



**Practice Plans U13 and Up**



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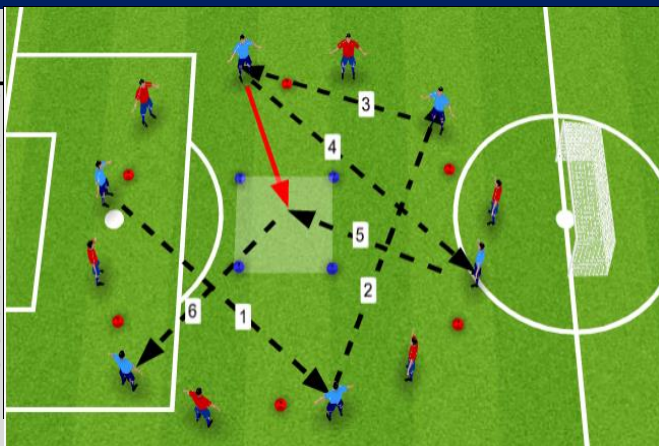
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# Defensive Pressing As A Unit



## Defensive Rondo Warmup



### Scoring/Duration:

P1&2: 15-25 passes  
P3&4: 8-10 pts  
70% of kids get; move on to next phase

**Coaching:** Rolling, Accuracy, Pace, Open (Hips) on all passes. Get to support position on sprint to middle; no jogging. Scan, plan, and play. Right body position; avoid mental errors

**Setup:** 8x8 square. Cones to mark outer grid

### Game:

Progression 1 - Basic: Pass only to teammates color; 2 touch (progress to 1). Must hit every player before restarting sequence.

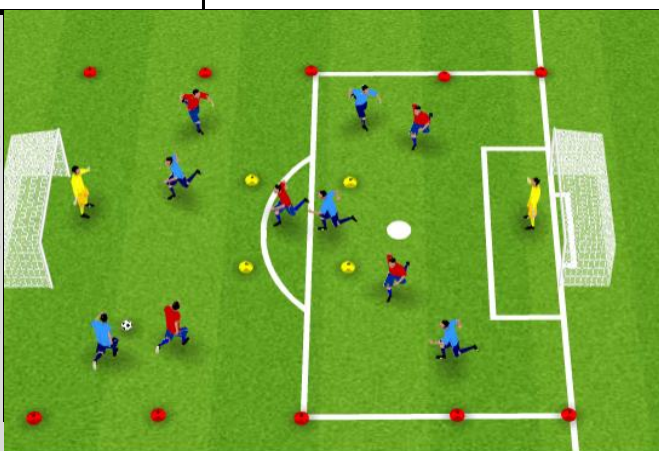
Progression 2 - Same as 1. After every pass, defensive shuffle five shuffles out, then sprint back to line. (optional alt: sprint to line and back, back peddle and sprint; switch with a player)

Progression 3 - (diagrammed) Blue team follows every 3rd pass to center to receive ball back; lay reception off to a 3rd player and retreat. 1 touch only in center square. Red team does same but every 4th pass to stagger runs.

Progression 4 - DEF AWARE. cues - Same game as progression 3, but if the player next to you (cone grid) leaves for middle, you must attempt to beat them to middle and prevent connected pass. (alt. = any player can go into defend middle square)

Defense Org.	Pressing; Poss.	1v1 Def/Passing	React/Aware	Cooperation
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## 3-2-1 Team Press



**Scoring:** 1pt = 7 pass; 2pt = middle box goal; 3pts = Counter goal att. 1/3. 3 games to 10pts.

**Coaching:** Pressure on the ball; cover middle pass. Make opp. play a longer pass to intercept. Defense shifts together.

**Setup:** 8x8 square from warmup. Outer: W. 18 box; L. 2 18 boxes

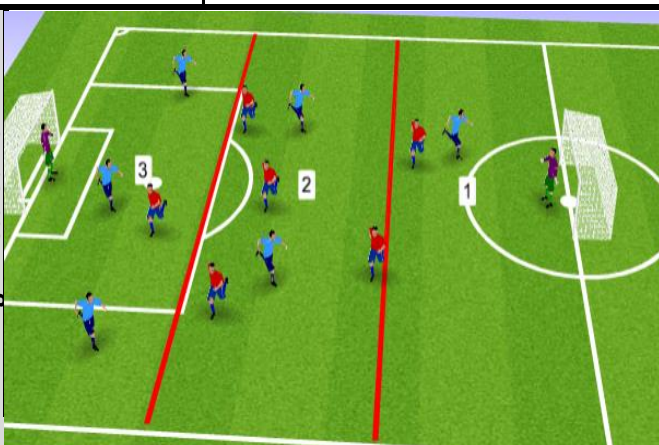
**Game:** Teams cannot go to goal until they play one pass to the middle box. Otherwise, play is normal. Team on defense is working to prevent pass to middle box, while pressing to win ball. IF they win ball in attacking third can counter with shot to goal and no middle pass. Anywhere else is normal 7 passes or middle to goal.

Possible progression 2: Can score if played down the line and runner comes through the middle box. Defense now must be aware of preventing all passes on that side with intense pressure on ball side

*Additional Coaching: For pressing to work, ensure good possession. Offense - disguise their run into the middle. Use all possession ideas: shield, quick move then pass, quick pass, keeper, etc. "7 passes is a goal."*

Defense Org.	Pressing; Poss.	Def. Tech	Aer. Capacity	Coop/Compete
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## High Press Game



**Scoring:** Red = pts of zone stolen + 2pts for goal. Blue = pts of all zones played through to score. 15pt gm. Switch

**Coaching:** Force opp. to play longer balls to steal or make mistake. No short passes. Trap in corners or sideline. Don't press so hard that we leave gaps. Move as unit. Look for cues (body of player, etc). Off. - wide mids always stay wide

**Setup:** Half field. 3 marked zones. Off plays in 3-2-1; Def in 1-3-2 (fluid)

**Game:** Blue starts with ball from keeper and attempts to score on opposite goal. Red tries to press as a team without allowing blue through each zone. Red is trying to win the ball in the highest pressing zone possible. If they win ball, play it back to blue keeper (Advance to shot on goal option). Always start from keeper. Blue can be offside in zone 1.

Advance to continuous play with defense and offense shifting into the shape mentioned above quickly in transition.

Defense Org.	Pressing; Poss.	Def. Tech	Aer. Capacity	Coop/Compete
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## GAME

6v6 or 7v7 scrimmage with pressing cues and team defense as the goal for the match.



# Possession Using Home Ball



Passing Square Warmup



## Scoring/Duration:

Most comp. passes in 2 min. 5x. Pass doesn't count if rule broken. (can score individually)

## Coaching:

Rolling, Accuracy, Pace, Open (Hips) on all passes. Set body position for one touch pass (next target). Wait til last second and explode off cone. Try to time run to arrive with the ball. Give lots of room from cones (defenders).

**Setup:** 16x16 passing box w/y,b,r cones.

**Passing Square Game:** All players start on yellow cones. Player A has only ball to start. 2 touch game. Every first touch by passer is signal for receiver to break off of yellow cone on arcing run to receive with open hips and good first touch to next target. Then pass on second touch. (example: player a takes touch to start, player b sprints out to receive pass from A. As player B, takes touch towards C, C breaks off of cone to open hips to B and D. Play continues) If using 5, have a player waiting inside cone triangle. 2 squares compete. **Alternate Game: Skip the Dribbling square and do multiple passing squares (5 per square).**

**Progression 1:** Add 1 or 2 players to middle of grid, players must receive pass in space in front of cone triangle, lay off to a middle player, who performs a wall pass around the triangle cones for outside player to then continue pattern. If 2 inside players, have them work to receive different balls.

