

Moments & Areas

WE have the ball

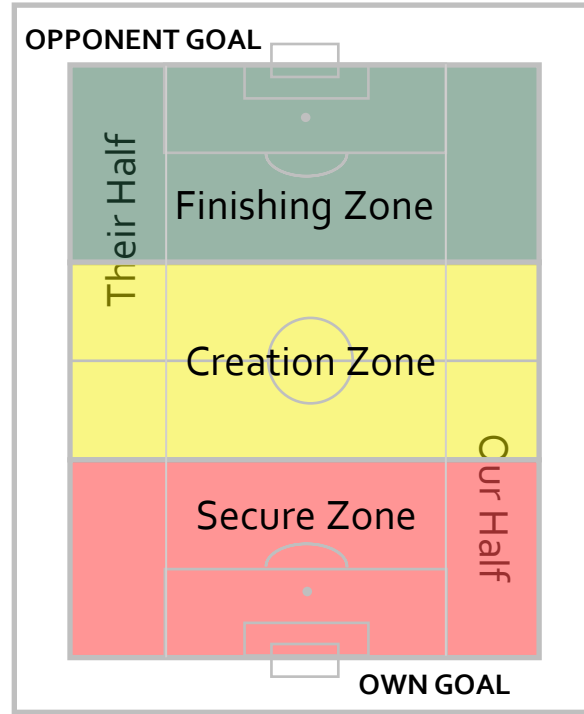
Possession of the ball in the final third near the opponent's goal
Aim: Score goals and create chances

Possession of the ball in the middle third of the field
Aim: To advance into the finishing zone while keeping the ball

Possession of the ball in the third near our goal
Aim: To advance into the creation or finishing zone while keeping the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE



Outside Left Center Channel Outside Right

THEY have the ball

Opponent possession of the ball in their secure zone
Aim: Win the ball back, prevent the opponent from advancing

Opponent in possession of the ball in their creation zone
Aim: Win the ball back, prevent the opponent from advancing to the finishing zone

Possession of the ball in the third near our own goal
Aim: Win the ball back and prevent the opponent from creating chances or scoring goals

- DENY Play From Back
- DENY Possession
- DENY Attack
- DENY Scoring

Transition from WE to THEY



Tactical Principles: WE have the ball

WE have the ball

- Play From Back
- Possession
- Attack
- Score

WE	AIM	WE	AIM
PLAY FROM BACK	<ul style="list-style-type: none"> • Players to get in position to support play from the back per player roles • Looking forward first • Make it big and create many lines horizontal and vertical & Create triangles to support passing • Go forward when possible or keep the ball • Playing, short, long, or in the depth passes (break lines of pressure) 	ATTACK	<ul style="list-style-type: none"> • Combination play & 3rd man run • Recognize and use the 2v1 or 1v1 (dribble & speed mismatch) • Using either a cross, through ball, or combination when there is space behind the defensive line • Create a situation with numerical superiority with movement by ball carrier, player movement, and ball movement • As many players forward as needed as fast as needed • Play the early ball where there is space behind the defense • Support point of attack by positioning players in box or finishing zone to maximize scoring opportunity
POSSESSION	<ul style="list-style-type: none"> • Utilize space and create triangles and passing options Moving to be an option for a teammate • Angle of support, body position • As many triangles as possible • Find and use the free player and 3rd man • Maintain balance in secure and creation zone to be positioned in transition 	SCORE	<ul style="list-style-type: none"> • Occupation in front of the goal • Finishing (anticipate, adjust, or re-adjust to shoot) • Collective movement to occupy the spaces (near post, far post, cut back) in combination with the player on the ball at the right moment • Before shooting, players must look, think and decide on where/how to shoot based on the situation • Maintain defensive balance in creation zone



Tactical Principles: THEY have the ball

THEY have the ball

- DENY Play From Back
- DENY Possession
- DENY Attack
- DENY Scoring

WE	AIM	WE	AIM
DENY PLAY FROM BACK	<ul style="list-style-type: none"> • Make it small & keep it small • Whoever is closest attack • Press the player with ball, teammates create cover and balance • Force ball to the strength of your formation • Isolate the players with the ball 	DENY ATTACK	<ul style="list-style-type: none"> • Delay the opponents attack when outnumbered • Players must recognize when we are outnumbered, and then slow down the attackers enough to allow teammates to recover • Teammates must recover fast and attempt to outnumber opponent until we are organized • Stay in your defensive zone when the opponent changes position • Being able to pass players on to another defender, or recognize when not to follow a player • When necessary switch between zonal and player marking • Players can switch their position based on game situation
DENY POSSESSION	<ul style="list-style-type: none"> • Make it small / Keep it small • When the ball moves, all players must move to a new position based on where the ball is going • Press the player with the ball, teammates cover & balance • Outnumber the opponent 	DENY SCORING	<ul style="list-style-type: none"> • Anticipate the long ball played behind the defensive line • Be able to recognize/predict when opponent may try to play behind our defensive line • Choose correctly between dropping back, or stepping up to use the offside trap (based on cues) • Keeper covers behind the defense • The team moves as a collective unit • Support Goalkeeper & teammates if out of position



7v7 Club Style of Play

Team-based soccer that emphasizes player intelligence, possession, dynamic attack, and high-pressure defense.

General Principles

We build from the back—organized but adaptive. Players know their position—and when to leave it. Players move on and off the ball to provide support and play high-pressure defense to recover the ball.

Key Qualities

Technically skilled, tactically & positionally aware, dedicated, tenacious, hard-working, passionate, healthy, fit, love of the game, and superlative sportsmanship.

