

Attacking In Wide Areas: 7v7+1



Age: 11+ Years

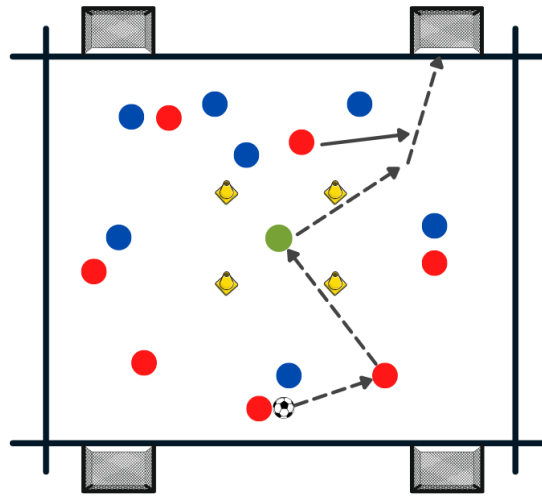
Players: 15

Topic: Attacking Play

Sub Topic:

Passing/Possession

Duration: 20 Mins



Set Up The Drill:

Set up a 40x50-yard grid using small cones. Place two small pug goals at each end of the grid in opposite corners (4 total). If you don't have pug-size goals, use tall cones, flags, or whatever you have available. In the very center of the grid, mark out a 5x5-yard box. Have a supply of balls available to help facilitate quick restarts. You'll also need two sets of different colored bibs and another single bib for the neutral player.

Instructions:

Designate one player to start as the neutral player and have them stand in the 5x5-yard central box. Next, split the players into two teams of 7 and put them in separate colored bibs. Play is directional, with both teams competing for possession of the ball, attacking one set of goals and defending another. To score a point, a team must first make a pass to the neutral player before trying to score in either of the two goals they are attacking. Play throw in's from the side.

Progression:

Limit the Neutral player to one or two touches within the central box.

Coaching Points:

- Maintain team shape and have players in both wide and central areas so you can attack on either wing.
- Move the ball quickly to create space to find a good pass to the neutral player.
- Recognize numbers up situations and when to attack the nearest goal vs when to switch the play.
- Use of quick combination play in wide areas to create chances to score.