**Progression 2:** Coach stands behind both all grids, and continues to switch different colors of cones in hand. Players must say color in hand as ball is rolling to

Offensive Org. Play Out Back Pass./Rec. to Turn Agility Compete

Double Target Rondo



**Scoring:** Each successful transition (new GK) = 1pt. First to 10 wins. 1 min discuss between. 15 min or best of 5 games.

**Coaching:** This simulates 4,5, and 6 primarily, on offense splitting wide after home ball. Teach habits: pass back, sprint wide, open hips. If defender defends wide, slide in behind for split pass. Be at angles. Keep play flowing, and focus on quick

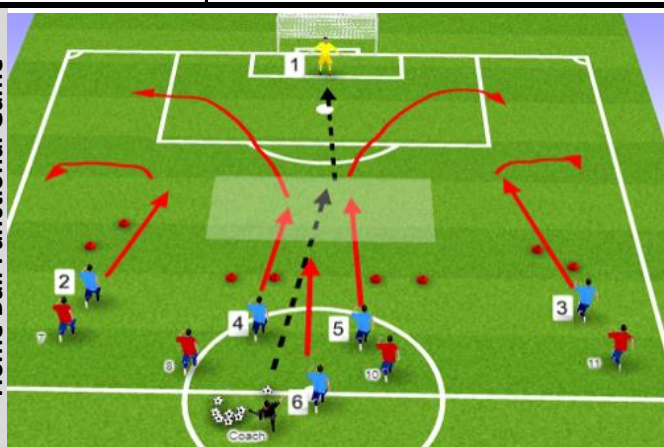
**Setup:** 35Lx30W. Size for purpose. 3v2 rotating in middle. GK or neutral on end

**Game:** Coach plays a ball into a keeper. Team of 3 immediately moves to get open and works to possess the ball and transition to the other GK waiting on the other side. Team of 2 tries to intercept. If team of 3 successfully passes ball into the other GK, they immediately get wide (or into space) to receive and go back the other way. If defending team (red) wins the ball, they play it quickly to either keeper and a third player comes on (blue player off). Then game continues. (Can play it back to same GK, but no point)

**Progression 1:** 4 v 3 (widen field). 3v3 (to use back GK more). 3v3 with wide players in attacking halves only.

Off. Transition Play Out Back Pass./Rec. to Turn Aer. Capacity Coop/Compete

Home Ball Functional Game



**Scoring:** First team to 5 wins. Then discuss, switch (if needed) and restart.

**Coaching:** Correct movement off the first pass. Where do 4 and 5 move? 2, 3, and 6? Teach 6 to avoid bringing defenders to middle, and time run to be avail. or secondary pass. Keeper panic low; strong decisions. 2 and 3 always stay wide on off.

**Setup:** Half field. 4 mini goals. Teams 5 att./4 def. 1 GK. Starting zone marked

**Game:** Blue is defense. Red is offense. All balls start in the middle with coach. Coach passes a ball attempting to play the ball into the shaded area. To start game, red attackers must make a "1, go" count to take off (progress to simultaneous movement once ball in play.) The "4", "5", "2", "3", and "6" provide chase. "4" or "5" will make the home ball pass to keeper and both split wide. "6" will fill gap in middle. "2" and "3" will provide longer deeper angled options for keeper.

Blue defenders will attempt to play home ball and then possess the ball trying to work it back through one of the four red mini goals. The red attackers will attempt to steal ball and score on the big red goal. Play continues until it goes out of bounds or goal is scored. Restarts occur at center circle again.

Off. Transition Play Out Back Pass./Rec. to Turn Aerobic Pwr Coop/Compete

**GAME** 2/3 field. Rondo in middle area. Any team makes 3 passes, can break out to a goal, but can't score on goal, must play home ball and attack other goal. All restarts in middle with rondo.



# Press and Counter



## 3-Ball Pressure



**Scoring/Duration:** 7 x 2 min. games. Off. = 1pt per ball kept. Def. = 1 pt per GK dist. PROG1 = add bonus for gk throw

**Coaching:** Rolling, Accuracy, Pace, Open (Hips) on all passes. Figure out possession: shield, pass, dribble. Pressers should press together on a ball; organize. Can you win ball clean without kicking & find gk target quick? GK feet should always move, hands

**Setup:** 20x20 yd box with a 5 yd box in center. Adjust to group.

**Passing Square Game:** 7v3 in the larger box. Goal keeper has to move on the outside of the 5yd box, ready to receive (footwork warmup). 7 players start with 3 balls and attempt to keep all 3 balls alive through possession. 3 pressers work together to win balls. If a defender wins a ball, they attempt to make a shot at the keeper. They are not trying to score, they are trying to hit keeper as a target, but shoot to help keeper warmup. Any ball that goes out simply goes back to blue team; knocking ball out is not an option. Defenders must win ball and counter quickly.

**Progression 1:** Add pugs (or use large goal) outside 20 yds away from playing area. Goal keeper gets extra points if they can throw the ball into target goal (3 sec. distribution).

Def./Trans.

Press/Counter

1v1 Def/Pass/Rec

Agility/React

Cooperation

## Attract and Attack



**Scoring:** Each goal scored = 1pt. Play 5 games to 3pts. Or 15 min.

**Coaching:** Use keeper and play short quick passes to attract red near ball, then play new area quickly (middle; far wide). Depth players look for middle split passes. Back players look for wall with GK. Pressers stay compact, press smartly, counter

**Setup:** 18 box and smaller coned grid almost size of 18. 2 minigoals/1 large goal

**Game:** All players start in the coned area, but can play in 18 box as game is played. Coach plays a ball into a keeper. Once ball hits keeper, players move to receive and keep possession of ball. Blue tries to attract opponents to ball and attack open areas to score on blue mini goals. Red tries to press ball and may score on larger goal if ball won. Blue can use keeper as a 5v3. **For more players, set up another large goal 36 yds away, and use same minigoals. Play back to back.**

**Progression 1:** Widen box to length of field. Play 6v4 in larger area.

Def./Trans.

Press/Poss/Cntr

1v1 Def/Pass/Rec

Aware/React

Coop/Comp/Mot

## Dutch Possess and Counter



**Scoring:** 5 games to 5 pts.

**Coaching:** Work together in possession, transition, and defense. Play compact in defense; cover all immediate targets. Win ball positively in a position to counter. How? Quickly position compactly near ball win lose possession. Regain ball in 4 sec. or

**Setup:** Half field. 7 v 6+K. Large goal/2 minis. Mark half line.

**Game:** Red plays to large goal and blue plays to minis. Red starts with ball from coach in center circle. Goal only counts if all players from a team are past the middle, halfway line. Goal counts double if a team counters, and not all defenders are past the midline.

**Progression 1:** play even numbers and 2 large goals (2 keepers). Continuous flow.

**Progression 2:** Defending team can only play 1 or 2 touch on counter.

**Progression 3:** Defending team earns bonus for 3 second counter attack (coach counts aloud)

Def./Trans.

Press/Poss/Cntr

1v1 Def/Pass/Rec

Aer. Capacity

Coop/Comp/Mot

GAME

**7v7 with keepers. Emphasize compact pressing together and quick counter attacks.**



# Organize in Transition (poss/pen)



Passing/Transition Rondo Warmup



**Scoring/Duration:** gm 1: 2 min gms. Pair with least amount of middles wins. GM 2: Every success. player transition to new square = 1pt

**Coaching:** Scan, plan, and play. Be aware of all times and transition quickly. Use body to fake out defenders. Communicate. Keep ball rolling and be accurate.

