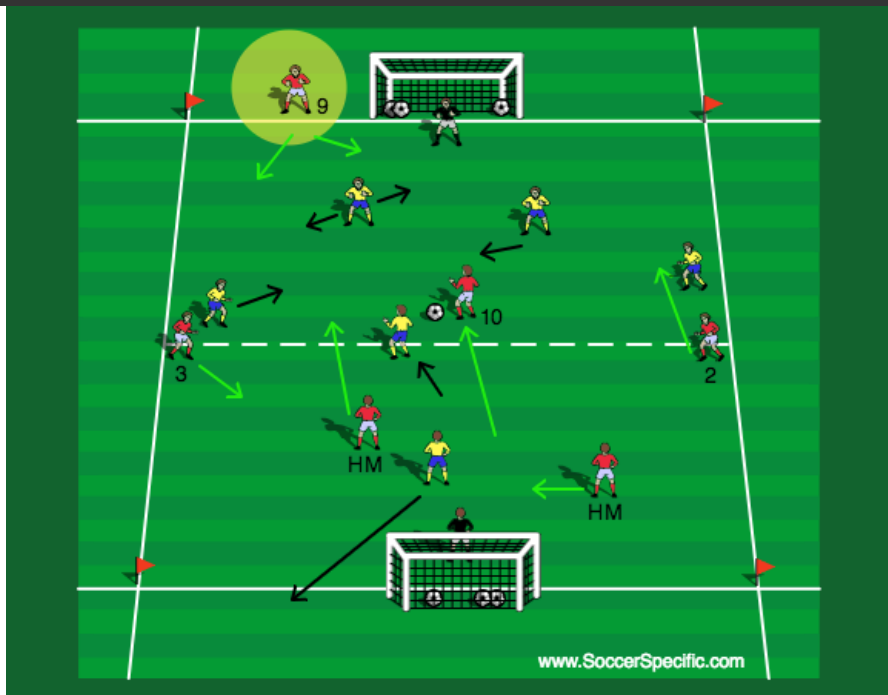




7V7 Modrić & Rakitić

Date: **Mar 26, 2019** | Duration: **3X5 Minutes** | Team: **TBU**
Intensity: ● (6/10) | Category: **Tech / Tact**



1

🕒 3X5 Min 📏 44X36

Setup: 7V7 game set up as shown in a 44X36 size pitch. Make sure there is a clear halfway line. Teams are organized in versions of 2-3-1 or 3-2-1 system of play.

Instructions: Only one holding midfielder, #10, and one outside back can cross half field and attack the opponents goal. Only in attack and highlighted in yellow is the #9 who must start off the pitch in a offside position but can enter at any time during the buildup. The opposite side outside back and remaining holding midfielder must pinch centrally, organize marking for the yellow #9 and for the counter. The yellow #9 has just defended and must find his way to the end line for when his team wins possession and they start their attack. 3X5 minutes games.

Coaching Points: Encourage quick penetrating actions through the middle of the pitch: #10 and holding midfielder penetrating on the dribble, penetrating passes to the #9, and shots from central areas. Add height to your attack by keeping the #9 in a high position. Encourage your outside backs to make slashing runs in behind the opponent in order to open up space for your central players to arrive into. Alternative condition could include allowing both outside backs and only one of the holding midfielders to join the attack thus changing your attacking players and potentially inverting the central midfield triangle all together.