

7v7 COACHING CURRICULUM

Philosophy ~ Expectations ~ 7v7 Style of Play ~ 7v7
Rules & Basics ~ 7v7-Specific Activities



About this Document

This document has been prepared exclusively and specifically for RYSC coaches of U9 and U10 teams that play 7v7 soccer. Players on these teams will be seven, eight, and nine years old.

Anchored in the Club's Philosophy and Style of Play, the first half of this document provides context, insights, and resources for coaches whose players are transitioning from a smaller (4v4) format to a much larger field with goals, goalkeepers, a "build-out line," throw-ins, and referees.

The second half of this document is a quick resource for coaches to (1) understand 7v7 rules at a glance and (2) plan effective practices that will help their players improve.

Questions about this document and/or 7v7 soccer within RYSC can be directed to 7v7@rosevillesoccer.com.



Table of Contents

- Club Philosophy
- Expectations of RYSC Coaches
- Moments & Principles of the Game
- RYSC's Style of Play
 - 7v7 – Elements & Approach
- 7v7 "Cheat Sheet" with Formations, Rules, and Basic Strategies
- 7v7 Coaching Resources: Activities & Lessons



CLUB PHILOSOPHY

Roseville Youth Soccer Club and Roseville Premier aim to do the following:

Foster a love of the game within each player

Create community within each team and throughout the club

Establish a reputation as intelligent, hard-working, and successful teams

Provide coaches with the resources to accomplish the above



ROSEVILLE COACHES:

Adhere to Club Expectations for General Conduct, Trainings & Game Day
Leverage Club-Provided Methodologies and Methods for Training and Coaching

Receive Resources from the Club to Facilitate Player Development

Understand & Coach to Roseville's Style of Play

Have Access to Age-Appropriate Lessons to Highlight Each Desired Element



General Expectations of RYSC Coaches

- **Be a Positive Community Influence** – Represent RYSC well, respecting players, parents, and opposing teams. Know that your role as coach can transform (or negatively impact) lives.
- **Make Use of, and Contribute to, Club Resources** – Coordinate with other coaches, Coaching Directors, and more to improve your practices and team.
- **Run Exceptional Training Sessions** – Arrive early, have an organized plan for what skills/lessons you intend to accomplish, and execute fast-paced sessions. The Club's Style of Play and the resources within this document can aid your efforts to be organized, challenging, and effective.
- **Balance Coaching Techniques to Facilitate Development** – While direct ("command") coaching is helpful to introduce new skills or concepts, introduce activities and ask questions ("guided discovery") that enable players to think and learn about the game in a deeper way.
- **Focus on the Player *and* the Team** – Individual effort and talent is a critical part of developing our soccer players, but soccer is a team sport: guide players not just to improve tactically, but also to recognize how organized team play leads to success.



7v7: Remember These Players' Ages

- **Fun with the ball & team** – Seven-, eight-, and nine-year olds want to enjoy the game. Balance technical instruction with fun, competition, and encouragement.
- **Motor skills** – Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
- **New structure** – The 7v7 field size, introduction of goalkeepers, and positions are new since the 4v4 grassroots play. Help players understand the full game, but also how to create 1v1 and 2v1 situations throughout the field.
- **Emphasize player intelligence** – Encourage awareness and thinking about the game so that players improve themselves.
- **Communication is key** – By communicating with each other throughout a practice and game, players help to coach themselves and improve one another.



MOMENTS & PRINCIPLES OF THE GAME:

Moments of the Game: 'WE' and 'THEY' ~ Areas of
the Field



MOMENTS & PRINCIPLES

In order to fully outline our style of play, the principles and methods, we need to set the foundation for how the game is coached, taught, and played.

US Soccer* breaks down the game into 'moments' in order to simplify the game:

'WE' means that our team has the ball.
'THEY' means that our opponent has the ball.

*'WE' and 'THEY' concepts and the related materials on the following slides come directly from NORCAL PREMIER SOCCER materials.