**Setup:** 4 - 15x15 boxes (or 20x20) as shown. Adjust to group

**Game:** Two grids are setup in 4v2 and one grid is 4v0. All players are partnered up to make team pairs. One pair starts in middle on defense in each grid. The four on the outside work to keep possession from two in the middle. If the two in the middle win the ball, they move to the outside of the square. The player that lost the ball and his/her partner now run to the 4v0 square and become defenders in that square. (example: 5 and 6 are defending. they win the ball after 1 makes a bad pass. 1 and 2 run to the 4v0 grid.) 4v2 grids are always 2 touch, and 4v0 grids are always 1 touch. Ball must never stop moving or its a turnover.

**Progression 1:** After every 3rd consec pass, the group moves to the open square in transition. Still have to keep possession during transition or losing pair becomes defender in 4v0.

**Alternative for large or small groups:** This picture setup for 16. Adjust to 3v1's in grid or using only two squares for small groups. Increase to 5 v2 or 3 for large.

Off/Def Trans Possess/Trans Pass and Receive Explosive Str. Self con/Comp.

Game Model Rondo



**Scoring:** 1pt per score. 1st team to 3 wins. Coaching pt and restart next round.

**Coaching:** Encourage quick outlet pass to 7/11. Play direct when possible, but don't force. Encourage communication from outlet targets. Immediate change in attitude if ball lost.

**Setup:** 15x15 box in middle of field (As shown). Two counter goals.

**Game:** Game starts with 4v2 in a box in the middle of the field. If the 4 players around box can make 4 passes, they release to goal in a 7v4 to finish. If blue wins the ball at any time, they attack and try to score on counter goals. Restart in box in middle every restart. Only back 4 can defend after four passes.

**Progression 1:** Allow 2 blue defenders in box to defend after 4 passes (7v6).

Offensive Org. Attacking 1v1 Attack Speed End. Compete/Mot

Win Ball in Midfield Rondo



**Scoring:** Each goal = 1pt for blue. Red gets a pt for 5 passes in yellow box.

**Coaching:** Teach players to read cues and organize off of them. Teach 9 and 10 to create different angles. If 10 is on right; 9 creates depth on left. Create overloads wide. Don't force play and lose it for a counter (less running if they keep ball!)

**Setup:** Half field + mid circle. 20x20 yd box (yellow) near mid. 5 yd Alley approx 30yd from goal (red/blue). Outer alleys marked in final third (orange). 4v4 starts in yellow box. 4v2 start near 18.

**Game:** Game starts with 4v4 in yellow square. Red team (defending team) starts with the ball and works on keeping possession. Blue team tries to win ball. If Blue team wins the ball, they break out to goal + 9 and 10 for a 6v4 to goal. If red wins the ball, they attempt to play a pass back to the box and restart rondo. Continuous.

**Additional rules of positional play:** Upon cue of winning the ball, either the 9 or 10 must break into alley for a short pass while the other player keeps depth. 7 and 11 must play in the wide zones beyond the orange cones. 6 or 8 must maintain negative support. Goal is to teach positional organization upon change of possession. Can modify that 10 starts in the alley, then work to break in to alley later.

**Progression:** 2 more red players can join defense; Blue plays 2 touch.

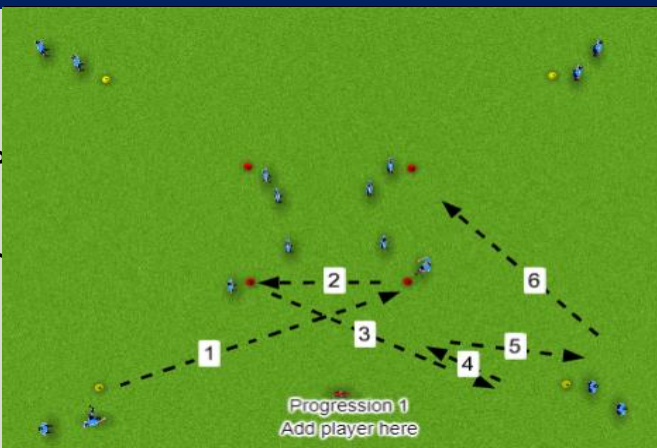
Offensive Org. Attack/Finish 1v1 Att/Pass/Rec Aerobic Cap. Comp/Dec/Det

**GAME** 7v7 with keepers. Emphasize recognition of supporting each other and maintain positional possession/runs.



# Switching Play in Possession

Switchin Play Passing Pattern



**Scoring/Duration:** Play 1 ball tries to catch the other ball. Can score minutes that it takes to reach other ball or 5 min goal.

**Coaching:** Think ahead and angle to next pass. Rolling, accuracy, pace, open on all passes. Move to support quickly after passing touch.

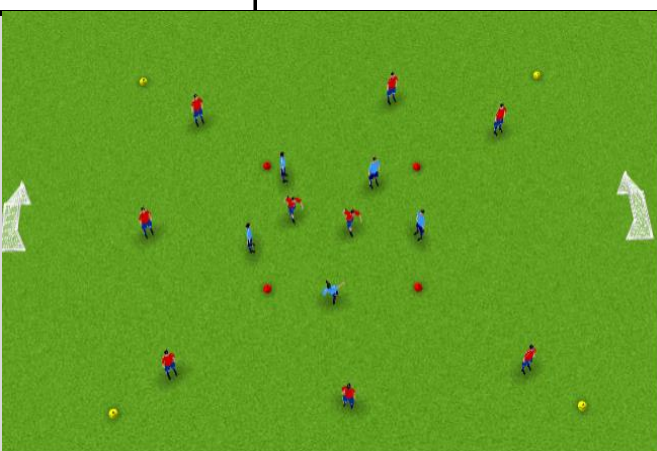
**Setup:** 8x8 box on inside. 20x20 box on outside.

**Game:** (Game adjustable to alot of sizes. 2 per cone here. 16 players.) Follow passing pattern as shown. Outside passes to far inside. Inside to inside. Second inside player out to outside far cone, who lays it back for a wall pass around cone. Restart sequence. Keep ball moving; no stop in roll. Play with at least 2 balls. Players follow their pass to next cone. 2 touch to start. Move to 1 touch

**Progression 1:** Add another cone to each side at spot shown (progression 1 add player here). same pattern except 2nd pass now goes out to new cone and then back to other inside cone.

Offensive Org. **Combo/Attack** **Pass and Receive** **Explosive Str.** **Self con/Comp.**

5v2 to 9v5



**Scoring:** Gm 1: 5 passes = 1pt. Prog 1: 5 passes and every switch is 1pt. Prog 2: Goals = 1pt

**Coaching:** Encourage quick decisions on first pass in transition. Help players notice cues of when to switch ball: players near ball. Don't keep ball in one area too long; move it to new areas. Give players short, split, and long passes. Keep space.

