

# 7 V 7 ATTACK OPPOSITION HALF

## REINFORCEMENTS

- When a player, with space, dribbles to commit defenders and create space elsewhere
- When a player uses proper technique and good pace to pass with inside of foot
- When player goes away from more defenders to find space instead of into defenders
- When a player plays backwards to find space
- When a central player receives it from one side and plays to the other
- When a player receives with proper technique across their body
- Wall pass
- Through ball into final third

## COACHING POINTS

- Receiving
  - Across body with inside of the foot
  - Into space if space is there
  - Away from pressure
  - Into the attack beating a line, if possible
- Passing
  - Inside of both feet
    - Heel down and toe up
- Where is the space?
  - Possibly backwards
  - Where is are the 2v1s
    - How do we get there?
- Sustained focus
  - As coaches, how do we talk less and play more to keep focus up?

## 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 central (Goalkeeper, Centerback, CM, etc.) where should the outside players go? Wide How? Backpedal or rounded run
- Where are the 2v1s? How can we get their quickly?
- Is there more space on the other side of the field? How do we go there?

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

## NOTES

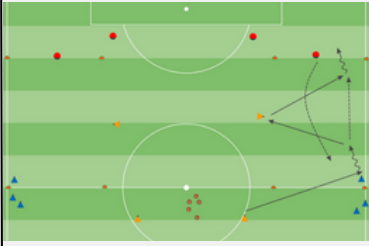
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

## STANDARDS

- Dribbling
  - To penetrate
  - To find space
  - To change speed
  - To beat or commit defender
- Passing
  - Inside of both feet
- Shape - Width/Depth
- 2v1s
  - Find them - Use them
- Receiving
  - Across body with inside of both feet
  - Bouncing balls
  - Where to go- 1st touch
- Psychology
  - Work in small groups
  - Sportsmanship
  - Creativity
  - Sustained focus

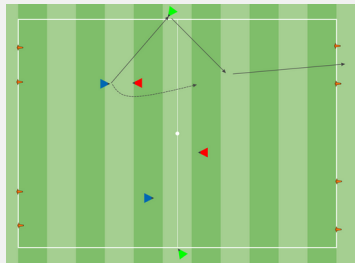
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## A.10 1v1 / 2v1 to lines



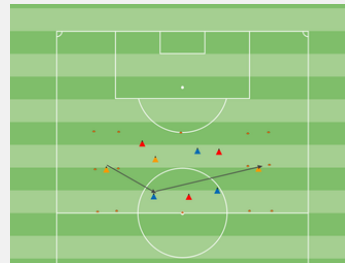
- 14 wide x 18 long in area of field shown
- Can play as 1v1 or 2v1 to vary coaching points.
- Can alter goals creating a mini goal towards central to simulate a penetrating pass forward
- Dribbling across would simulate outside back or wide player beating someone to break lines and set up a cross

## A.13 2v2+ 2N flanks



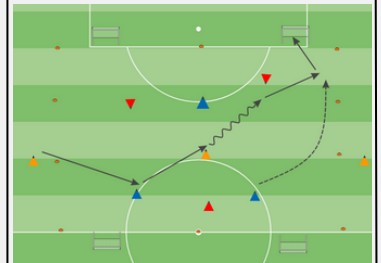
- 20x30 yard grid
- 2v2 with neutrals on flanks
- Use wall passes with outside or teammate to score
- Can add additional points for combination that leads to a goal
- Focus on technique of wall pass
- Score in two goals - once goal is scored or ball is kicked out, other teams ball

## A.14 3v3+N to targets



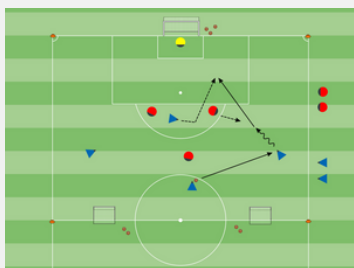
- Two grids on the flanks, outside the box - roughly 10 wide x 18 long
- Space central about the width of the 18
- Three teams of three
- 3v3 in central area with a target on each side and in central
- Goal is to get from one target to the other without losing possession
  - Worth 1 point
- Focus on finding the extra player and switching the point of attack quickly

## A.15 3v3+ 3N



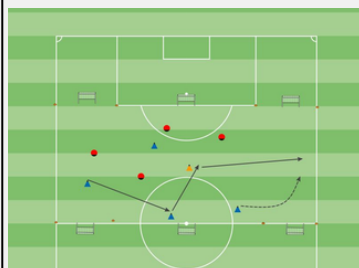
- Area between 18 yard line and the half line.
- Flanks outlined about 5 yards from touchline
- 3v3+1 and neutrals on the flank
- Teams play to two goals and defend the other two goals
- Focus on finding space to get out of pressure and using the space to get in the final third (goals)
- Use the extra players to create space

## A.242 4v3



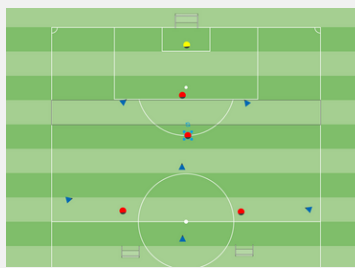
- Attacking half of the field
- 4 'coached' attacking big goal vs 3 to counter goals
- Can vary or limit where ball starts
  - Can make free flowing to create game form
- Can go 5v4 taking GK and CB out of a 3-1-2 in the attack and the two forwards out of a 3-1-2 defensively
  - This would increase challenge decreasing space and adding players

## A.16 4v4+N (3 goals)



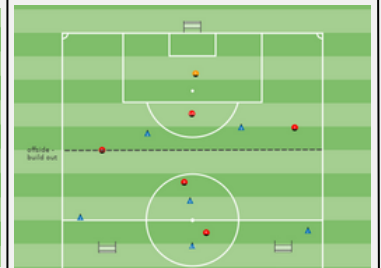
- Attacking half of the field between 18 yard line and half line
- 4v4 + neutral player
- One team scores through one set of three goals and defends the other set of three goals
- Use the neutral player to create space for others
- Identify the 2v1 to create space
- Play to one side to create pressure, then work to get to the other side quickly
  - Where is the space?

## 6v4+Gk restricted



- Field as shown
- 4v3 in main area and 2v1 in restricted area
- Attacking team scores in large goal - defending team scores in counter goals
- Play into Forwards
  - Once played in, it is 2v1 to goal
- Could add... when 2v1 gets into box, the CM can join in support
- Focus on runs and starting position for forwards
- Focus on balls in final 3rd

## A.27 6v5+Gk



- Attacking 2/3 of the field
- Six "coached" players going to goal
- 6v5+GK going to counter goals
- Can we find areas where we have more players than defenders and use it to get forward
- Ball played from where it went out including corners, goal kicks, throw-ins.
- Can add a supporting neutral if needed