midfielders – Defenders – Goalkeeper)
- (10) Implementation of zonal marking in competitive training
- (11) Analysis of specific competitive situations

Ideal 9 vs 9 pitch:

מגרש הכדורגל

מגרש לליגת לילדים מתחת לגילי 11-12: מגרש מוקטן ובו משחקים בקבוצות של 9 נגד 9.





Kids Football in Israel

ISRAEL
Football Association
התאחדות לכדורגל בישראל

9 VS 9

**כדורגל
לילדים בישראל
U12 / U10
ווילי רוטנשטיין
אגף ההדרכה**

ISRAEL
FOOTBALL



"Thank you for your attention!"

TD Willi Ruttensteiner