MOMENTS OF THE GAME

WE - ALL ATTACK

THEY - ALL DEFEND

WE have the ball

- Play From Back
- Possession
- Attack
- Score

Transition from THEY to WE

Transition from WE to THEY

THEY have the ball

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



Moments & Principles: 'WE' & THEY Area

WE HAVE THE BALL

4v4 and 7 v 7

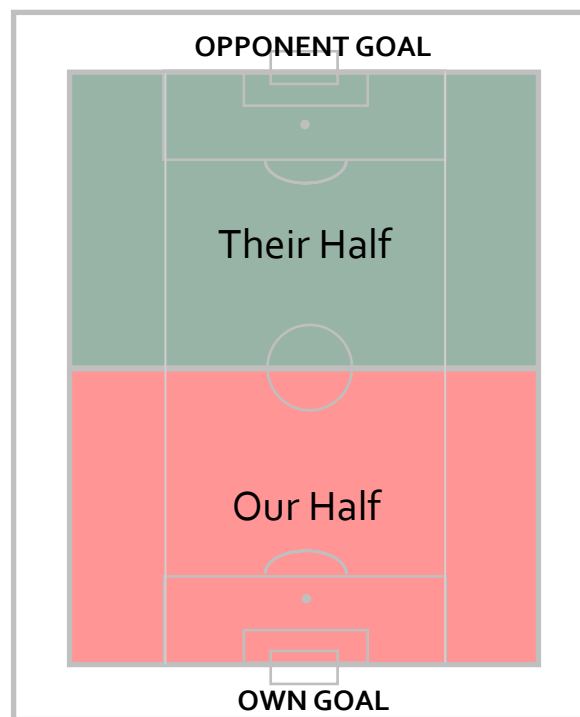
THEY HAVE THE BALL

• **Definition:** Possession of the ball in their half up to the opponent's goal

• **Aim:** Advance into their half while keeping the ball, create chances and score goals.

• **Definition:** Possession of the ball in our half

• **Aim:** To advance into the opponent's half while keeping the ball.



• **Definition:** Opponent possession of the ball in their half

• **Aim:** Win the ball back, prevent the opponent from advancing

• **Definition:** 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



Outside Left

Center
Channel

Outside Right

Moments : WE or THEY have the ball

	WE AIM	THEY AIMS	GENERAL PRINCIPLES
OUR HALF	Possession to pass or dribble forward to create chances in the other half.	<p>Prevent the opponent from playing forward or deny penetration from dribble</p> <p>Force an inaccurate pass and/or ball that is hard to control</p> <p>Regain the ball</p> <p>Deny chances</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>
THEIR HALF	Maintain possession to keep ball and pass or dribble forward to create chances and score.	<p>Prevent the opponent from playing forward or deny penetration from dribble or pass</p> <p>Force an inaccurate pass and/or a ball that is hard to control</p> <p>Regain the ball</p>	<p>Get organized and balanced</p> <p>Stay organized and balanced</p>



Tactical Principles: WE have the ball

WE have the ball

- Play From Back
- Possession
- Attack
- Score

WE	AIM	WE	AIM
PLAY FROM BACK	<p>Players to get in position to support play from the back per player roles</p> <ul style="list-style-type: none"> Make it big Create triangles <p>Look forward first</p> <p>Go forward when possible</p>	ATTACK	<p>Play the early ball where there is space behind the defense</p> <ul style="list-style-type: none"> Using either a cross, through ball, or combination when there is space behind the defensive line Go forward with numbers <p>Recognize and use the 2v1 (stage 2) or 1v1 Create numerical superiority</p> <ul style="list-style-type: none"> Dribbling Movement off the ball Passing (ball movement)
POSSESSION	<p>Look forward first</p> <ul style="list-style-type: none"> Go forward when possible <p>Utilize available space</p> <ul style="list-style-type: none"> Move - be an option for a teammate Create triangles 	SCORE	<p>Occupation in front of the goal</p> <ul style="list-style-type: none"> Collective movement to occupy the spaces (near post, far post, penalty spot, space behind defenders, edge of box) Finishing Anticipating shooting opportunity Adjust to shoot



Tactical Principles: THEY have the ball

THEY have the ball

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

THEY	AIM	THEY	AIM
DENY PLAY FROM BACK	<p>Make it small</p> <p>Closest player applies pressure on the ball Teammates create cover</p> <p>Force them where you want them to play</p>	DENY ATTACK	<p>Press the player with the ball Teammates cover Prevent or defend chances created from:</p> <ul style="list-style-type: none"> Crosses Through balls Combination play Individual action (1v1) <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>
DENY POSSESSION	<p>Press the player with the ball Teammates cover Prevent them from playing forward</p> <p>Make it small (space for the opponents to play in as small as possible)</p> <p>Small distance between players</p>	DENY SCORING	<p>Block the shot</p> <ul style="list-style-type: none"> Clear it if needed Goalkeeping Shots / Crosses / Through-balls / 1V1



Tactical Principles: Transition We to They

Transition They to We

We-They	AIM	They-We	AIM
	<p>Pressure the ball immediately after losing it</p> <ul style="list-style-type: none"> • The closest player needs to put pressure on the ball • Pressure from the right direction (force the attacker to go where you want them to) • Other players recognizing how this pressure affects their positioning (pressure, cover, balance) <p>All principles in relation to space, time, teammates, opponents, & the ball</p>		<p>Look/go forward Playing, short, long, or in the depth (break lines of pressure)</p> <ul style="list-style-type: none"> • Skip players • Looking forward first • Dribble or pass to go forward • Orientation, overview speed <p>Create passing options Moving to be an option for a teammate</p> <ul style="list-style-type: none"> • Create Triangles • Create as many triangles as possible • Beat anticipated immediate pressure from opponent <p>All principles in relation to space, time, numbers, & the ball</p>



STYLE OF PLAY

Team-Based ~ Intelligence ~ Possession ~
Dynamic Attack ~ High-Pressure Defense



FIRST: A FEW WORDS ABOUT 'STYLE OF PLAY'

Soccer cannot be taught as a formula. Millions have played for a lifetime and still die learning new things with each encounter. Get to know a dozen professional or youth clubs, and you'll likely find a dozen different styles of play.