**Setup:** Use same grid as warmup, possibly expand for more switching.

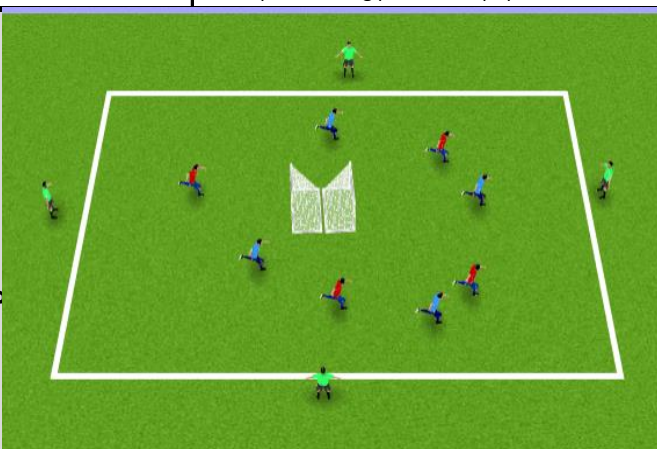
**Game:** Game starts with blue in possession on the inside (red) square only. When two red players win the ball, they play it immediately out in possession to waiting red players. The entire group now plays 9v5 in the large yellow square (including red square.) When 5 blue gain possession, they look to work it back into red square for 5v2. If they make it back to red square, it is a 5v2 again, with first 2 defenders in the box. All restarts are 5v2 in middle. (Game is adjustable. 4v1 in middle to 8v4, etc.)

**Progression 1:** Players now play same game but must switch the ball to other half when they notice at least 3 of 5 players are on one half.

**Progression 2:** Using goals. If red gets 3 passes on one half and switches it, they can score on pug. If Blue wins ball back in 9v5, they can shoot on far pug or switch ball to other half for 1 time shot on pug.

Offensive Org. **Possess/Switch** **Pss/Rec/Rec to Turn** **React/Aware** **Compete/Coop**

Pugs In a Blanket



**Scoring:** Each goal = 1pt. High score after 5 min and switch.

**Coaching:** Keep the ball moving 1 or 2 touch. Do not over think. Suck defenders to one side, then use neutrals or direct pass to quickly switch play.

**Setup:** 30x30. 2 pugs in middle. Adjust to group and objective.

**Game: 3 teams of 4.** Blue plays against red to start with green as neutral. Team in possession must have 5 passes before scoring on goals, may use neutrals. If team wins possession, they must complete 2 passes and can counter to go goal. Any team that scores on pug receives a ball from outside grid and continues with possession (5 passes.) Switch neutrals after 5 min. (GAME CAN BE PLAYED with 5 v 5 etc. Adjust to size)

**Progression 1:** Must have a switch before shooting.

**Progression 2:** Must score off 1 touch shot after a switch (simulating quick switch and decision making)

Offensive Org. **Possess/Switch** **Pss/Rec 2 Turn/Shoot** **React/Accel** **Comp/Dec/Coop**

**GAME** 7v7 with keepers. Use pep's grid or simply set up channels to keep 7 and 11 wide and work on quick switch



# Pressing (Squeeze Space)



## Press Ball Warmup



**Scoring/Duration:** Both games = 1 pt for successful lob to keeper (header)

**Coaching:** Encourage intensity and high energy. First instinct should be to press when near the ball. One goes; we all go. Press all space/players near the ball. Touch tight. Keepers - be aware of cues for pass; hands/feet ready.

**Setup:** 20Wx25L. Adjust to Size. 2 5x5 boxes in middle. 2 goalies (headers)

**Warmup before game:** After separating into teams and goalies in boxes, give each player on each team a number 1 through ???. Players then must always be on jog in area and must pass in sequence (1,2,3, etc.) On determined number of passes, must play a lob ball into the farthest goalie from the current player who is on the determined pass number. Goalie must catch a distribute with roll to next player in sequence (communicate). Both teams play with own ball.

**Game:** Game is possession game, but each team can score a goal by sending a pass in the air to the farthest keeper from them. If keeper catches it, point awarded and they redistribute to same team. The defensive team is looking to press the ball so tightly that there is no room for an air pass to be made. (Can play with players who head the ball instead of keepers.) (Use neutrals if too easy for defense)

Def./Trans.

Press/Poss/Cntr

1v1 Def/Pass/Rec

Aware/React

Coop/Comp/Mot

## Pressing To Corners



**Scoring:** Goals as marked; first to 10. Can change pt values as needed.

**Coaching:** Move as a Unit. High energy. One sprints; we all sprint. Take away all passes near ball. At least one player looks to balance field and take away long pass.

**Setup:** 30x30yd appr. Adjust to team. 4 goals in corners; 1 lg goal in middle.

**Game:** 2 teams (6v6 shown). Game is directional; each team has three possible goals. Teams can score through any of their corner goals or the middle goals. Middle goal is larger. Defensively, teams look to press to disallow goals and counter on their goals. Game is teaching to press ball to corner and not allow escape through middle or sideline.

Def./Trans.

Press/Poss/Cntr

1v1 Def/Pass/Rec

Aware/React

Coop/Comp/Mot

## Pressing From Front SSG



**Scoring:** 1pt per successful lob to keeper.

**Coaching:** Move as a Unit. High energy. One sprints; we all sprint. Take away all passes near ball. Pressure, cover, balance. Compact near ball. When keeper gets ball on pass back, one front player may press or both drop back to allow short pass and then press. Read the first presser as cue.

**Setup:** 45Wx60L. Goalie areas marked with arc of cones. 2 keepers.

**Game:** 8v8 with keepers ideally. No one is allowed in arcs except keepers. Ball can be played back to keeper to maintain possession. In order to score, teams attack the opposite goalkeeper and score by serving a lob/chip into the keeper. All balls are behind each keeper, and play starts from them each time. Coach calls a keeper and play/press begins. Upon successful lob, keeper plays out to opposing team and play continues. Restarts to keeper.

Def./Trans.

Press/Poss/Cntr

1v1 Def/Pass/Rec

Aware/React

Coop/Comp/Mot

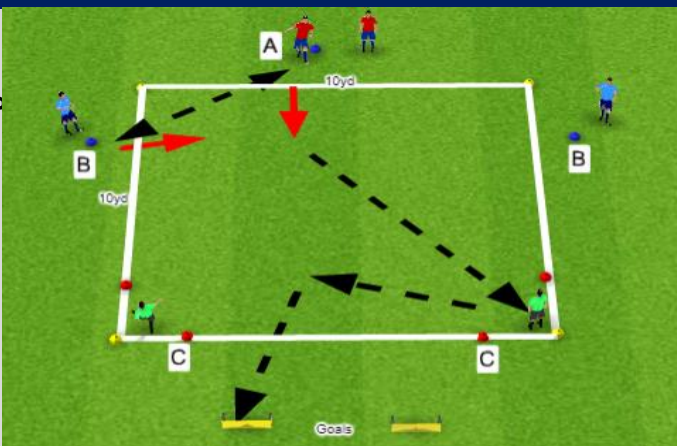
**GAME** 7v7 with keepers. Emphasize recognition of pressing cues and teamwork.



# Wall Pass (Combo Play) 1



Diamond Wall Passing



**Setup:** 10x10yd square (adjust as needed). 2 goals. 6 players as shown.

**Optional Warmup:** Grid is set up in a natural star pattern. Star passing warmup with 1, 2, or 3 balls. 2 touch working to 1 touch. Dynamic stretching mixed in.

**Game:** Cone A passes to B, who lays it back to A. B becomes defender on A. While B is chasing, A then passes to C (may take touch) attempting a wall pass back to A for a shot. A player resets to empty B; B goes to A; C stays. Rotate C after 2 min. or 3 reps each for A/B.