Team-Based

Intelligence

Possession

Dynamic
Attack

High-
Pressure
Defense

Team-Based

Movement off the ball; communication

Intelligence

Where should I be? Share ball and receive it back

Possession

Pass backwards, sideways; space & time awareness

Dynamic Attack

Identifying & finding space; exploiting mistakes

High-Pressure Defense

Immediate pressure + cover on GK, defenders

Love of Game

Fun, team events, birthdays



Position Specific Profiles

Position	1 / GK	2 & 3 / Outside Backs	4 & 5 / Inside Backs	6 / Def Mid
Technical Roles/Attributes	<ul style="list-style-type: none"> WE: Collecting, handling & serving with hands & feet. THEY: Tackle, regain possession 1 v 1 	<ul style="list-style-type: none"> WE: Full passing range, crosses from flank channel THEY: Tackle, intercept, regain possession of ball 	<ul style="list-style-type: none"> Marking, tracking, intercepting and tackling Heading, Passing to penetrate (all service types) 	<ul style="list-style-type: none"> Marking, tracking, intercepting and tackling Collect, turn, re-direct to all regions of field (360)
Tactical Roles/Attributes	<ul style="list-style-type: none"> WE: Command, direct team during re-starts Organize, direct team actions in own half THEY: coach defensive players and direct 	<ul style="list-style-type: none"> WE: Recognize, execute penetration on flanks Organize and direct #7, #11 in defending role + Central channel balance, cover for #4, #5 THEY: disrupt attack, man/zone coverage on crosses, balance with 4/5 	<ul style="list-style-type: none"> WE: Build-out, possession, tempo in central channel Organize, direct outside backs and c. midfielders Agility- change direction in response to cues THEY: 1v1 defending Positional understanding in relation to the backline (shifting, covering, distances) 	<ul style="list-style-type: none"> WE: Primary option for build out and possession Penetrate- movement, passing or running w/ ball Communication during build out THEY: Defensive control centrally in front of backs Anticipate & intercepting the ball on THEY attack
Physical Roles/Attributes	<ul style="list-style-type: none"> Aerial mobility maximize height and reach Maximal Speed of Reaction 	<ul style="list-style-type: none"> Speed endurance- repeated explosive runs Acceleration- change speed response to ball 	<ul style="list-style-type: none"> Aerial- max. use of height, explosive movement Rx Speed- adjust to ball, opponent movement 	<ul style="list-style-type: none"> Mobility- multi-directional, box-box, centrally Speed endurance- intermittent, intense actions + Explosive movement- max. acceleration
Mental Roles/Attributes	<ul style="list-style-type: none"> Alert and focused, constant assessment of play Lead- confident, decisive mentality 	<ul style="list-style-type: none"> Confident competitor in one-one isolation Confident in attacking and defending roles 	<ul style="list-style-type: none"> Decisive leader- command and direct teammates Control and composure under pressure 	<ul style="list-style-type: none"> Game Awareness- control tempo & speed of play Self-less- effort to connect all parts of the team



Position Specific Profiles



Position	8 / Central Midfielder	7 & 11 / Outside Mid-Wingers	10 / Attacking Midfielder	9 / Central Attacker- Striker
Technical Roles/Attributes	<ul style="list-style-type: none"> WE: Collect, turn, re-direct to all regions of field (360) Creative decision making in attack and under pressure THEY: Marking, tracking, intercepting and tackling 	<ul style="list-style-type: none"> WE: Flank service at high pace w/ either foot Running with the ball, high pace (penetration) Ball preparation, dribbling and ball manipulation THEY: defend 1v1 Strong ability to disrupt 	<ul style="list-style-type: none"> WE: Collect and turn under pressure. Passing- penetration and goal-scoring chances + Dribbling or striking to score goals. THEY: defend 1v1 Strong ability to disrupt 	<ul style="list-style-type: none"> Scoring- one-touch on demand (head and feet) + Receive, secure ball under pressure Able to turn and face the goal (Penetrate) THEY: defend 1v1 Strong ability to disrupt
Tactical Roles/Attributes	<ul style="list-style-type: none"> WE: Primary option for build out and possession Penetrate- movement, passing or running w/ ball THEY: Defensive control centrally in front of backs Delay and disrupt opponent attack 	<ul style="list-style-type: none"> WE: Mobility to create team crossing opportunities Mobility, timing of runs for central goal scoring THEY: create balance with 6,8 & 10 Provide cover /support for 9,10 	<ul style="list-style-type: none"> Mobility- create separation from opponent Create scoring opportunities for teammates THEY: create balance with 6,8 & 10 Pressure, contain opponents' build out 	<ul style="list-style-type: none"> Mobility, timing to optimize scoring chances Recognize, attack the spaces behind the defense THEY: create balance with 6,8 & 10 Pressure, contain opponents' build out
Physical Roles/Attributes	<ul style="list-style-type: none"> Mobility- multi-directional, box-box, centrally Speed endurance- intermittent, intense actions Explosive movement- max. acceleration 	<ul style="list-style-type: none"> Speed endurance, high pace, frequent transition + Acceleration- with and without the ball Agility- efficiency in changing direction 	<ul style="list-style-type: none"> Explosive movement- separation from opponent Acceleration- change direction or change speed Strength- shoot from distance, challenge for ball 	<ul style="list-style-type: none"> Speed Endurance- repetitive explosive runs Strength- compete for possession aerial service Creativity
Mental Roles/Attributes	<ul style="list-style-type: none"> Game Awareness- control tempo & speed of play Self-less- effort to connect all parts of the team 	<ul style="list-style-type: none"> Ambitious penetrating attitude Patience- prepared to max opportunities w/ ball Focus- constant attention to game cues w/o ball 	<ul style="list-style-type: none"> 360 degree awareness- mental focus Ambitious attacking mentality 	<ul style="list-style-type: none"> Persistence- remain in advanced position Aggressive attitude to compete for the ball Alert, anticipate positive opportunities



Game Day Expectations

PRE-GAME

- Be on time
- Wear Premier gear (club polo), look professional
- Review of practice
- Structured warm up
- Understanding of roles & expectations
- Objectives for the game (3)

DURING THE GAME

- Coach “off” the ball, not on the ball
- Developing decision makers, not “joy- sticking”
- When to coach
- Coaching demeanor
- Treat officials with respect
- The louder you are, the less confidence your team has

HALF-TIME

- Give players a few moments on their own
- Our issues vs their issues
- Max 3 coaching points/adjustments
- Individual vs. team

POST-GAME

- Performance first (over result)
- Remain positive
- Have perspective
- Be humble in victory and classy in defeat
- Save your speech until the next practice.

GENERAL

- Use positive reinforcement, be honest, have belief in your team, and use your knowledge of the game.

At the end of the day, if the opposing players AND the family of the opposing players admire and respect both you the coach and your team and even better yet, wish they played- or were part of your team, then you did your job, representing the club.



