



Playing out of defense 7v7

Category: Tactical: Playing out from the back
Difficulty: Moderate

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Individual-Adult Member

Warm up (10 mins)

Organization

30 x 20 grid - split the rectangle up into 3 or 4 teams no more than 4 on a team. Each team needs 1 ball.

Players pass and move around the inside of the square - to begin with you can pass and receive from any team and any player.

Follow the pattern below changing it every 3 minutes.

1. Open touches - players are to receive the ball and are not in a rush to pass it, but they are asked to play the next pass with quality
2. Your team only - give 1 ball to each team - they can now only find their own team with passes - again as many touches as they want.
3. Find the other Team - players have to receive and pass to other colours in the square.
4. 2 or 3 touch Max - players pass and receive within their own team and maximum number of touches is 3.
5. Encourage players without the ball to find space - and always try and be open.



SAQ (5 mins)

Organization

Run the team through various SAQ drills.



Goalkicks 4v0 then 4v1 (20 mins)

Organization

30 x 30 area with three goals on one side - there should be a goal in the center and a goal in the top corners.

The aim is for players to dribble the ball through one of the top three goals.

The drill must restart every time from the number 1 spot.

Player setup

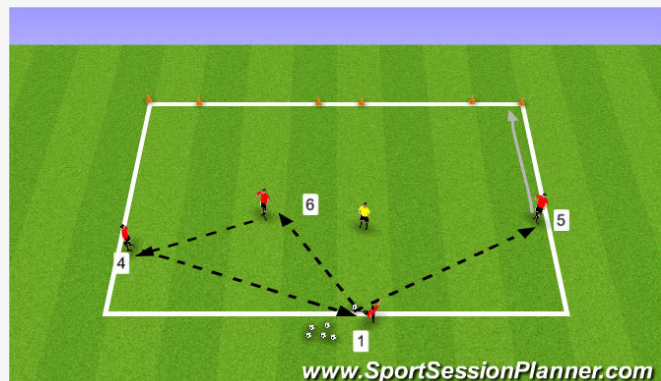
1. Is acting like a Goalkeeper.
 6. is acting like central midfielder, who has come into the space to receive the ball
 - 4 & 5. Is acting like the central defenders - however they have spread out to make it hard to defend
- Number 1 plays the ball out to any of their teammates - all players must touch the ball before they score

Coaching Points

1. Can we get into positions quick - so we can start fast.
 2. If Player 4 passes to player 5, then can we make sure that there is enough power on the pass.
 3. If we want to we can play back to player 1 - they are often a good player to help switch the point of attack (as demonstrated in the picture).
- Add a Defender (Yellow). They can mark or split two defenders, whoever they want. As shown above

Coaching Points

1. Can the Gk find the open player? then can we make the right decision about whether to dribble the ball through the goal or too pass



Goalkicks 7 v 3 (20 mins)

Organization

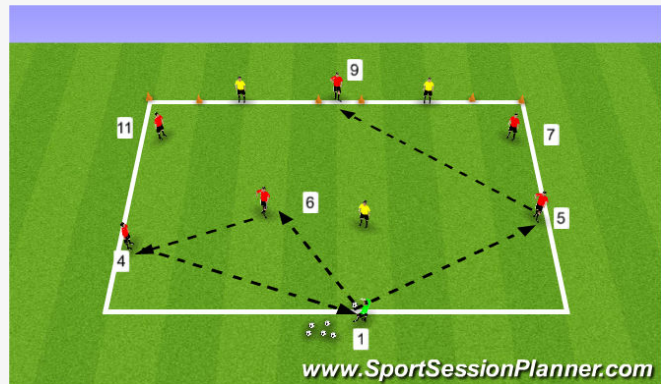
Add players 7, 9 and 11. Also add 2 more additional yellow defenders. The two new defenders must start on the line but become active once the ball is played. If they win the ball they must try and keep possession.

Number 9 will stand in the Center goal, however he can move up and down the line, if he receives the ball the round ends.

The aim again is to score by either dribbling or passing the ball through the gates.

Coaching Points

1. Good decision - can we keep the ball? passing backwards is good.
2. Supporting play - can we offer options to the player on the ball - if 4 or 5 receive the ball then they should have options to numbers 6, 7 or 11, 1 or 9. If number 6 receives the ball they should have options to numbers 1, 4 or 5, 11, 7 and 9.
3. Can we switch the ball to help create space quick.
4. If 9 is blocked off by a defender can 7 or 11 keep wide and help create space for themselves.



Game (20 mins)

Game 4v4 plus 1 neutral with a center line

Organization

split your field in half - play 4v4 diamond shape and 1 neutral in the middle - whichever team has the ball the neutral player is on.

On all restarts it is a 3v1, for example above the red team is taking a goal kick and only the 1 yellow defender is allowed in their half - once the ball has crossed the central line, the other defenders become active - after a few attempts, switch so that once they receive the ball all players are active.

Coaching Points

1. Width - we should try and keep width at all times when attacking - the green neutral should be offering central support.
2. Speed of play - do not let teams get settled, restart fast.
3. Keep possession - don't forget it's ok to play back to the goalkeeper

