7v7 / 8v8 in wide field

Written by Will Dodds

Set Up

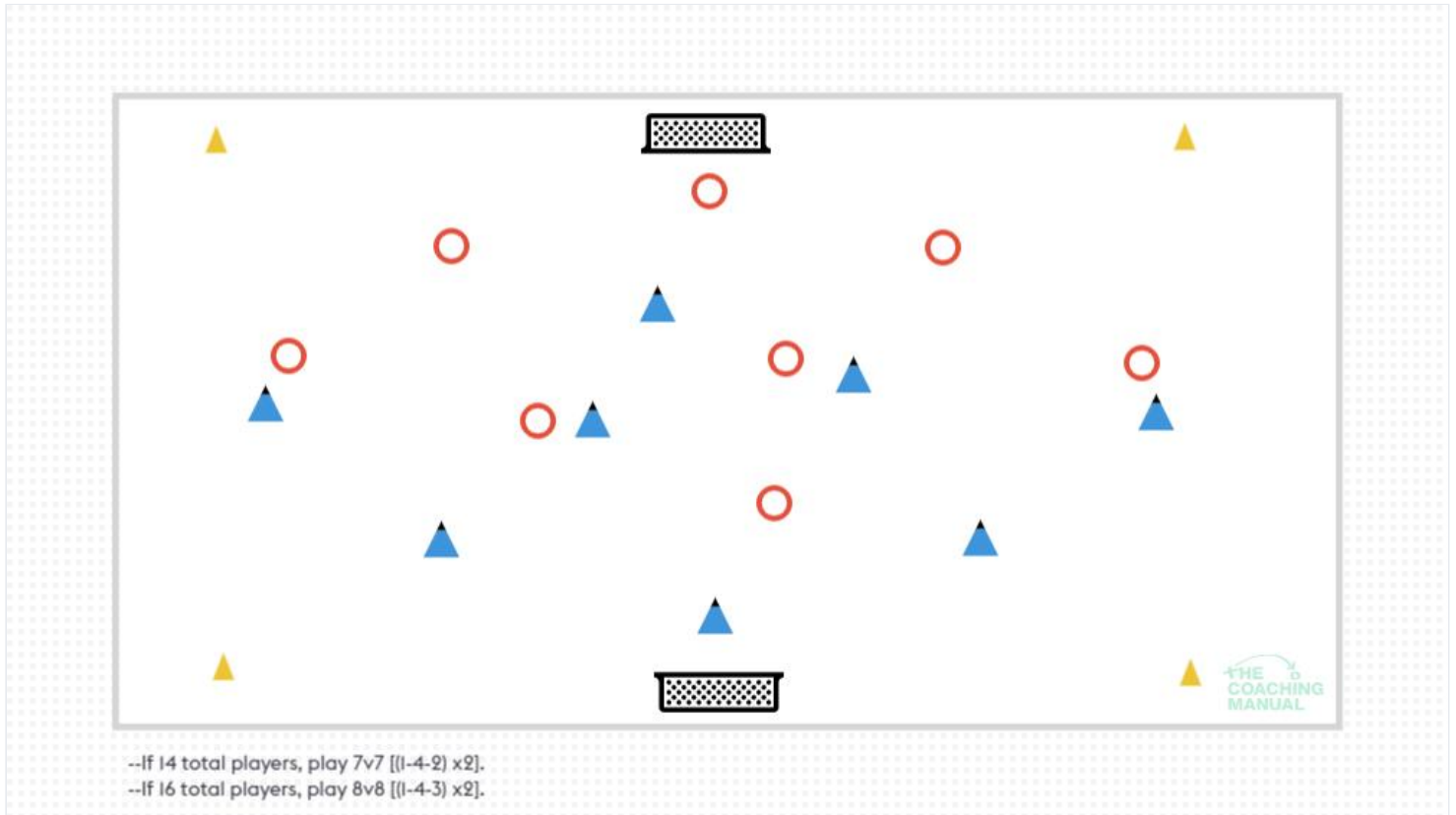🕐 15 mins 👕 16 players ⚽ 8 balls 🎽 8 bibs 🔺 8 cones ⊞ 45x65 or 51x74 area

--If 14 total players, play 7v7 [(1-4-2) x2].
--If 16 total players, play 8v8 [(1-4-3) x2].