U9 & U10 / 7v7 – Boys & Girls: Season Plan

FUN with the BALL and the TEAM

- Move to 7v7
- Continued mastery of the ball - may need to encourage outside of training
- Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
- Play and understand the system 7v7 (structure, shape, movement = how to identify 1v1's or 2v1's - creating and using space, scanning/shaping)
- Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
- 1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game. Begin discussing insight
- Encourage, reinforce player communication
- When WE have the ball WE get BIG - team shape
- Main emphasis for U9/10 is still WE have the ball
- WE to THEY - get it back where we lost it



Play to LEARN



7V7 COACHES "CHEAT SHEET"

Field size

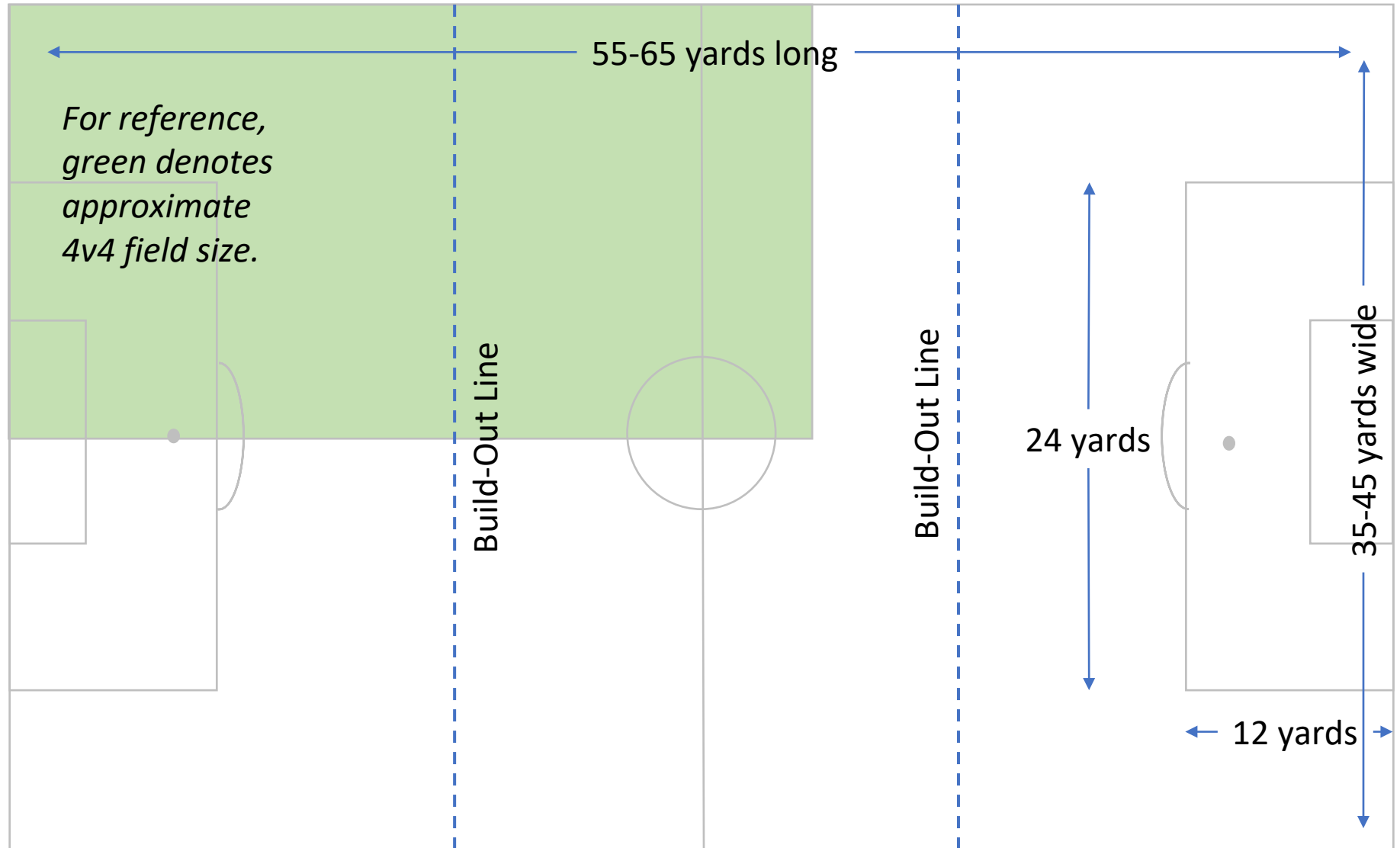
Basic formations

Basic rules



7v7 Field Size

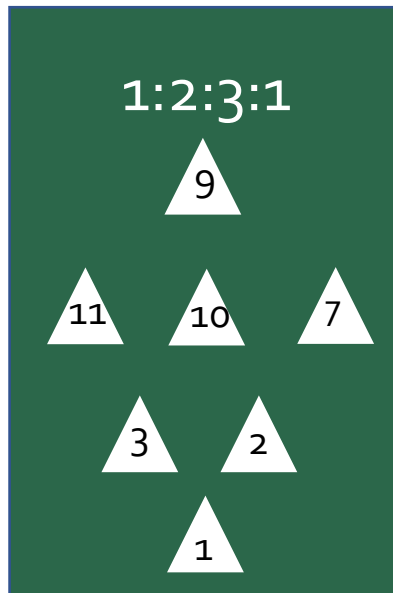
- Twice as wide and 50% longer* than 4v4
- “Build-out” line establishes defensive position & offsides
- Goalkeepers with large box areas



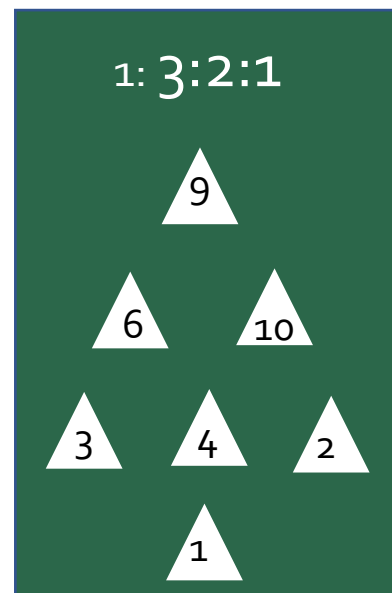
*Lengths and widths are from [US Soccer](#), but actual field configurations will vary by club. Some clubs' 7v7 setup may be as narrow as 30 yards and as short as 47 yards. Thus, this diagram, while typical, is not exhaustive.



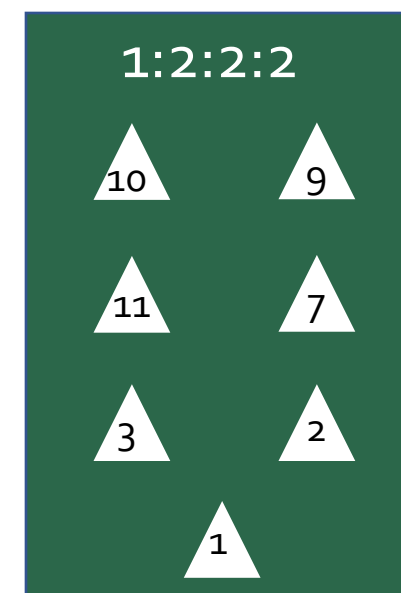
7v7 Systems of Play / Game Formations*



- Wide players assist in strong attack
- Control middle of field
- Midfield must support when in THEY



- Strong for play from back
- Midfield must support the attack
- Defenders can make runs on attack



- Balanced play
- Difficulty playing to entire width of field
- Middle can be open
- *Not recommended*



*RYSC refers to player positions by number, as defined by [US Soccer](#). Coaches should guide players to understand how their position works with and supports other positions on the field in order to play team offense and defense.