As one of the nation's largest and most successful clubs, Roseville is in a unique position to introduce players to the game and nurture their development throughout their careers. Our Style of Play is a foundation that enables our coaches to guide and develop players throughout their time with us. It is, in essence, our shared identity across the Club.

Having a Club-wide Style of Play enables our coaches to understand coaching objectives and how those objectives evolve with age. It enables our players to maintain a sense of identity and in-depth understanding of the game even as new concepts and skills are introduced. And it enables parents to understand how to support their young stars.



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.

Formation & Age

4v4, 7v7, 9v9, 11v11: All play club style with formation-relevant approaches.

Team-Based

Intelligence

Possession

Dynamic
Attack

High-
Pressure
Defense

Age-Relevant Tactics, Coaching Resources, Lessons, Tools & Questions



How Style of Play Evolves by Age & Format

Format	4v4	7v7	9v9	11v11
Team-Based	Change of direction (offense → defense)	Movement off the ball; communication	Overlapping runs—and defensive coverage	Communication: self-coaching, instruction
Intelligence	Pass vs. dribble vs. shoot?	Where should I be? Share ball and receive it back	Decision making: offense, defense, transition (WE/THEY)	Reading the game; decision making: WE > THEY, THEY > WE
Possession	Shielding	Pass backwards, sideways; space & time awareness	Positioning & repositioning	Dynamic movement, irrespective of position
Dynamic Attack	1v1 to goal; quick shooting	Identifying & finding space; exploiting mistakes	Creativity, vision, adaptability	Overloading strengths; creating 1v1 isolations
High-Pressure Defense	Formation, pressure to outside	Immediate pressure + cover on GK, defenders	Recovery, shifting	Adapting to force opponent to panic
Love of Game	Team cheers	Fun, team events, birthdays	Team fundraising; player-driven practices	Social media; player-generated engagement



7v7: Style of Play Elements to Emphasize

Coaches of 7v7 teams adapt Roseville's Style of Play by emphasizing the following:

- **Team-Based** – Teach players to move even when they don't have the ball. Players should begin guiding one another on the field by communicating opportunities and pressures.
- **Intelligence** – Encourage players to think about *where* they should be—and *when*. They should learn to pass the ball, thereby freeing up space for themselves to get it back.
- **Possession** – Adapt to considerably larger field and larger number of players, be aware of *where* space is on the field, and be willing to pass backwards or sideways as needed.
- **Dynamic Attack** – With larger fields, identify and make use of available space; exploit opponents' offensive and defensive mistakes.
- **High-Pressure Defense** – Introduce pressure+cover+balance, encouraging team to work as a unit to prevent the opponent from moving the ball out of their half.



Play to LEARN



7v7 Stages of Development

Players should start to master these qualities	Players should start to work <i>towards</i> these qualities
<p>1v0 & 1v1 – Mastery of the Ball in 4v4 and 7v7</p> <p>Game Format Focus on core technical development:</p> <ul style="list-style-type: none">● running with the ball,● change of direction● ball manipulation 1st touch● turning and opening to receive with both feet● Passing with the inside of the foot, instep and outside of the foot <p>Developing tactical player qualities especially “Vision”</p>	<p>Learning how to “play together” and “Reading the game”</p> <p>When to play 1v1 “in the appropriate Situation” and/or when recognizing to play 2v1</p> <p>Communication with 2-3 players and eventually a line (s)</p> <p>Create a LOVE/PASSION for the BALL / GAME / CLUB</p> <p>Develop players responsible for their own development</p> <p>Give players the freedom to express their creativity and make mistakes, during training and com</p>



7v7: General Player Qualities

- **Technically Skilled** – Ball skills are building blocks: as players' technical skills improve, they are able to focus more intelligently about what to do with the ball.
- **Tactically & Positionally Aware** – Roseville players understand each of the game's positions but also recognize how reacting and interacting on the field can improve the team's performance.
- **Dedicated, Tenacious, Hard-Working & Passionate** – We encouraged well-rounded athletes, but their time with our Club is a commitment that calls for dedication and ongoing improvement.
- **Healthy & Fit** – Smart life choices and effort improve not only soccer but life overall.
- **Sportsmanship** – We aim win, but not at any cost. Roseville teams conduct themselves professionally, play fair, and acknowledge their opponent's effort.
- **Love of the Game** – The success of our Club can be measured by the smiles on players' faces.