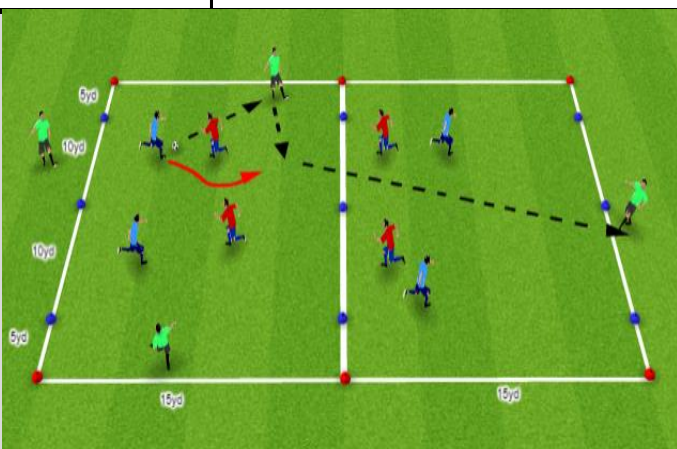
A may run inside or outside for wall pass. They may also receive ball in a negative position from first C player, and then play it back or to other C player for wall. Encourage reading and creativity.

**Scoring/Duration:**  
Successful wall = 1 pt and  
Goal = 1pt. Score  
individually or one grid of  
6 vs others

**Coaching:** Rolling, Accuracy, Pace. Get to spot quickly. Read defenders movement. Doesn't always need to be full speed - slow to make first pass, then burst into open space for wall.

Offensive Org. **Combo Play** Pass/Rec **Explosive Str.** Decis./Comp.

Wall Pass Rondo



**Setup:** 30x30yd grid divided. 4 10x15yd grids inside of bigger grid. 1v1 in each inside grid with four neutral floaters on outside.

**Game** - For all progressions below, defenders rotate from Dalt to D1 to D2 and then back out. Defenders must defend only in their area and cannot begin defending until players enter their zone. WP/ATT/DEF stay in their role, rotate after certain pts or 5min. D1 moves to D2 as soon as beat. Keep play flowing. Next player begins as soon as player leaves area.

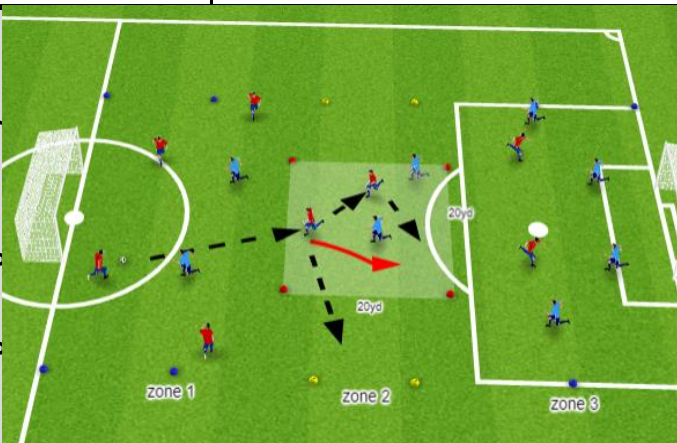
**Alternate for more/less players:** If more players, place more neutrals on the outside. If less players, allow players to move on the inside from box to box.

**Scoring:** Wall pass = 1pt.  
10 passes = 1 pt (avoids  
wall pass guarding)

**Coaching:** Move ball quickly to keep defenders moving/off guard. Outside players play at angles that set up wall pass. Suck defender in with short pass to one player, then quickly play wall to the other. Don't force the wall pass; keep possession

Offensive Org. **Combo Play** Pass/Rec **Aerobic Pow** Comp/Dec/Det

Working through Thirds w/Combos



**Setup:** Half field. 2 large endzone areas, width of 18 box. One narrower central zone with a 20x20 box (width of 6yd box) in the center.

**Game:** 4v2 in each endzone. 2v2 in box (center mids). Center mids are restricted to box to start. There are essentially 3 zones. Ball can only leave own endzone with a wall pass by CM (either to other CM or to running defender.) Once performed, the ball can now be played into the final third for a shot, with receiving wall player joining attack to make 3v4 to goal. Play is continuous. If ball is won in attacking third by 2 defenders, they may shoot. **change it to 1v1 with neutral in center box if not successful.**

**Progression 1:** Allow other combos into zone 2. (Wall with 3rd man).

**Progression 2:** Allow CM to drive with ball towards goal on attack (increase decision making)

**Scoring:** 1pt per goal. Play to 5

**Coaching:** CM don't just stand. Move to blind side of opp. And back to space. Fill area other CM just vacated. Back players keep passing and moving ball to open up lanes. Any 1-2 is available. Have a 1-touch mentality when receiving. Think ahead.

Offensive Org. **Combo/Attack** Pass/Rec **Aerobic Cap.** Comp/Dec/Det

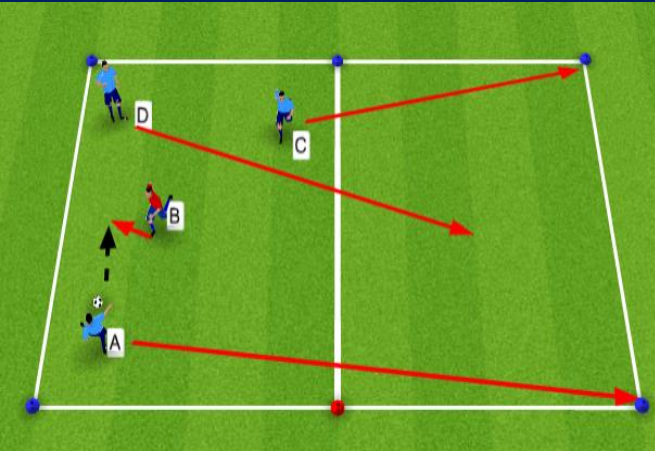
**GAME** 7v7 with keepers. Emphasize recognition of wall/combo situations



# Quick Attack in Transition



Transition with Attitude Rondo



**Scoring/Duration:** 5 min. gms X 3. 5 passes = 1pt. (each player earns) or number of transitions w/o being

**Coaching:** Rolling, Accuracy, Pace, Open (Hips) on all passes. Immediate change of attitude; immediate sprint. No pouting about loss of ball; immediately recover. Encourage better movement in possession; better angles on defense.

**Setup:** 20Lx10W box divided in two. One middle cone is different color

**Game:** Game starts with 3v1 in one square. Players should freely move around while passing. If defender knocks ball out or steals it, he must recover the ball. The three possession players must quickly sprint to the back two cones in the other square. Defender is always one chasing the ball. The first two players that reach the back cones stay on offense, joining the defender that won the ball. The last player back becomes defender. (5

**man variation:** play 4v1 and in transition, players must race to back two cones and different colored middle cone. **6 man variation:** 4v2. Same transition as 5 man.)

**Can alternate dynamic stretches between rounds.**

**Progression 1:** Defender must win the ball clean or within a couple yards of box (no kick outs)

**Progression 2:** To encourage movement, players must move to open area of the grid after pass OR it is a turnover

Off/Def Trans

Possess/Trans

Pass and Receive

Explosive Str.

Self con/Comp.

5v3 with counters



**Scoring:** 1pt per score. Tm with most goals in 5 min. Coaching pt and restart next round.

**Coaching:** Encourage quick outlet pass and sprint in transition. Encourage communication from outlet targets. Immediate change in attitude on winning/losing ball. Quick attack and shot. Visual cues?

**Setup:** 20x20 boxes for each setup. Goals as shown.

**Option A:** Play 5v3 in box. The team of 5 keeps ball away with target number of passes/pt. The team of 3 can quickly counter to goal upon win. Offense can win ball back before shot. **Progression 1:** Place a player near each goal, counters must be played immediately into target man for a wall pass to shot.