Age Matrix & Rules (1/2)

Format	4v4 (U6-U8)	7v7 (U9-U10)	9v9 (U11-U12)	11v11 (U13-U19)
Min. # of Players	4	5	6	7
Approx. Field Size Approx. Goal Size	25-35 yds x 15-25 yds 4'x6'	55-65 yds x 35-45 yds 6.5'x18'	70-80 yds x 45-55 yds 7'x21'	100-120 yds x 50-80 yds 8'x24'
Goalkeeper?	No	Yes	Yes	Yes
Number of Refs	None	1	3 (RYSC) or 1 (Other Clubs)	3
Game Length	4x10 min.	2x25 min.	2x30 min.	2x35 (U13), 2x40 (U14-16), 2x45 (U17+)
Ball Size	3	4	4	5
Offsides?	No	Yes (Build-Out Line)	Yes	Yes



Age Matrix & Rules (2/2)

Format	4v4 (U6-U8)	7v7 (U9-U10)	9v9 (U11-U12)	11v11 (U13-U19)
Build-Out Line?	No	Yes	No	No
Free Kick Clearance	10 feet	8 yards	8 yards	10 yards
Heading?	No	No	No (U11) Yes (U12)	Yes
Penalty Kicks?	None	Yes (mark at 10 yards)	Yes (mark at 10 yards)	Yes (mark at 12 yards)
Throw-ins	1 Re-throw	Normal	Normal	Normal
Fouls (type of kick)	Indirect kicks only	Indirect or direct	Indirect or direct	Indirect or direct

Substitutions

Any stoppage at Referee's discretion



7v7: Basic Rules

The following are BASIC rules to help players and coaches transition from 4v4 to the 7v7 format:

- **Laws of the Game** – [FIFA's Laws of the Game](#) serve as the foundation for all soccer. *The referee has discretion based on each situation/scenario* but will whistle fouls for things such as kicking, pushing, tripping, holding, dissent, hand ball, etc.
- **Free Kick Distance** – Defenders must be seven (7) yards from the ball when a team is taking a free kick.
- **Throw-ins** – Players must have both hands on the ball, bring the ball behind and over the head with both hands, and throw in an uninterrupted forward motion without twisting one's arms. Players must keep both feet on the ground and either on the sideline or outside the field of play throughout the throw.
- **Slide Tackling** – Starting with U9/7v7 play, slide tackling is permissible so long it is performed safely on the ball, not on a player (as outlined in FIFA Law 12). RYSC strongly discourages slide tackling for U9 and U10 players; as such, coaches are encouraged not to teach players or encourage them to slide tackle.
- **Heading** – Intentional contact with the head is not permitted for U9 and U10 players and may result in an indirect free kick at the point of infraction (or, if inside the penalty area, the ball will be placed outside the penalty area).
- **Build-Out Line** – On each side of the field, equidistant from the center line and top of the goal box, is a "build-out line." This concept is unique to the 7v7 format and marks an area for the following:
 - When a team is taking a goal kick or the goalie possesses the ball, all of the other team's players must be beyond the build-out line
 - Offsides: A team may not pass the ball to a teammate who is beyond the opponent's build-out line *unless* two defenders (the goalie counts) are between the receiving player and the opponent's goal when the ball is kicked
- **Unsportsmanlike Conduct** – Players, *as well as coaches and parents*, are expected to perform in a dignified, encouraging manner—avoiding insults towards one another, officials, or opponents.



7V7 COACHING RESOURCES

The activities that follow can be used at 7v7 training sessions to emphasize elements of the Club's "Style of Play." Intentionally brief, coaches can quickly implement.

Each session explains the activity, highlights objectives, and provides coaches guiding questions they can ask players to facilitate soccer development.



ONE TRAINING METHOD

STAGE 1: PLAY

When players arrive to practice, the first responsibility of the coach is to create an environment that is safe, engaging and fun. In the first *Play* phase, players engage in small-sided games with the primary focus on having fun. It is important that these pickup-style games are led by the players and facilitated by the coaches. During this first *Play* stage, players have the opportunity to experience the game while the coach observes and guides them towards developing their own solutions rather than being directed what to do.

STAGE 2: PRACTICE

In the second phase of *Play-Practice-Play*, children are engaged in different forms of targeted learning activities to further guide their opportunities to develop. The goal of the *Practice* phase is to create an environment filled with opportunities for players to experience and learn about the goal of the training session through repetition. *Practice* activities should be of appropriate challenge (striking a balance between success and failure), resemble the game, involve the players making decisions and allow for creative problem solving. The role of the coach during this phase is to guide players while using teaching actions. While it is during this phase that targeted learning takes place, there should always be an emphasis on keeping the atmosphere fun and enjoyable for the players.

STAGE 3: PLAY AGAIN!

The final stage of *Play-Practice-Play* is the game. This phase offers players the opportunity and freedom to play, without interruption, in an environment that mirrors the actual game. The focus of the final *Play* phase is to encourage players to express themselves and demonstrate what they learned during the *Practice* phase. A coach should observe and guide using minimal dialogue if possible. By silently observing the application of the *Practice* phase in the final *Play* phase, the coach is able to check each player's understanding and ability to execute the goal of the training session.



Team Sharks & Minnows

Style of Play element(s): Team-Based #1

Moment: WE have the Ball

Area of the field: Our half or their half

Tactical Principle: Go forward when possible, dribbling. Players to get in position to support from the back.

Summary: 1v1 or 2v1 situations where players incorporate help of team when needed.

Coaching Objectives:

1. Encourage players to find space and dribble into space to get past defender.
2. Recognize when to make smart use of outside players and pass back before losing ball.

