

Main Goal

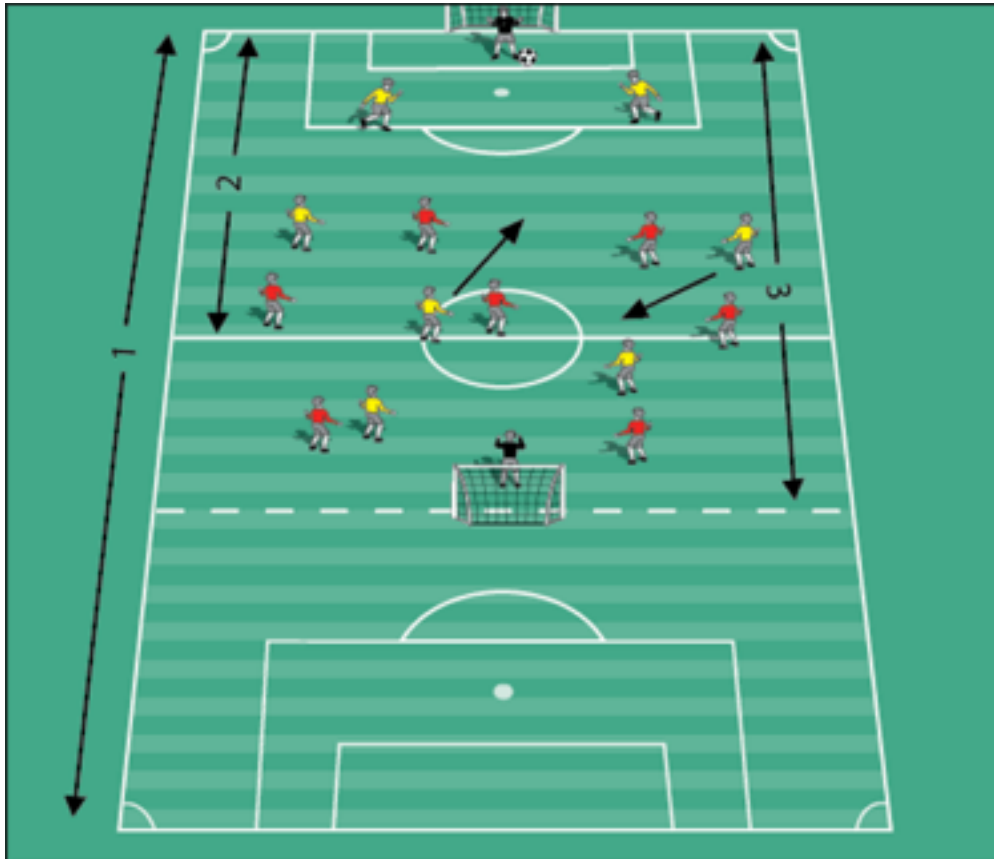
Possession, overload, and mobility of midfielders

Warm-Up

15 minutes of Rugby/American football: progression.

Varying field sizes - 7 v 7

Three different moments of regular game with 10 minutes each: (1) full field - 3 touches; (2) half field – 1 touch; (3) 3/4 field – 2 touches



Coaching Points

- Offensive: mobility, less space - more passes, create options of pass for partner;
- Defensive: shut lines of passes, vary defensive format according to space.

Through the Middle

7 v 7 (4 midfielders and 3 attackers or 5 midfielders and 2 attackers). The field goes from one goal area line to the other. A 12 meters goal is marked t half way with a goal keeper. Players are free to move in both half ways. The aim for both teams is to keep possession for 7 passes and then pass the ball between the goal flags for a partner on their offensive side.

Development

Put goal keepers at the regular goals and after a pass through the middle goal (1 point), attackers can attack regular goal (3 points).



Coaching Points

- Offensive: possession, find a gap through the middle
- Defensive: shut the middle

Infiltration

6 v 6 in a field that goes from one goal area line to the other. After keeping possession for 5 passes, team is allowed to play a through pass to a runner into the goal area, in which only one attacker is allowed to enter. A defender (red player) positioned in the corner can then press the attacker.

Development

A proper defender can follow the attacker that entered the box.



Coaching Points

- Offensive: possession and through balls;
- Defensive: shut the gaps and recovery

Cool Down

Stretching and breathing exercises