7v7 Player Specific Qualities

Technical	U8-U9	Personality / Mental	U8-U9
Ball comfort – ball manipulation – touch	xxx	Emotional stability	xx
Shooting	xxx	Accountability	x
Defending a player or the ball	xx	Responsibility	x
Protects the ball (shielding)-turning	xxx	Mental Toughness	
Running with the ball-change of direction	xxx	Communication – coaches teammates	x
Passing – short, medium distance	xx	Teamwork (works well with others)	x
Passing – long distance	x		
Receive-1st touch opening up right/left	x		
Beat a man 1v1 WE	xxx		
Tactical	U8-U9	Physical	U8-U9
Decision making on the ball (passing/dribbling/shooting choice)	xxx	Agility/Balance/Coordination	xxx
Decision making off the ball (when/where/how to move off the ball)	x	Endurance (cardio fitness)	
Speed of thought (how quickly can they come to their decision)	x	Uses their body effectively	x
Speed of action (do they execute their action at the right speed)	xx	Power/speed (quickness)	
Decision Making In Transition	x	Cardio Fitness	
Positioning & repositioning in relation to situation (s)			
Creativity	xxx		
Belief in the Style of Play - change belief to understanding			
Shares The Ball - move to personality? / team spirit			

XXX Mastery
 XX Working towards
 X Advanced Player



7V7 COACHES "CHEAT SHEET"