Rules of the Game:

- Play regular rules (throw-ins, goal kicks, corner kicks, etc.)
- Goal = (1) point
- Switch of play from FB to weak-side CB in (2-3) passes = (1) point

Whole #1:

Objectives:

- Make sure team shape/rotations are correct (see below).
- Stop the game once or twice to show players when and how they could switch the point of attack so that they understand better the context of other upcoming activities in the session.
- Start practice with high tempo game.

Components of Team Shape:

- GK = Deepest player
- (2) players deep in either half-space
- (2) players providing width on either side
- (1) deep-lying player in center midfield
- (2) more advanced players in center midfield

Coaching Points:

- Introduce the priorities (per Bielsa): 1) Penetrate, 2) Search for other nearby ways to penetrate, 3) Switch the point of attack, and 4) Retain the ball.
- Key Movement: Moving away from the ball, or opening up, into a passing lane to either receive the ball or pull a defender with you and create space for someone else.
- Possible patterns: a) FB --> CB1 --> CB2, b) FB --> CB1 --> CM --> CB2
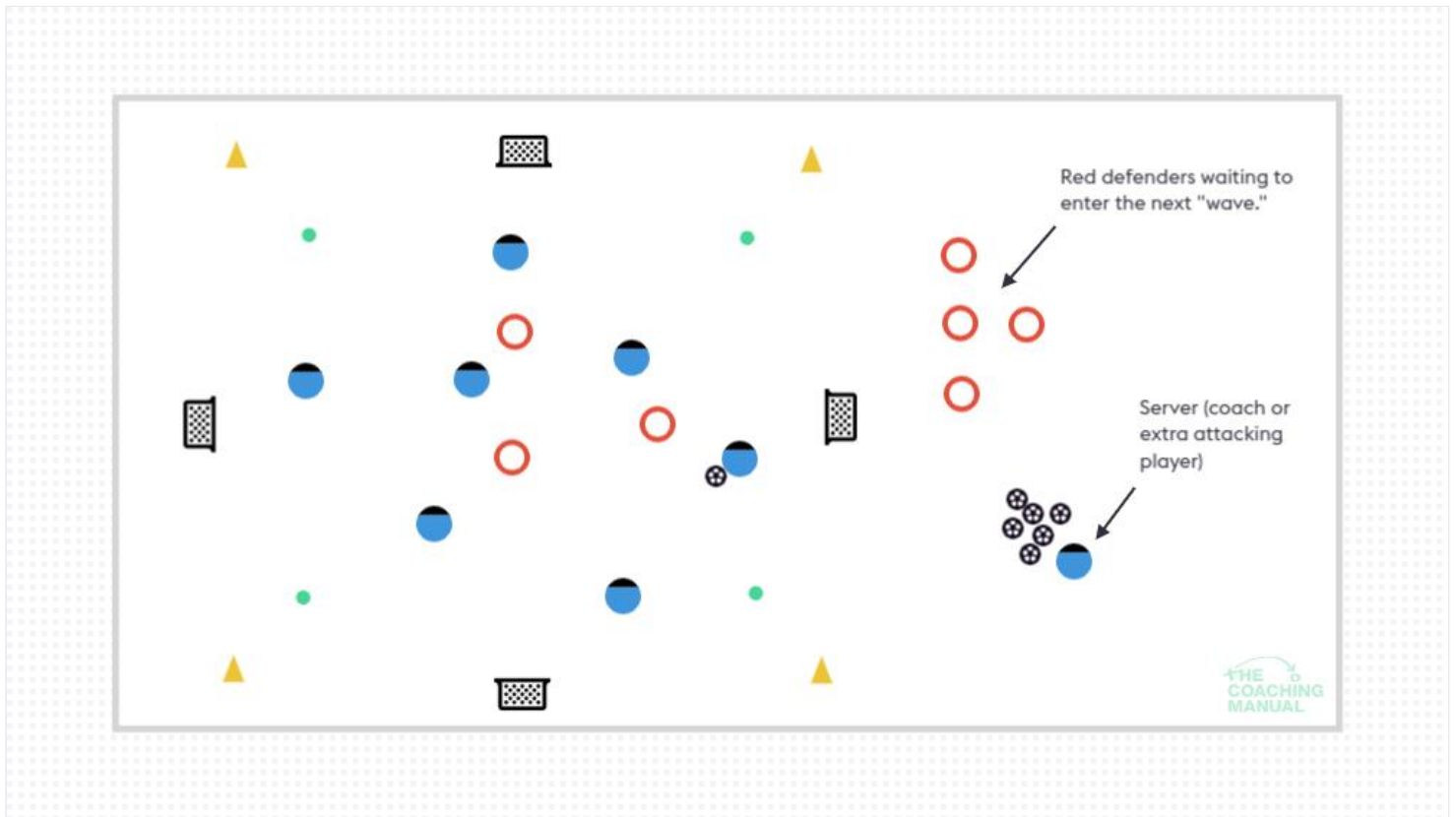
Whole #2:

- Objective: Check to see if players are acting on learned principles from the session in a realistic, game-like setting.
- Coaching Points: Anything covered previously in the session.

7v3 Rondo w/ Exterior Areas

Written by Will Dodds

Set Up

🕐 20 mins   👕 16 players   ⚽ 8 balls   🎽 8 bibs   🔺 8 cones   ⊞ 30x30 area

Red defenders waiting to enter the next "wave."

Server (coach or extra attacking player)

How to Play the Game:

- Restarts: All players must start inside the central square (marked by green cones). The server serves a new ball.
- Attacking team (blue) objective: Earn (1) point for connecting two opposite targets (N-S or E-W) in less than (4) passes.
- Defending team (red) objective: Defend, take away the split pass, recover the ball, and earn (1) point for every goal scored in one of the four mini goals.

Set-Up Variations:

- 14 players = 7v3 + 4 waiting defenders
- 15 players = Same set-up, but when the team of (8) is attacking, they provide the server and when the team of (7) is attacking, the coach serves.
- 16 players = Same set-up, but the attacking team always provides the server.

Objective:

- Players will show that they understand the roles and responsibilities of playing in the zones of intervention and mutual help (near the ball) while the team is trying to switch the point of attack.

Coaching Points:

- Help players identify (4) "points" + (3) CM's. (Rotations within this structure are okay, but first understand this "starting point.")
- FB's, CB's, and #6: Dropping into space and opening up in order to "support the switch." Receive the ball across your body.
- CM's: Opposite movements and balanced shape. Check your shoulder and scan surroundings in order to decide to turn with the ball or play backwards.

- Quality of passing and speed of play are critical. We want to switch the point of attack before the defenders have shifted.
- Counterpressing