Questions to Players:

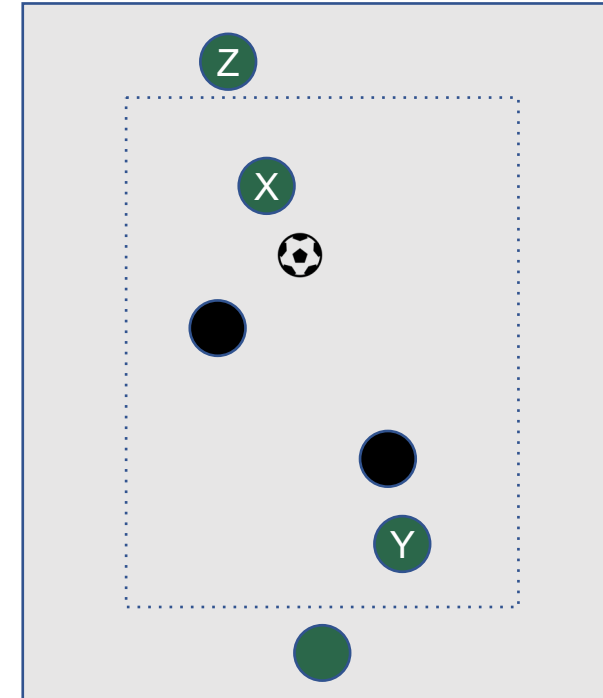
1. Why would you want to play back? Answer: to keep ball.
2. When do I want to play back? Answer: When I don't have a 1v1 mismatch or the space is filled.
3. How do players in back support their teammate? Answer: Movement with the direction of play.



Practice Session 7v7.1

- ▶ Setup: 20x15-yard playing grid. Divide players into three two-person teams. Two attacking group, and one defensive team.
- ▶ Play: Player X seeks to get from one side to the other. Try to go 1v1 to the opposite side; if the defender is too strong, X may pass to Y or may pass backwards to bring Z into the game. X is the player who must get through the other side with the ball (whether by dribbling or passing).
- ▶ Progression: Make space larger (easier) or smaller (harder). Increase difficulty by not allowing a pass to Z for 5-10 seconds.
- ▶ Additional Info/Option: Once ball gets through, the player at the other end becomes 'X' and restarts play the other direction. Rotate offense/defense.
- ▶ Rec. Time: 5 minutes, then rotate off/def.

Legend:
Black - Defending
Green - Attacking



Transition & Pressure

Style of Play element(s): Team-Based #2

Moment: Transition

Area of the field: Our or Their half

Tactical Principle: Prevent opponents from playing forward by making it small, forcing inaccurate passes, and regaining the ball.

Summary: A 2v2 game where both teams try to score goals. However, the team on defense is permitted to bring in a third player, which means that the offense always has two players to go against three defenders.

Coaching Objectives:

1. Defending teams delay attack until they get help.
2. Communicating as a team (pressure/cover) to regain possession.

Questions to Players:

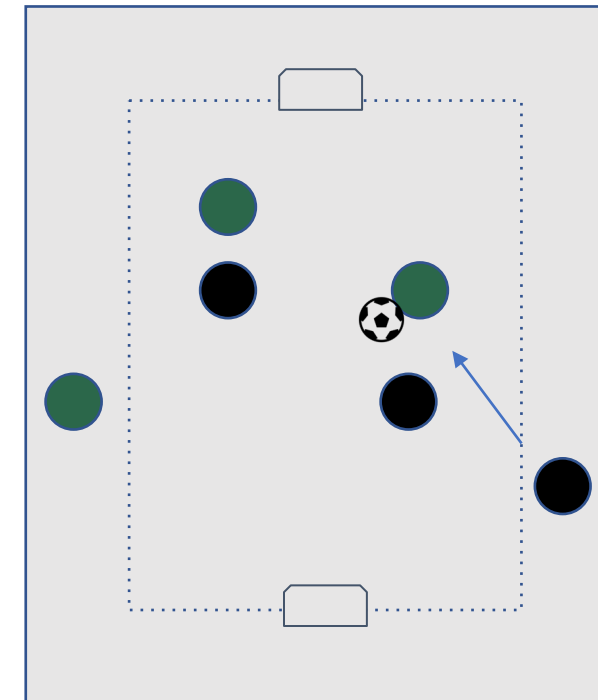
1. How can you slow the attack until 3rd teammate arrives? Answer: shield players to the sides.
2. How do I support my teammate? Answer: Quick burst of speed when running onto the field, body positioning, and reading the direction of play.



Practice Session 7v7.2

- ▶ Setup: 20x15-yard playing grid. Divide players into two groups of three-person teams.
- ▶ Play: Starting with 2v2 inside the grid, each team defends and attacks a goal. The team without the ball is allowed to bring its third player into the grid to defend and get the ball back. Once they win the ball back, the 3rd player leaves the grid, and opponents may bring in their 3rd player in to help defend. This teaches the transition from offense to defense: 2v3 to 3v2.
- ▶ Progression: To make game easier, use a larger space and have the outside player wait 5 seconds before entering. To increase difficulty, use a smaller space and allow defender to enter sooner.
- ▶ Recommended Time: 10 minutes per game, then alternate teams.

Legend:
Line - Movement
Green - Attacking
Black - Defending



2v2v2

Style of Play element(s): Intelligence # 1

Moment: Transition to WE have the Ball

Area of the field: Our or Their Half

Tactical Principle: Utilize available space and move to be an option for a teammate and create triangles and passing options.

Summary: Teams of two “score” points by working together with other teams to achieve five or more passes.

Coaching Objectives:

1. Encourage players to find space and get open for passes, triangles.
2. Make use of outside/neutral players to maintain possession. They (grey players) are always open.

Questions to Players:

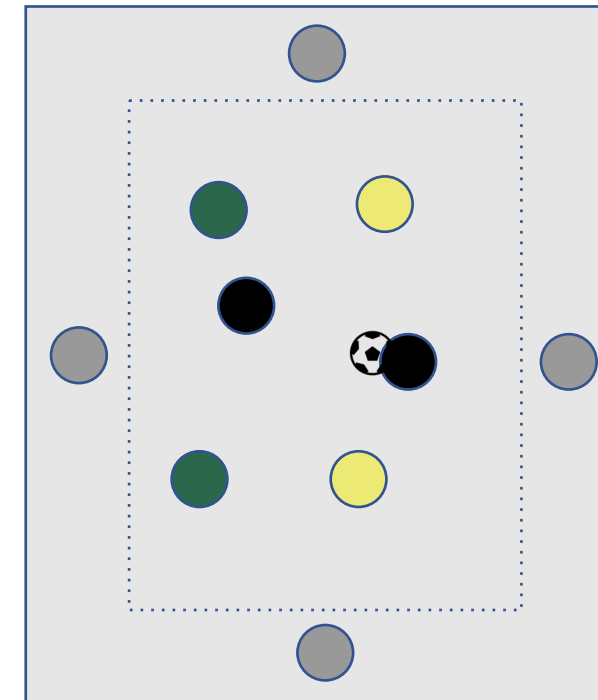
1. Why do you want possession? Answer: other team can't score.
2. How do I support my teammate? Answer: movement off the ball to create tactical space for a pass. Shield teammate to make a pass to neutral.