Field size

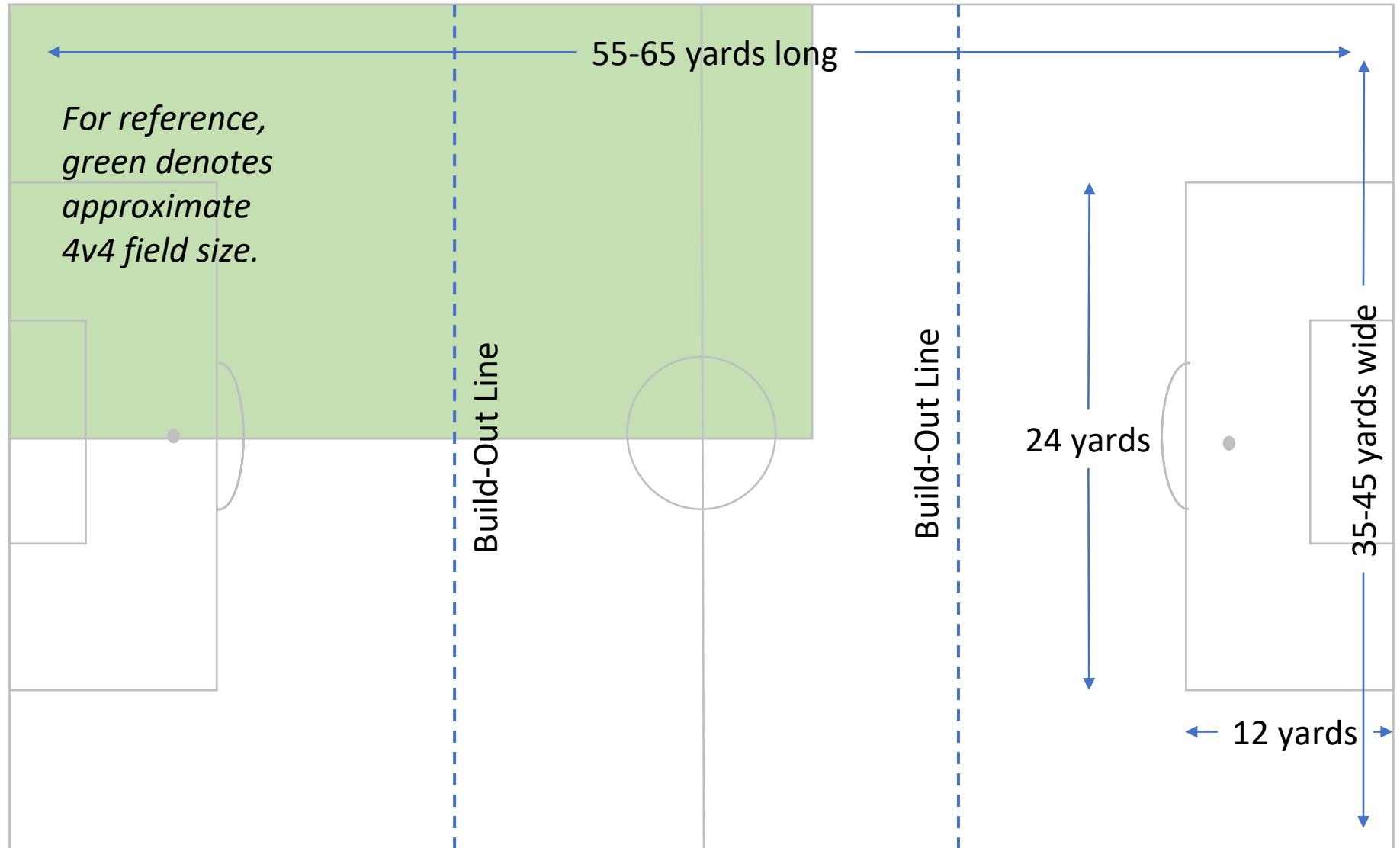
Basic formations

Basic rules



7v7 Field Size

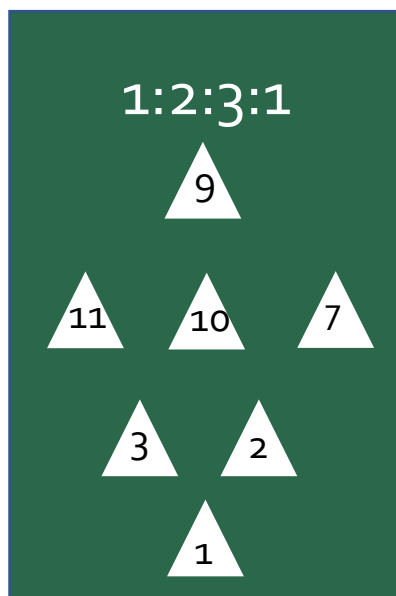
- Twice as wide and 50% longer* than 4v4
- “Build-out” line establishes defensive position & offsides
- Goalkeepers with large box areas



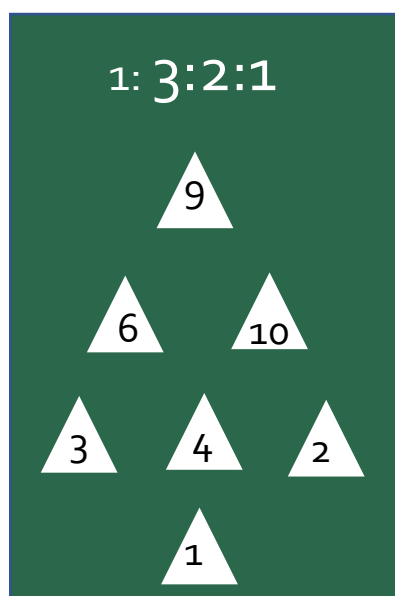
*Lengths and widths are from [US Soccer](#), but actual field configurations will vary by club. Some clubs' 7v7 setup may be as narrow as 30 yards and as short as 47 yards. Thus, this diagram, while typical, is not exhaustive.



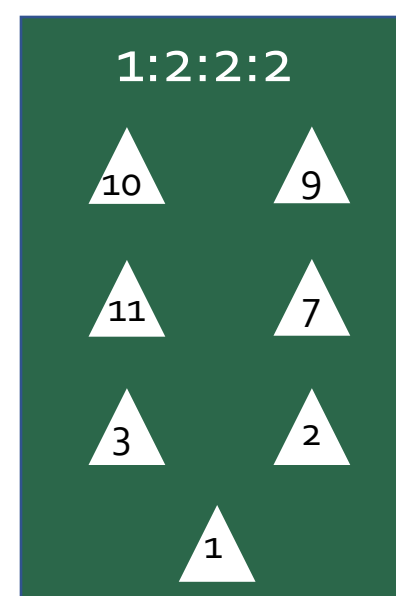
7v7 Systems of Play / Game Formations*



- 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.



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:

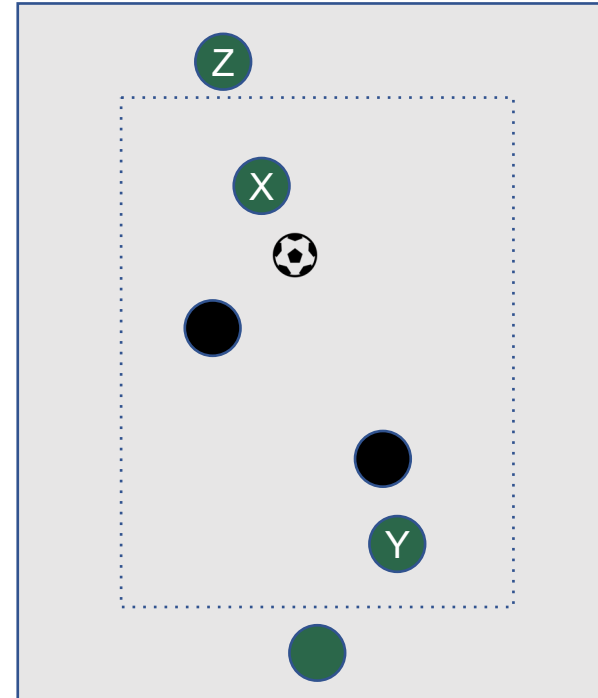
1. Why would you want to play back? Answer: to keep ball.
2. When do I want to play back? Answer: When I don't have a 1v1 mismatch or the space is filled.
3. How do players in back support their teammate? Answer: Movement with the direction of play.



