

7 V 7 A T T A C K O W N H A L F

REINFORCEMENTS

- Really good pass with inside of the foot - Good pace!
- Can you show everyone how you received that, that was great!
- Well done "Timmy"! Way to get as wide as you can when the GK got the ball.
- Good work getting that defender to come closer by dribbling. You really opened up space for your teammate!
- Loved how we played back to the keeper there. He/she had a lot of space.

COACHING POINTS

- Dribbling
 - Small touches in tight space, big touch with space
 - If you have space, dribble
 - Dribble to bring a defender to create space for teammate
- Passing
 - Inside of the foot - heel down and toe up, ankle locked
 - Pass to foot that should receive the ball
- Receiving
 - Receive with body open to field
 - Take first touch to space

QUESTIONS

- If we have space, what should we try to do? Dribble
- Can we take a big touch if we have space? Yes
- How do you know if you have space? Head up/Look
- What foot should you receive with if you have space? Furthest foot
- Should you face the sideline or the field when you receive it? Field
- What can you do to bring the defender closer? Dribble at them
- Why bring the defender closer? Space for teammate
- If you don't have the ball, where is space? Wide, high, back, angle
- What foot of your teammates should you pass to? Receive into space
- Who can we look for if we don't have space going forward? GK/Back
- When the ball moves is central (Goalkeeper, Centerback, etc.) where should the outside players go? Wide How? Backpedal or rounded run

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

NOTES

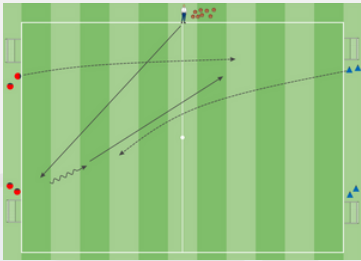
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Dribbling to penetrate
- Dribbling to find space
- Passing - Inside
- Receiving across body
- Commit a defender
- Find/Create space
- Where to go
- Shape - width/depth
- Sustained focus
- Working in groups of 3-4

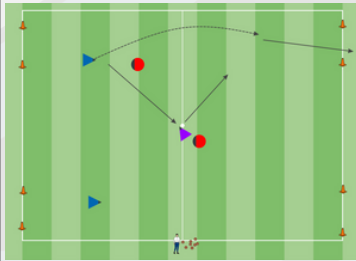
7 V 7 ATTACK OWN HALF

A.01 2v1 (2 goals)



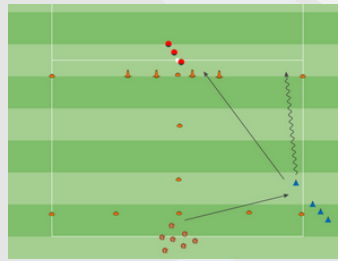
- 18 x 25 yard grid
- Players split in two groups
- Ball played in by coach
- Side that gets ball, brings two players on, side that doesn't defends with one player
- Alternate side that gets ball each time
- When ball goes out of play, quickly get it and get back in line
- Score through goals, keep track of score

A.02 2v2 +1 (2 goals)



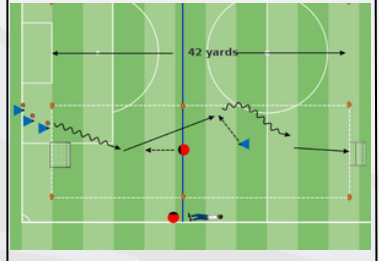
- 18 x 25 yard grid
- 2v2 with a neutral player to score in two goals
- CAN introduce wall pass to high level U9/U10 players
- Rotate neutral every few minutes
- Can play to endzones (pass or dribble) - this would be less challenging if needing success
- If we dribble and commit a defender, who has space?

A.00 1v1 dribble/ pass



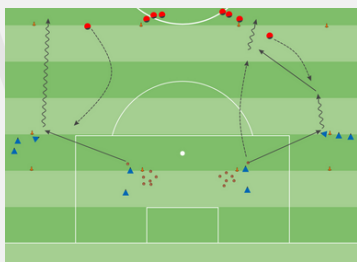
- 12 wide x 18 long around goal box to the half
- 1v1 when ball is played in
- Dribble across end line or pass into central goal (simulating support player)
- When to dribble, when to pass
- If player cuts off goal, dribble to end line
- Can make pass worth 2 and dribble worth 1, etc.

A.04 2v1 long/ narrow



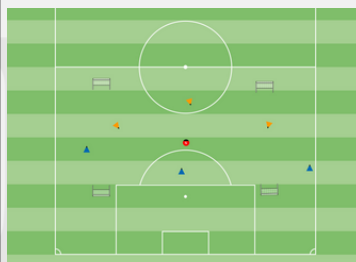
- Two grids on the flanks, as shown
- Player dribbles from just outside the box (as would receive it from goal kick)
- 2v1, but the second player is a forward in the opposite half
- Dribble to commit or to score if space allows
- Pass if teammate has more space and you can beat the defender
- May need to beat 1v1 to create space to pass

A.03 2v1 on flanks



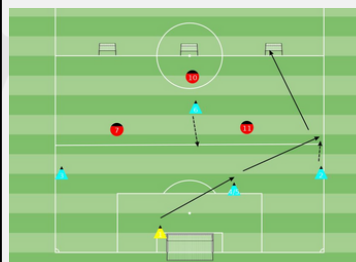
- Two grids on the flanks, outside the box - roughly 15 wide x 22 long
- Three lines - can keep for a time limit or rotate
- Central back line plays ball to outside player
- 2v1 to endlines from there
- As soon as ball is passed from teammate to wide player, that will initiate immediate pressure
- Dribble to commit or to score if space allows
- Pass if teammate has more space and you can beat the defender

A.05 3v3+1 (2 goals)



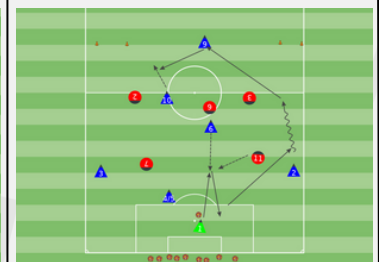
- 3v3 + neutral to two goals
- Set goals up on box and half line. Make it bigger to make it less challenging
- Rotate players/positions every few minutes
- Focus on space, where is it? who has it?
- We should always have someone with space.
- Keep score - score through goals

A.06 4+Gk v3



- 4+Gk vs 3 to one large goal and two or three counter goals
- Goals would signify a pass into the opponents half
- Start with GK more often than other starting points
- On restart or when Gk has the ball and defenders take away outsides, can we play short centrally and play GK back to create space?
- Focus on outside players getting wide when ball goes central

A.07 7v5 own half



- 7v5 to one large goal and two or three counter goals
- Start with GK more often than other starting points
- On restart or when Gk has the ball and defenders take away outsides, can we play short centrally and play GK back to create space?
- Focus on outside players getting wide when it gets central
- Focus on space... where is it