Practice Session 7v7.3

- ▶ Setup: 20x15-yard playing grid. Divide players into four or five two-person teams.
- ▶ Play: Three teams (green, yellow and black) are inside the grid. Two teams work together so that it is 4v2 against the third. The other players (grey) are neutral and may receive passes outside the grid. Teams connect as many passes as possible without the defenders disrupting play.
- ▶ Progression: Neutrals make game easier. Make space larger (easier) or smaller (harder). Expert mode: dynamically change which team is on defense when a team makes a mistake.
- ▶ Additional Info: Rotate neutral players into the grid. Change offense/defense.
- ▶ Recommended Time: Five minutes per game, then alternate teams.

Legend:
Grey - Neutral



4v2 Quick Score

Style of Play element(s): Intelligence #2

Moment: WE have the ball

Area of the field: Their Half

Tactical Principle: Occupation in front of the goal, collective movement, anticipating shooting opportunities.

Summary: Attacking with numerical, time, and space advantages. Players seek to pass and move in order to get defenders out of position and create opportunities for a high probability of scoring.

Coaching Objectives:

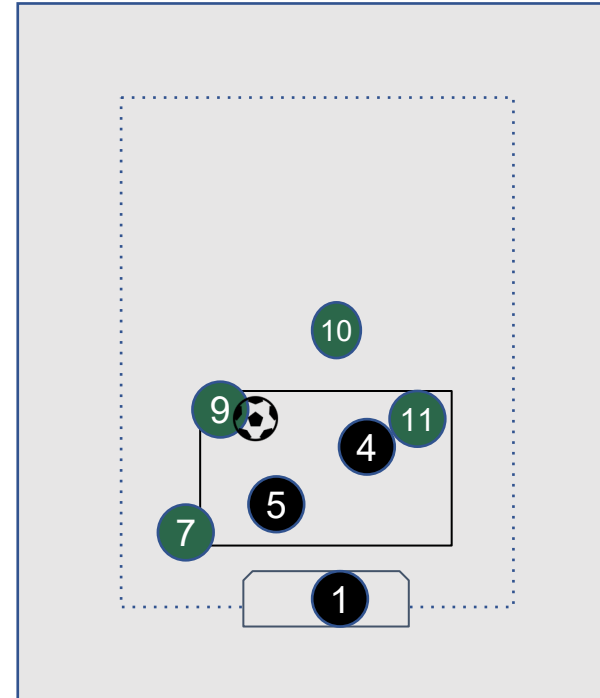
1. Encourage players without the ball to move, creating space by pulling defenders with them.
2. Take shots quickly when given the opportunity.

Questions to Players:

1. Why do you want to move without the ball?
Answer: to un-organize the defenders.
2. How do I support my teammate? Answer: movement off the ball to create tactical space for a pass or shield teammate for an opportunity to score.

- ▶ Setup: Create small 20 wide x 10 yard deep grid in front of goal. Divide players into two team, 4v2+1GK (four offensive players against two defenders plus one goalie).
- ▶ Play: One team attacks and tries to create chances by using their 4v3 advantage. Defending players may not leave 20x10 zone and can only defend.
- ▶ Progression: Allow 1 defender to leave zone to create higher pressure on possession team (harder). Make space larger (easier) or smaller space (harder).
- ▶ Recommended Time: Ten minutes per game, then alternate teams.

Legend:
Green - Attacking
Black - Defending



Practice Session 7v7.4



3v1 Rondo

Style of Play element(s): Possession #1

Moment: WE have the ball

Area of the field: Our half or their half

Tactical Principle: Create triangles; move to be an option to receive the ball.

Summary: Three players attempt to retain possession against a single defender.

Coaching Objectives:

1. Every time a pass made, a player without the ball should immediately move into position so as to be an option to receive the next pass.
2. Look for coaching moment to discuss how communicating with or without the ball can assist one's players.

Questions to Players:

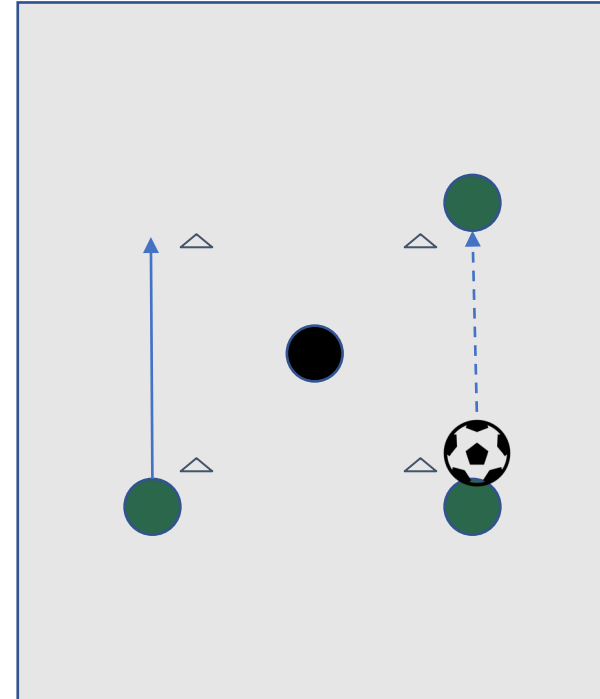
1. When should a player move? Answer: The player who is neither passing nor receiving should immediately move to create a new triangle.
2. What types of communication are helpful? Answer: Players without the ball guiding teammates for the next passing choice.



Practice Session 7v7.5

- ▶ **Setup:** Four cones create a square approximately 4-5 yards on a side. Players stand slightly outside the cones, not on them, to prevent ball from hitting cone.
- ▶ **Play:** Attackers occupy three out of the four positions on the square. The player with the ball should always have an option to pass to the left or right. Thus, each time a pass is made, a player needs to quickly run to the open cone to be a passing option. Defense: steal the ball.
- ▶ **Progression:** Larger (easier) or smaller (harder) space. Setting a touch limit increases difficulty.
- ▶ **Additional Info:** Rotate attackers and defenders.
- ▶ **Recommended Time:** 10-15 minutes, being sure to rotate roles.

Legend:
Triangle - Cone
Green - Attacking
Black - Defending
Line - Movement
Dotted Line - Pass



Keepaway with Neutral

Style of Play element(s): Possession #2

Moment: We have the Ball

Area of the field: Our half or their half

Tactical Principle: Utilize available space; move - be an option for a teammate; create triangles.

Summary: Three players work together with an additional neutral player, to maintain possession as long as possible. Switch after turnover.

Coaching Objectives:

1. Teach decision when to pass or dribble.
2. Help players create triangles at all times and utilize neutral player frequently..
3. Movement into space to create space.

