



7V7 Screening Defenders

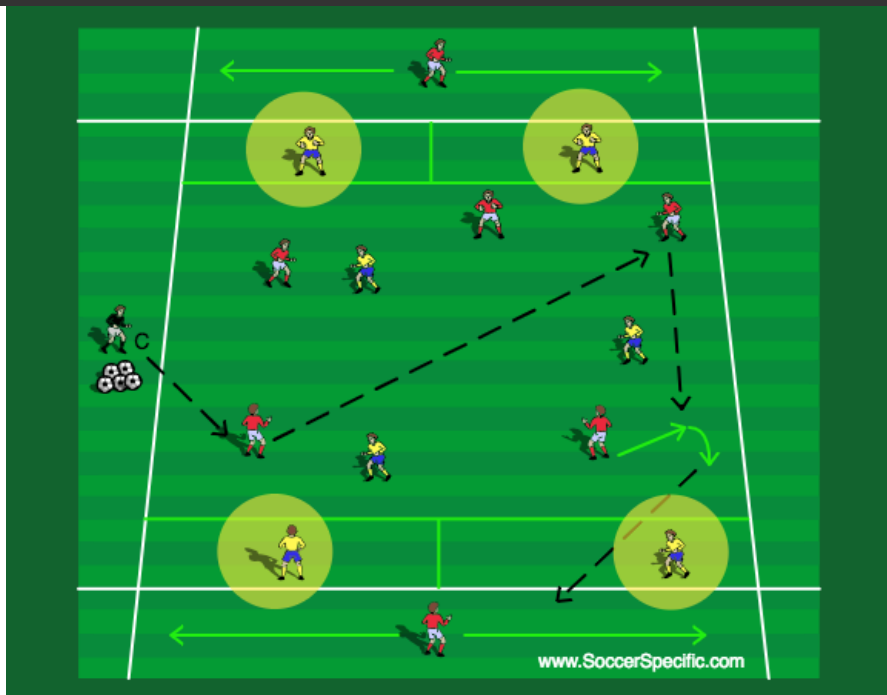
Date: Oct 04, 2018

Duration: 3X5 Min

Team: SoccerSpecific

Intensity: ● (6/10)

Category: Tech / Tact



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🕒 3X5 Min 📏 30X40

Setup: 7V7 directional possession game. 5V3 rondo in the middle of the playing area with two targets and four screening defenders as shown highlighted in yellow. 30X40 yard playing area.

Instructions: The coach plays a ball into the playing area and the objective of the red team is to find either of their target players with a penetrating pass. The target can pass back into the area to continue to keep possession and hopefully find the other target. The three primary defenders try and win possession in the middle or at least make the play predictable for the four screening defenders. The screening defender must work within their channels to cut off and deny any passing lanes or penetrating balls. Within their defensive shape the yellow team can try and maintain possession for as long as possible. If the ball goes out of play a new ball is played in by the coach. The screening defenders must stay in their channels and on their half of the field.

Coaching Points: Focus on developing a working relationship between the two screening defenders on each side of the field. These two players could represent the two holding midfielders in a 4-2-3-1 formation. From an attacking standpoint, be confident and have patience in possession and find the optimal moment to penetrate and find the target. Add goals and GK's at the end and finish with a competitive 8V8 match.