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:

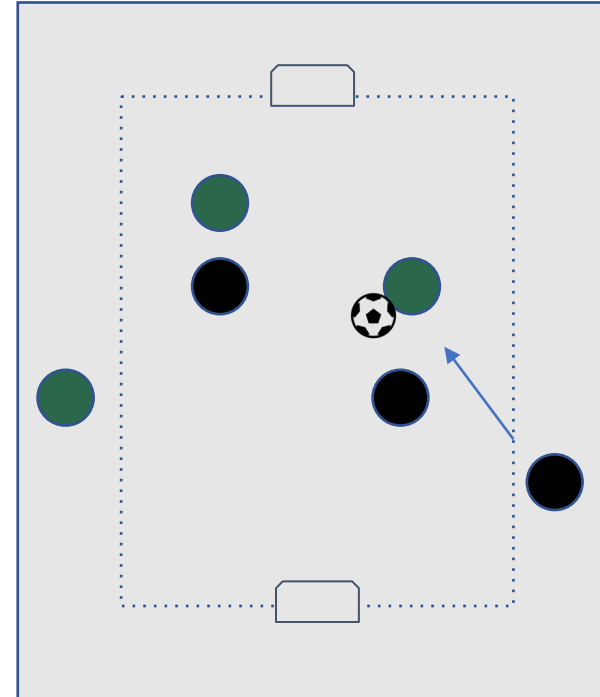
1. How can you slow the attack until 3rd teammate arrives? Answer: shield players to the sides.
2. How do I support my teammate? Answer: Quick burst of speed when running onto the field, body positioning, and reading the direction of play.



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:

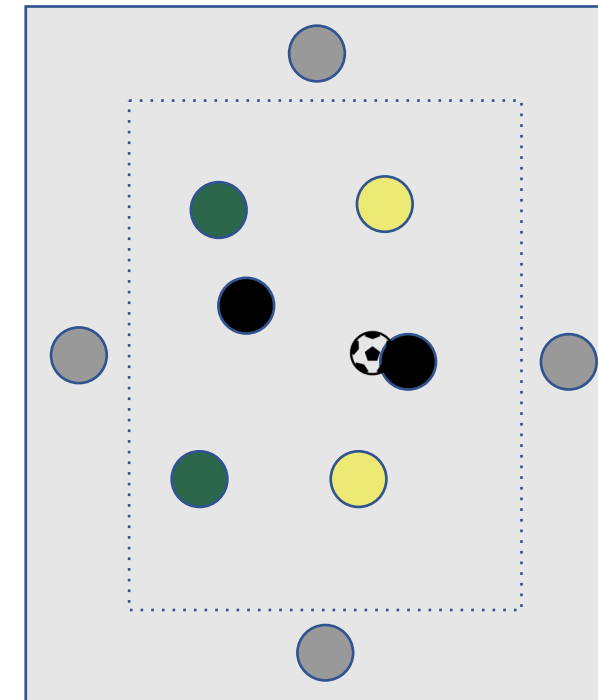
1. Why do you want possession? Answer: other team can't score.
2. How do I support my teammate? Answer: movement off the ball to create tactical space for a pass. Shield teammate to make a pass to neutral.



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:

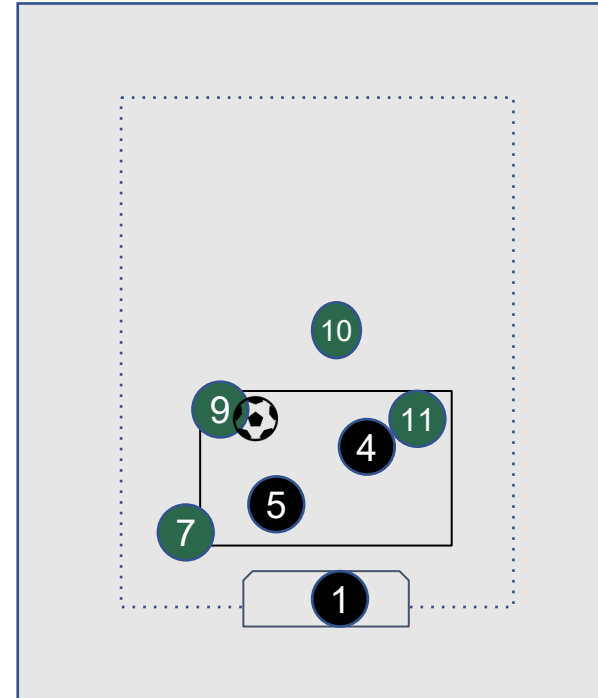
1. Encourage players without the ball to move, creating space by pulling defenders with them.
2. Take shots quickly when given the opportunity.