Questions to Players:

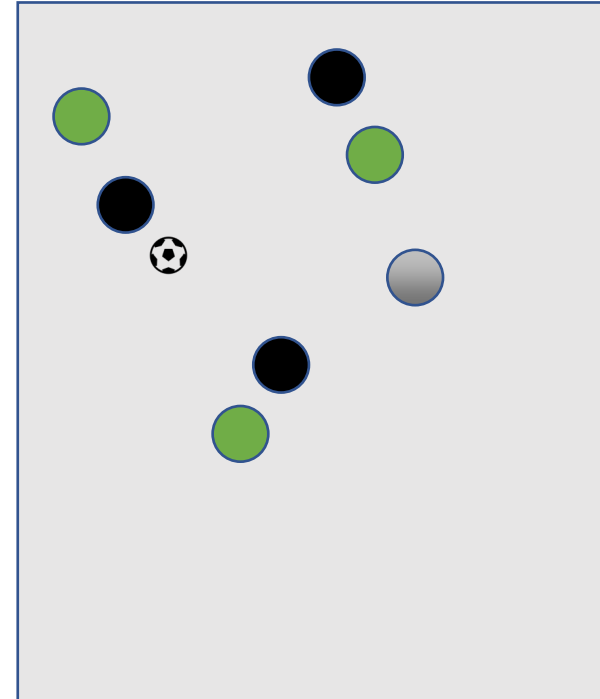
1. Who dictates where the ball goes? Answer: The player off the ball. Either for a pass or creating space with a tactical run.
2. How can you make it harder for defenders? Answer: make it big - use full area.



Practice Session 7v7.6

- ▶ Setup: 20x20 grid.
- ▶ Play: Two teams of three play inside of a grid to possess the ball as long as possible. It is a simple game of keepaway with one twist: the neutral player (grey) always assists the team that has the ball.
- ▶ Progression: Larger (easier) or smaller (harder) space. Fewer (easier) or more (harder) players in grid. 5 passes = 1 point, 10 passes = 5 points.
- ▶ Additional Info/Option: Rotate neutral players.
- ▶ Recommended Time: 15-20 minutes, ensuring that players have time to fully understand the concept of how movement without the ball allows team to maintain possession.

Legend:
Grey - Neutral



2v1 to Goal

Style of Play element(s): Dynamic Attack #1

Moment: Transition to WE have the Ball

Area of the field: Their Half

Tactical Principle: Recognize and use the 2v1 or 1v1 (dribble & speed mismatch).

Summary: Two attacking players work together to get past a defender and shoot on goal.

Coaching Objectives:

1. Encourage attacking players to go quickly to goal—pass, move, dribble, strike.
2. Look for coaching moment to share when a player should have tried to score vs. passing or visa versa.

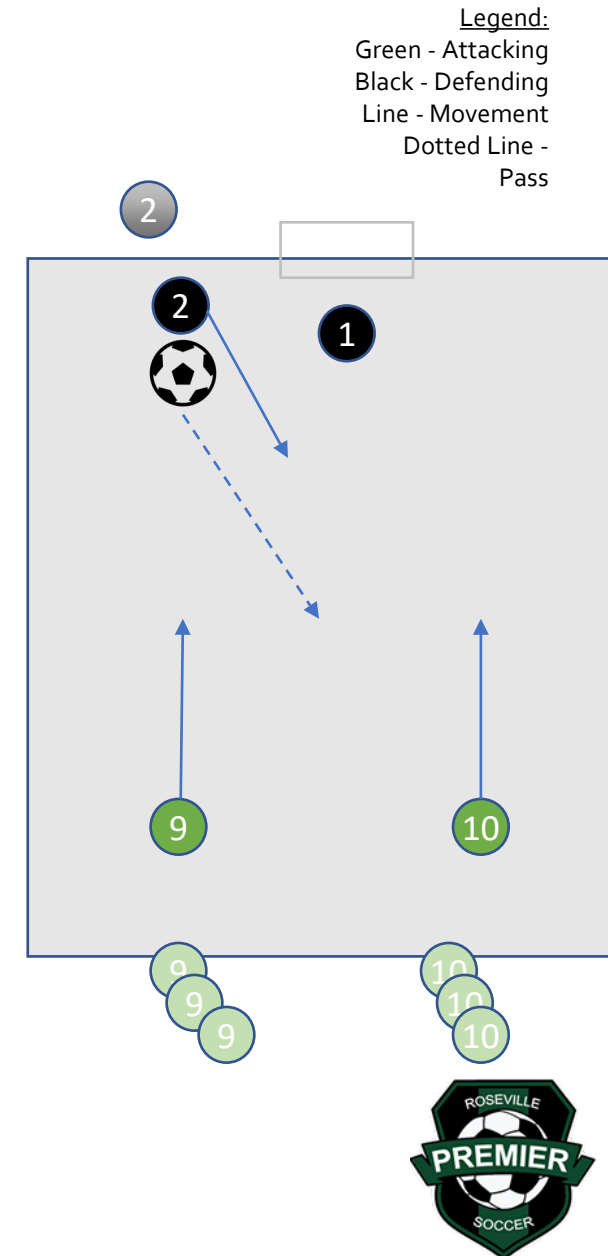
Questions to Players:

1. Who dictates where the ball goes? Answer: The player off the ball. Either for a pass or creating space with a tactical run.
2. When do you want to pass or go solo to score? Answer: When defender or GK is out of position. Recognize the opportunity.



Practice Session 7v7.7

- ▶ Setup: A goalkeeper (1) + defender (2) are behind the goal with all balls, and all other players (9, 10) are ~30 yards away.
- ▶ Play: On coaches signal, a single defender (2) plays the ball to two attacking players (9, 10), creating a transition moment. The defender immediately applies pressure on the attacking players. The two attacking players immediately work together to pass or dribble, and score.
- ▶ Progression: Larger or smaller space, set a time limit for attackers to score. If scoring is too easy, add a second defender.
- ▶ Additional Info/Option: Rotate attackers and defenders.
- ▶ Recommended Time: 15-20 minutes, ensuring that players have the option to play both defensive and attacking roles.



1v1 Battle

Style of Play element(s): Dynamic Attack #2

Moment: We have the ball

Area of the field: Their Half

Tactical Principle: Finishing, anticipating shooting opportunity and adjusting to shoot.

Summary: Two attacking players work against each other to try to get to the ball first and then score a goal quickly.

Coaching Objectives:

1. Encourage attacking players to dribble quickly to goal and strike.
2. Look for explosive speed & agility. Quick movements to capitalize on space advantage.