Four Corners Game

Written by Will Dodds

Set Up

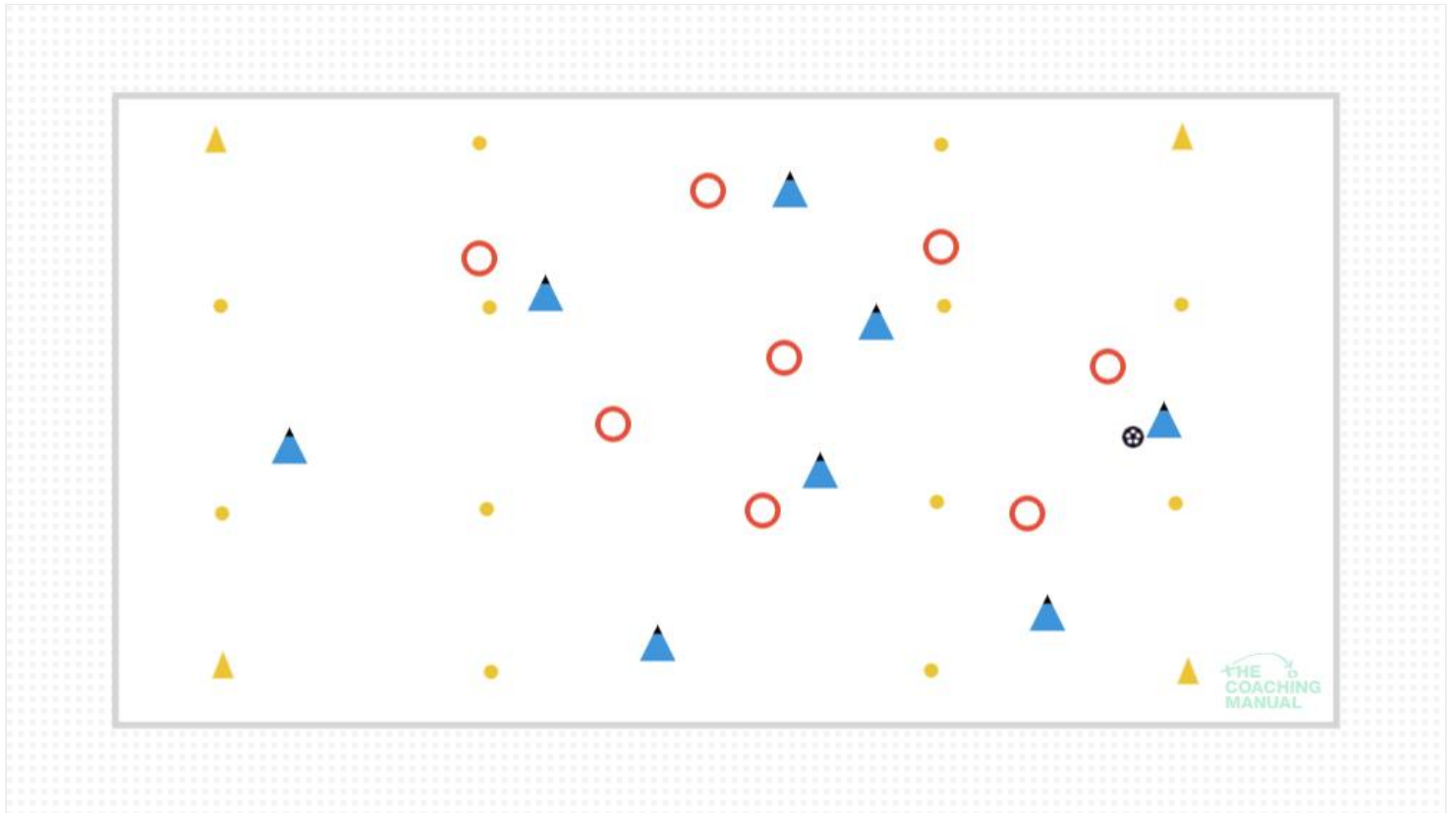|				
🕐 20 mins	👕 16 players	⚽ 8 balls	🎽 8 bibs	⛛ 8 cones	⊞ 65x45 or 74x51 area

How to Play the Game:

- (1) point every time an attacking player receives a pass in or that went through one of the four corner boxes.
- (1) point every time the attacking team completes (7) consecutive passes.
- Rule: You cannot score a point in the same corner box two times in-a-row.

Objective:

- Players will show that they understand how to operate in the zone of cooperation (furthest from the ball) when helping their team switch the point of attack.

Coaching Points:

- Player with the ball: Recognize when the strong side is clogged and look for the free man who may be your outlet to switch the point of attack.
- Surrounding players: Are we "supporting the switch?"
- Distant players: Provide balance to our team shape.
- Possible pattern: Switch & slice