**Option B:** Two Groups play 5v3 in boxes (as shown). The team of 3 (red) have a target striker and a middle player waiting. If red wins ball, they play immediately to an outlet for a wall pass and shot. If blue makes 5 passes, they can attack goal away from red target player. If any team scores a goal, they begin with possession inside the box. Keep continuous. Its possible to have each box with separate teams in possession. Target players should be on alternate sides of each other.

**Progression 1:** Defenders may win ball back to retain possession. Runner can leave box to defend shot.

Offensive Org.

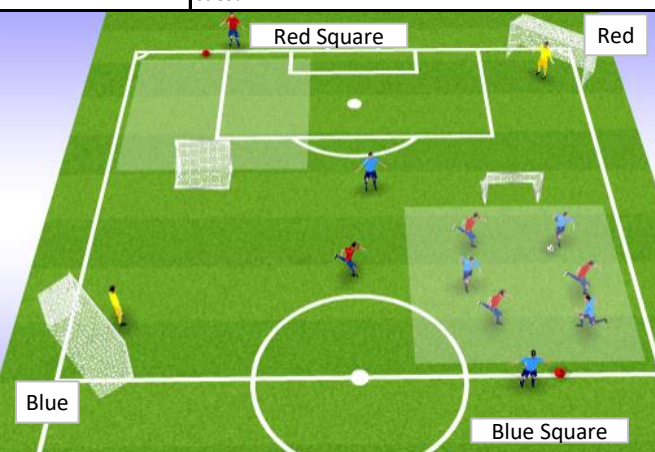
Attacking

1v1 Attack

Speed End.

Compete/Mot

Continuous Counters



**Scoring:** Each goal = 1pt. 3 games to 5 pts. Or time limit.

**Coaching:** Teach immediate change of attitude in transition. Scan, plan, and play. Defend marks in transition. **Adjust size of grid to needs; game is tiring** Use combos to keep possession. Touch tight defending.

**Setup:** Half field. 2 20x20 yd corner boxes w 2 goals on inside of grid. 2 big goals on the opposite corners as boxes, facing middle of bigger grid. Pugs if not using goalies. **Balls placed near red cones by waiting players for quick restarts.**

**Game:** Game starts with 3v3 in one square. (Blue in possession. Pictured). Blue big goal and blue square are on same side, and same for red. Any team that completes 5 passes in small square transitions to big field (first 3 out, including waiting player) to create a 4v4 in open field. Any team that counters on small goal, goes to other small grid to receive a ball from outside player and keep possession 3v3 in small grid. Play is continuous at all times, with waiting players fluidly interchanging. Any goal, results in team going to receive a ball in small square and keeping possession in square for 5 passes. All restarts (Goals or OOB) are from a ball played into the small square. Play should be continuous, and all players involved in game should constantly be transitioning and running from grid to grid.

**Simplified explanation of rules:** • 5 passes in small square = transition with outlet to big field (diagonal) • Counter and score in small square goal = transition to other small square. • Score on big goal or OOB = transition to small square of team that kept possession

Offensive Org.

Attack/Finish

1v1 Att/Pass/Rec

Aerobic Cap.

Comp/Dec/Det

GAME

7v7 with keepers. Emphasize recognition of counter opportunities and transition quickly



# 7 and 11 Movement/Attack



## 7 and 11 Passing Patterns



### Scoring/Duration:

(optional) ball feeds back to same side; first team to 3 reps OR most minutes without mistake

### Coaching:

Emphasize movement without the ball (ex. C moves as ball is played into B, not after it has arrived.) Rolling, Accuracy, correct Pace on passes. Angle to next pass. Give players time to develop a rhythm before moving on. 70% get; move on.

**Setup:** Half field. Cones set up at A, B, C, D. Red cone and pole as shown between C and D. Red cone optional (marks movement). Cone mirrored on both sides of the field. (Pic set up for 12; extra players start add first to A and C)

**Game:** B's movement is bounce in front of pole, pop out to red cone, then blind side run towards corner for all progressions. Both sides moving at same time. Continuous play

**Progression 1:** B bounces and A passes to B. B lays off to C, who has moved back into space. B pops out to space near red cone, as C passes ball back to B. B lays ball off to D and then sprints to corner. D sends ball through cone/pole to B who passes it into a waiting player in the middle area. That player sends it back to top.

**Progression 2:** Same as first progression, but one change. When B pops out to red cone, C does not pass it back. C instead passes to D, while B makes run. So, B pops out and then goes blind side.

**Progression 3:** Make up progression, overlapping progression, or Add defender, make optional choices for progression.

**Progression 4:** Shoot on Goal

Offensive Org.

Attack/Combo

Pass/Rec

Aerobic Pow

Conc/Coop

**Setup:** Half Field. Set up cones to mark the outer area (18 yard out).

**Game** - 6v6 with keepers. Ball starts with red keeper and plays out from back. Wingers (7 and 11) must always stay wide. The team in possession can send multiple attackers into the outer marked areas, but the defending can only send one defender into the outer areas. This is to encourage combo play in the wide areas. Keep play continuous. Restarts go back to keeper on half that it went out.

**Progression 1:** Allow another defender to enter wide zone to encourage quick switch of play.

## Wide Overloads



### Scoring:

Reg goal = 1 pt. Goal scored from a cross from wide = 2 pts. Goal scored from wall pass then cross = 3pts.

### Coaching:

Look for combos in wide area. Look for crossing off first touch to keep attack momentum. Look for quick switching of play.

Offensive Org.

Combo/Poss

Pass/rec/shoot

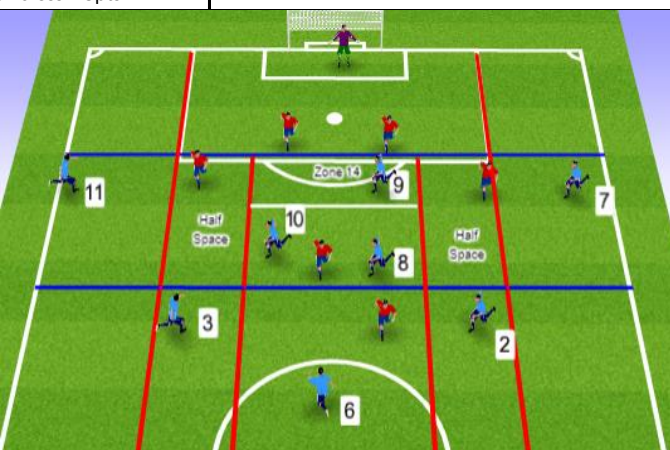
Aerobic Cap.

Comp/Dec/Det

**Setup:** Half field. Set up cones to mark out Pep Guardiola's Grid (3 wide boxes, half space, center prime area w/zone 14. Grid helps players visualize.

**Rules for Positional Play:** 7 and 11 must always stay in low area, outer zones. 2 and 3 are inverted (as shown) when supporting middle; will move outside to support 7 and 11. 9 occupies zone 14 most of time, but will move out to half space to try combo with 7 or 11 as needed. 8 and 10 stay middle when supporting middle; one of them must move to half space to support ball in the outer areas. 6 stays deep angle to be able to switch ball quickly or play penetrating pass. **Game:** 8v6+K. Play to Goal. If red wins ball, they score by 4 passes or someone puts foot on the ball for 4 seconds (encourage press after losing.) **Offense objective:** 1) Attempt to draw defenders to one side and quickly switch play. 2) Create quick combo play to free 7 or 11 in behind defense for cross. or 3) draw defense out to open up space in middle.