Questions to Players:

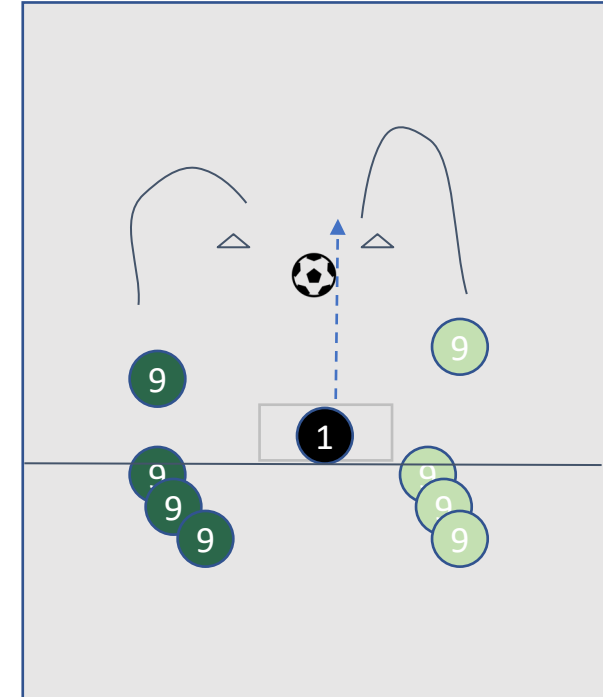
1. When do you shoot? Answer: When you have the opportunity.
2. What else do you need to do when attacking with little time? Answer: Look up, watch opponent and look for GK out of position.



Practice Session 7v7.8

- ▶ Setup: 20x30 area in front of a goal. Two cones to mimic a defender on each side.
- ▶ Play: Goalkeeper plays the ball in between the two cones, which represent defenders. Upon pass, two attackers race out around the cones (defenders) to get to the ball first and to score. The player who gets to the ball first attempts to score; the other player defends if still possible.
- ▶ Progression: Make field wider and larger to make activity easier. Make more difficult by moving cones in to make space smaller and narrower.
- ▶ Additional Info: Ensure that players are rotated in their 1v1 matchup.
- ▶ Recommended Time: 20 minutes, ensuring that all players have many opportunities to score.

Legend:
Green - Attacking
Black - Goalie
Line - Movement
Dotted Line - Pass



Defending Against Goal Kicks

Style of Play element(s): High Pressure Defense #1

Moment: THEY have the Ball

Area of the field: THEIR Half

Tactical Principle: Prevent opponent from playing forward, dribbling, or passing. Force an inaccurate pass and/or a ball that is hard to control. Regain the ball.

Summary: Four attackers try to get the ball and score with high-intensity defending.

Coaching Objectives:

1. Ensure players are 'pressing' in an organized fashion, not all to the ball. One should apply direct pressure, other cover appropriately.
2. Look for coaching moment where player over-commits rather than applying appropriate team-based pressure.

Questions to Players:

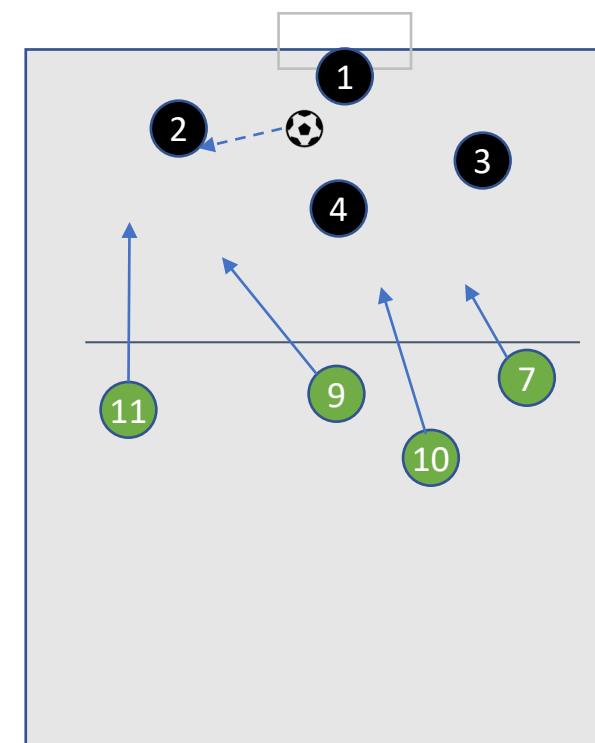
1. How do you apply pressure? Answer: By taking away the space and passing options of the player with the ball.
2. How do you stay organized? Answer: communicate with verbal cues of Pressure/Cover/Balance



Practice Session 7v7.9

- ▶ Setup: 20-30 yards in front of the goal- create a build-out line with cones.
- ▶ Play: Goalkeeper makes a pass to one of his teammates, and the black team attempts to pass the ball out beyond the build-out line. Upon pass, the attacking team quickly applies pressure and tries to get the ball to then score.
- ▶ Progression: Larger (easier) or smaller space (harder), add (harder) or remove a defender (easier)
- ▶ Additional Info: Rotate attackers and defenders.
- ▶ Recommended Time: 20 minutes, ensuring that players understand pressing means not only on the ball but taking away options.

Legend:
Green - Attacking
Black - Defending
Line - Movement
Dotted Line - Pass



2v2 Flyers

Style of Play element(s): High Pressure Defense #2

Moment: THEY have the Ball

Area of the field: OUR or THEIR half

Tactical Principle: Press the player with the ball, Teammates cover, Make it small (space for the opponents to play in as small as possible).

Summary: two players try to get the ball with high intensity, short interval defending/pressing.

Coaching Objectives:

1. Players to move quickly, smart and communicate with fellow teammate. Players outside the grid should be prepared to immediately enter and defend.
2. Look for coaching moments when teammate did not support the pressing or was not dynamic enough/taking away passing option.

Questions to Players:

1. How do you take away a pass option? Answer: defend not a player but the angle to the player
2. How can your defensive teammate assist? Answer: Communicate. "I've got ball!"



Practice Session 7v7.10

- ▶ Setup: 15x15 grid, three two-person teams, and one ball.
- ▶ Play: two teams play possession/keepaway in the grid 2v2. The moment one team loses the ball, they must immediately leave the grid, and the other team quickly enters to try to get the ball. The team with the ball attempts to hold possession as long as possible.
- ▶ Progression: Larger (easier) or smaller (harder) space. Add a neutral player if too difficult.
- ▶ Recommended Time: two 10 minutes games, ensuring that players have rest in between to ensure that the session is high intensity.

Legend:

Green - Attacking
Black - Defending
Yellow - Enter as Defenders when Green Loses Ball and Exits