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:

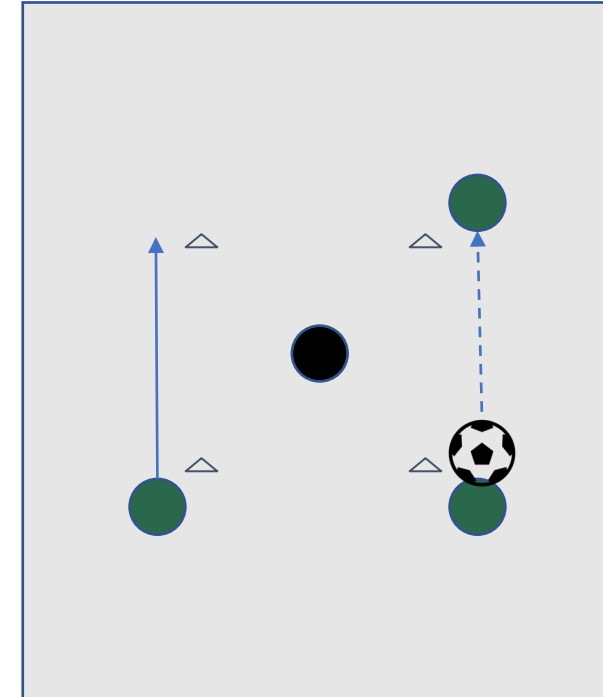
1. When should a player move? Answer: The player who is neither passing nor receiving should immediately move to create a new triangle.
2. What types of communication are helpful? Answer: Players without the ball guiding teammates for the next passing choice.



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:

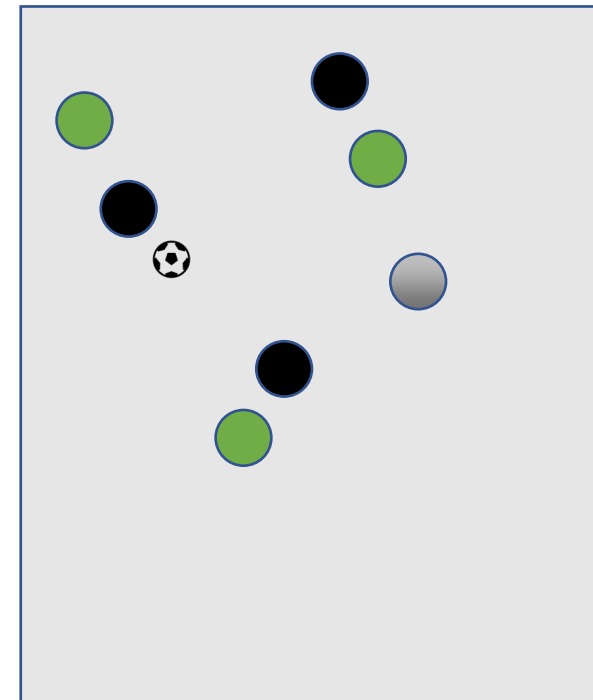
1. Who dictates where the ball goes? Answer: The player off the ball. Either for a pass or creating space with a tactical run.
2. How can you make it harder for defenders? Answer: make it big - use full area.



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.