## Pep's Positional Grid for Wide Play



### Scoring:

1pt per goal for Blue. Red scores a 1 pt for 4 consec passes or putting sole of foot on ball for 4 seconds.

### Coaching:

Take time to set up grid. Do not force anything; get into a rhythm of play. Work on 2-touch max. Ball goes to wide area; players move to half space. Encourage players to take space in front of them if it opens up; or play penetrating pass (wide is not only option).

Offensive Org.

Combo/Poss

Pass/rec/shoot

Aerobic Cap.

Comp/Dec/Coop

**GAME** 7v7 with keepers. Emphasize recognition of wall/combo situations in wide areas and support movement



# Attract to Attack (Poss. To Pen.)



Atletico Madrid Rondo



**Scoring/Duration:** 7 passes = 1pt

**Coaching:** Rolling, Accuracy, Pace. Scan, plan, and play. Read defenders movement; look for space that is opening. Look for split passes. Fake one way; pass another.

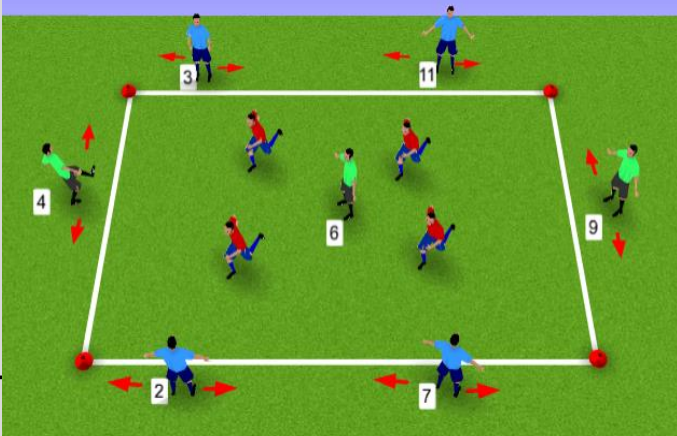
**Setup:** 20yd between lines. (for more players make bigger, add more to middle)

**Optional Warmup:** Have both teams simply pass ball in shape, every third pass goes to middle.

**Game:** Players on the outside of hexagon have to stay on their line. Players inside the hexagon are free to move anywhere inside the hexagon. Players may straddle line to intercept, but must keep one foot always outside or inside. Players possess ball and try to maintain possession, moving along lines and at good angles. If ball goes behind player on outside, that is out of bounds; restart to other team. Keep play flowing; change of possession does not stop play.

Offensive Org. Possess/Comb Pass and Rec Reaction/Agi Concen/Coop

Pep Guardiola Positional Rondo



**Scoring:** 10 passes = 1pt

**Coaching:** Move ball quickly to keep defenders moving/off guard. Scan, Plan, and Play. Position body for next pass. Rolling, Accuracy, Pace. Good movement off ball

**Setup:** 20wx25L or smaller. 2 teams of 4 with 3 neutrals

**Game:** 4 outside players (blue) and 3 neutrals (green) keep possession of ball from 4 inside defenders (red). Ball must pass through square on every pass (example: 2 cannot pass to 7, but can pass to 4.) 4 can pass to 9. **Alternate Game:** Have players transition when they lose ball (blue/red switch) *Several Ideas can be accomplished through this game:*

**Idea 1:** Up, Back, Through. (ex. 6 to 9 to 2)

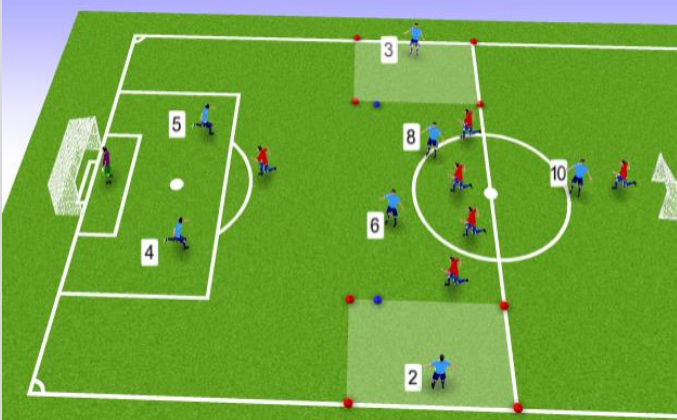
**Idea 2:** Attract and Attack (2 and 4 short pass to draw in def.; then play to 6)

**Idea 3:** Move laterally to create better angles

**Idea 4:** 3rd man concepts (think ahead)

Offensive Org. Possess/Comb Pass and Rec Reaction/Agi Concen/Coop

Mendonca Pass to Attract SSG



**Scoring:** 1 pt for blue for crossing half in control. 1pt for blue for pug goal. 1 pt for red for big goal.

**Coaching:** Move the ball quickly to move defenders around. Pull them wide by playing into 2 and 3 and then playing back. 4/5 should support negative to each other, and look for combo around 1 defender. Use keeper's feet.

**Setup:** 3/4 field (if avail). 2 20 x 15 boxes at half field wide areas (even with 18 edge). Middle rectangle box width of 18 yd box and 15L. Pug at 3/4 mark. **If more players, set up more in attacking third.**

**Game:** 7+K v 6. To start 2, 3, 6, 8 are locked into box/rectangle. 10 must stay in area between pug and half field. The ball can only be played past half field if: 1) 6 or 8 have played ball back to 4/5 who plays forward (up, back, through). 2) 10 passes achieved or 3) 2,6,8, or 10 have clear controlled dribble into space. Once into next half, the player who crossed successfully and plays with 10 to create a 2v1 to goal. The 10 can also receive a through ball in space from an up, back, through and any player run into space to create a 2v1. Middle four defenders are allowed to move into any box/rectangle. Any time red wins the ball, they can attack big goal; blue can move freely out of boxes to defend, then move back in for attack.

**Progression 1:** Allow CM and/or 1 defender to move into space between 4 and 5. Attract then Attack.

Offensive Org. Attack/Possess Pass and Rec Aerobic Cap. Comp/Coop

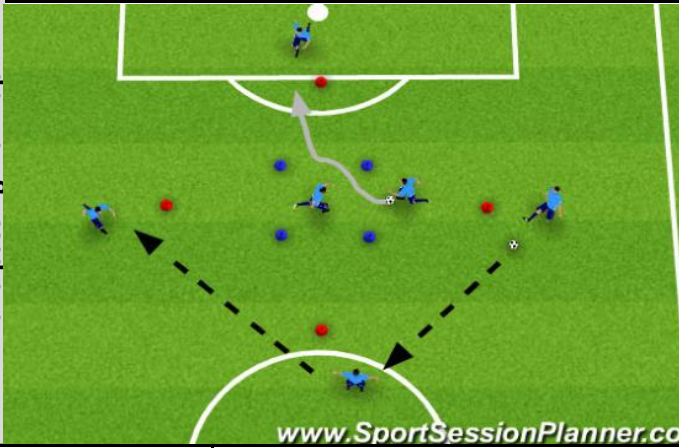
**GAME** 7v7 with keepers. Emphasize passing to draw defenders in then switch play or penetrate



# 1v1 Session



## 1v1 and passing warmup



**Scoring/Duration:** 1 pt for each successful dribble thru square. 1 pt for each defense. 2 pts if dribble to opp. gate.

**Coaching:** Attack with speed. Take Risks. Fake with shoulders and entire body, not just feet. Throw body one direction and explode in another. Lace dribble to go either direction. Vary moves, feet, and direction.

