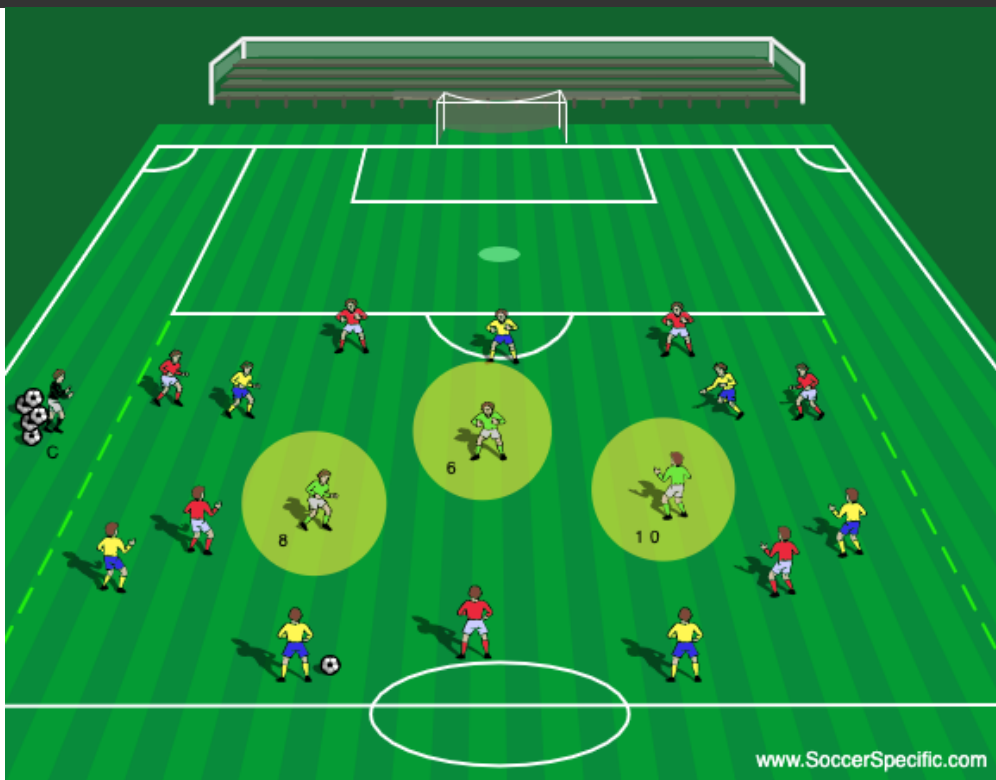




7V7 Plus 3 Possession



🕒 4 x 2 minutes ↗ 44x45 yards

Setup

7V7+3 functional, position specific possession, 44X45 (top of the penalty box to half field, the width of the penalty area) 17-24 field players.

Instructions

Teams are in a 4-3-3 formation, 2 or 3 teams based on your numbers for training, 4 games, 2 minutes each. 12 minutes.

Coaching Points

The main focus is the transitional movements/shape of your three central midfielders. Making sure one of the three midfielders takes the starting position of a holding midfielder. Team shape, small group tactics building up through lines especially utilizing the midfield, spreading out while in possession, staying compact while defending, speed of play, establishing a rhythm, all defensive and attacking principles.