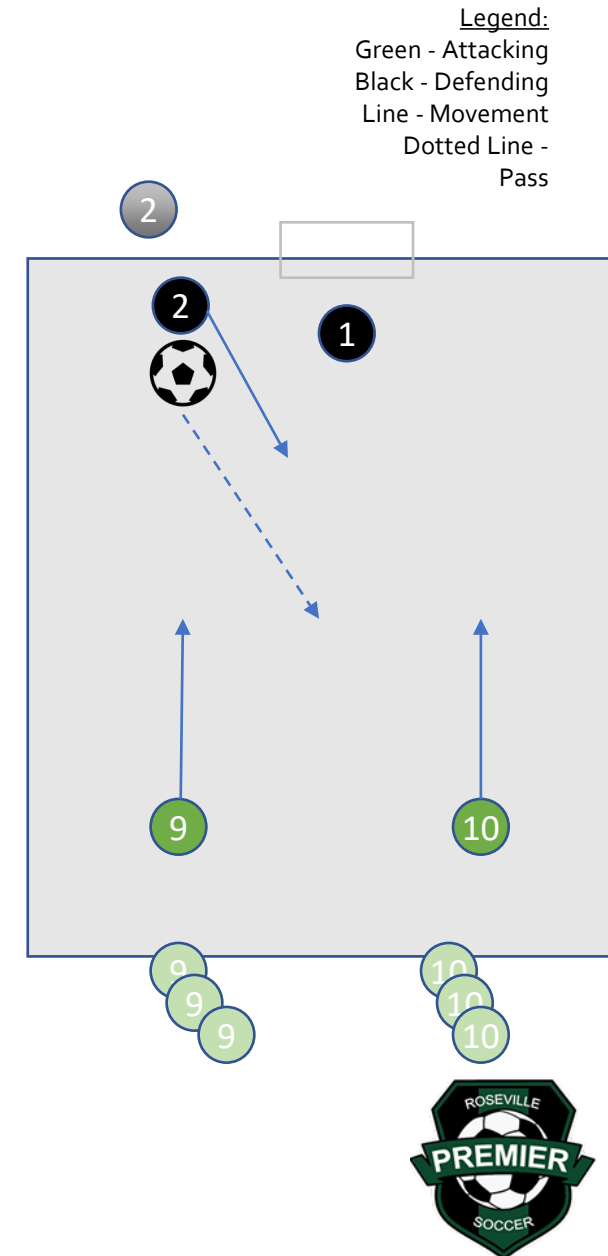
Questions to Players:

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:

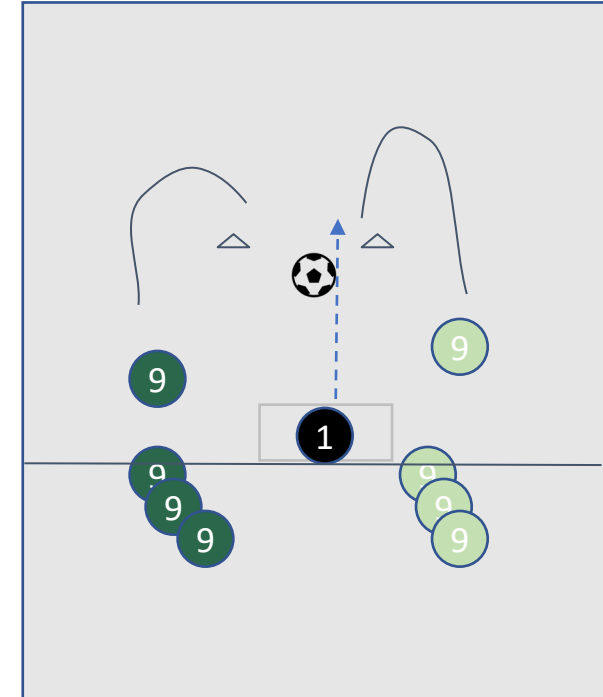
1. When do you shoot? Answer: When you have the opportunity.
2. What else do you need to do when attacking with little time? Answer: Look up, watch opponent and look for GK out of position.



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:

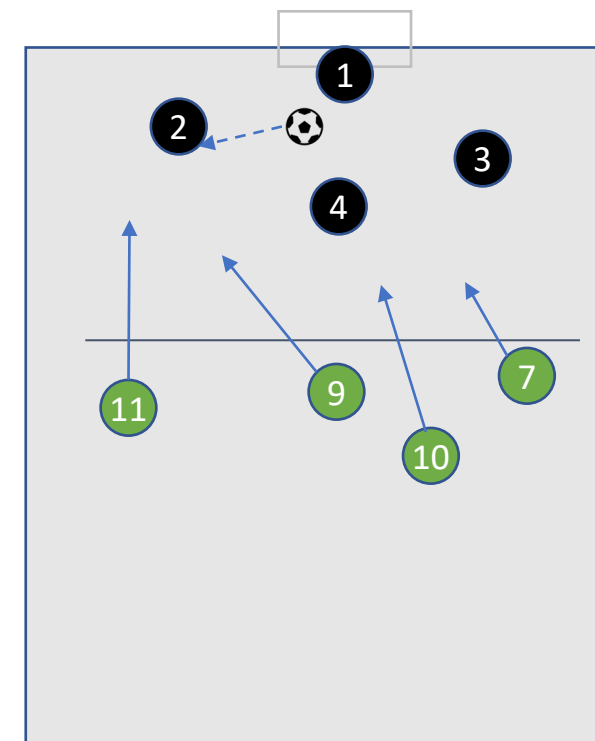
1. How do you apply pressure? Answer: By taking away the space and passing options of the player with the ball.
2. How do you stay organized? Answer: communicate with verbal cues of Pressure/Cover/Balance



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