**Setup:** 15x15 yd diamond with an 8x8 yd box inside. 6 per square (ideal). 2 balls

**Game:** 1 player starts inside the middle box as a defender. The other 5 start on the outside of red cones. 2 players start on one red cone; each have a ball. Upon start, the first player attempts to dribble through one side of middle box and out another side. The other ball is being passed constantly by the players on the outside of the red diamond. If attacker makes it through box, they lay off ball to player on outside and replace them. If defender wins ball, they dribble out quickly in transition, and lay off ball to next player. After any exchange of ball, next player attempt to dribble middle. Continuous flow.

**Progression 1:** 1 touch on outside

**Progression 2:** Players perform an attacking move (specific or choice)

Def. Trans. Attacking 1v1 Attack/Pass/Rec Explosive Str. Self con/Comp.

## Anson Dorrance Top Gun



**Scoring:** 1pt per score. Play 3gms x 2-3min. Tally winner of best of 3 and switch opp.

**Coaching:** Quickness in transition. Attack and shoot quickly. Compete at all times. Be ready to move any direction on def; low and balanced stance. Use change of direction, pace on attack. Be creative and deceptive. Finish.

**Setup:** 2 small grids with pugs near box. Several cones spaced on rest of field.

**Game:** (can just use cones; no pug area. Can place balls on cones as target or use large cones.) Players are paired off near a cone or in pugs. One player starts on attack and attacks cone. If they hit cone, they score and ball changes possession. Play is continuous. If a defender wins ball, they can score. **Both players must chase missed shots; no cone hanging.** Both players must call out score aloud to avoid disputes.

Offensive Org. Attacking 1v1 Attack Speed End. Compete/Mot

## Gates and Endzones



**Scoring:** Each gate and endlane = 1pt. First to 5 wins. Best of 3. **Bonus pt for 1v1 before going thru gate or endlane.**

**Coaching:** Take defender on decisively. Know where to take first touch. How can your body or ball setup opponent? When do we go 1v1 or when do we pass? Don't force and lose ball; leads to counter.

**Setup:** Half field. Field clearly marked into 3 sections. Five gates set up as shown (2-1-2).

**Game:** Teams play in a 3-3-2 formation and are only allowed 3 per grid at any time. Players may pass, but only score points by dribbling through a gate or across end line.

**Variation for more success:** Place gates like a "V" on sidelines, and side by side in middle. Create option for dribbler. Can score through either.

Offensive Org. Attack/Finish 1v1 Att/Pass/Rec Aerobic Cap. Comp/Dec/Det

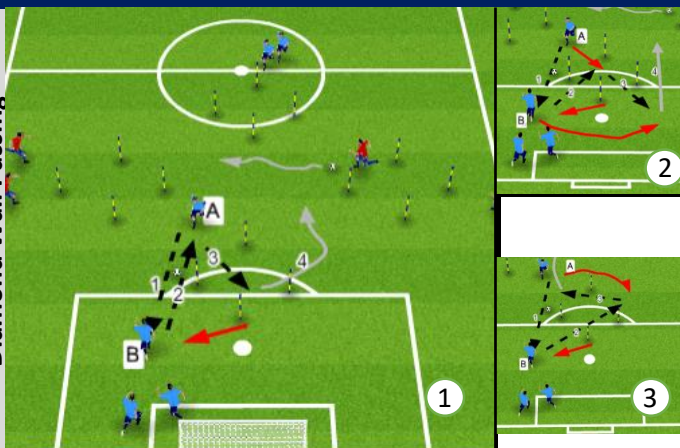
GAME 7v7 with keepers. Emphasize recognition of 1v1 situations



# Wall Pass (Combo Play) 2



Diamond Wall Passing



**Scoring/Duration:** Make it race between grids. 3x through full rotation; first team done. Both finish

**Coaching:** Rolling, Accuracy, Pace, Open. Square shoulder/hips to passes ("Get there/Get square"). Think ahead. Good V cut, shoulder fake before moving. Cut to side player is dribbling. Time runs to be on full sprint to receive wall. Hesitate/Go.

**Setup:** 4 sets of poles set up in diamonds as shown (use cones if needed). Appr. 20 yds between front poles. Two different teams starting outside the end poles. 2 balls (others nearby). Alt: set up several grids side by side

**Game - pattern 1:** Blue player A dribbles to start. B player makes "V" cut from behind pole to receive pass. B lays back to A, to receive a wall pass through middle of diamond and out other side. Then, continues sequence going the other direction. B should time run so that he is at full sprint on first touch (hold/run). All teams play at same time across grids. Strive for 2 or 1 touch.

**Pattern 2:** "M" pattern. This time A moves to middle and pushes ball back out to B on the other side.

**Pattern 3:** After A passes, they quickly move to position on opposite side of B. B plays through pass, then A lays back for a wall pass through grid.

**Variation for scanning:** Next player in line begins to hold up different numbers for both players to call out that are passing. Change number each pass. (teach scan, plan, and play)

Offensive Org.	Combo Play	Pass/Rec	Aer Pow/Agi	Commit/Coop
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Wall Pass Gauntlet



**Scoring:** Att = 1pt per wall and 1 pt per goal. Def/Goal = 1 pt for def/save

**Coaching:** Engage defender; suck in with dribble before pass. Pass before tackle zone. Immediate sprint behind defender. Keep it rolling. WP need to be at good angles and angle body into wall pass. Read both defenders, run inside or outside. Finish.

**Setup:** 12 cones to mark alleys, beginning at 18yd box. Attackers (blue), Defenders (Yellow), Wall passers (Red), Goalkeeper(s) (purple)

**Game -** For all progressions below, defenders rotate from Dalt to D1 to D2 and then back out. Defenders must defend only in their area and cannot begin defending until players enter their zone. WP/ATT/DEF stay in their role, rotate after certain pts or 5min. D1 moves to D2 as soon as beat. Keep play flowing. Next player begins as soon as player leaves area.

**Progression 1:** ATT1 dribbles through blue gate towards D1. D1 tries to win ball and pass across end line to waiting player. Once D1 commits, ATT1 performs wall pass to either WP1 or WP2. Makes run to space to receive, take setup touch, and shoot before penalty mark.

**Progression 2:** ATT1 beats D1 with dribble and performs wall pass around D2 into a shot OR must perform two wall passes

**Progression 3:** One wall pass must be performed, but ATT1 has option of when.

Offensive Org.	Combo Play	Pass/Rec/Shoot	Aerobic Pow	Compete
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Gates and Endzones wall Pass



**Scoring:** Each gate and endline = 1pt. First to 5 wins. Best of 3. **Bonus pt for wall pass before going thru gate or endline.**

**Coaching:** Give ball; Get it Back again mentality. Immediate sprint to get ball back. Move defender away to open up space; then move to receive. Move to support quickly. Move to blind side of opponent after passing. Be open to multiple targets. Lateral pass = diagonal run; vice versa.

**Setup:** Half field. Field clearly marked into 3 sections. Five gates set up as shown (2-1-2).

**Game:** Teams play in a 3-3-2 formation and are only allowed 3 per grid at any time. Players only score points by performing a wall pass through a gate or across end line. Must pass through a gate to leave area. Work to 2-touch max.

**Variation:** No gates. Can play backwards into a zone, but can only go into forward zone via wall pass. All zones already played in do not have to have wall performed in them again. Score in endzone.

Offensive Org.	Combo/Attack	Pass/Rec	Aerobic Cap.	Comp/Coop
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**GAME** 7v7 with keepers. Emphasize recognition of wall/combo situations