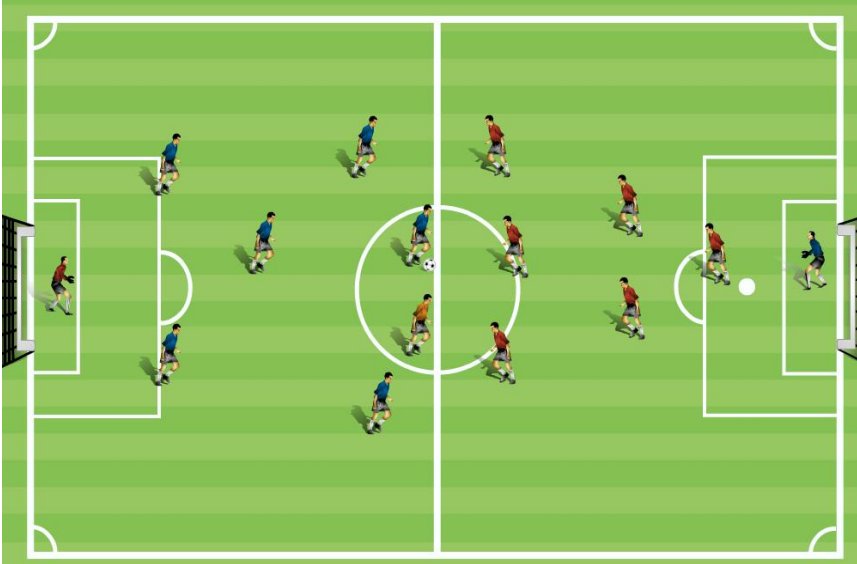
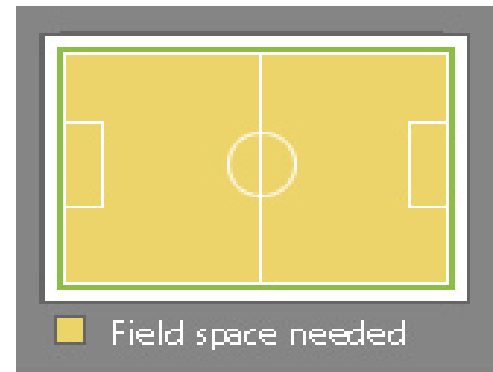


7 v 7 + 1 Game



Materials Needed



Appropriate Field Size

- Cones
- Soccer balls
- Pinnies
- Flags or Goals

7 v 7 + 1 Game Economical

Set Up & Progressions:

Rectangular field, made with cones, approximately 60 yards long x 50 yards wide. Place goals made from cones, flags or ready-made goals at each end of the field. Separate players into two color-coded (red and blue) groups (teams).

Play the real game of soccer. Organize the players into 2 even teams. If there is an odd number see below.

Select one (1) player who will wear a yellow pinnie (neutral player). Send seven (7) players from each team to the field. The red players defend one goal at one end of the field and the yellow players defend the other goal. The blue player joins the field as a neutral player. The blue player only plays with the team in possession of the ball, giving them a numerical advantage [i.e. 7v7+1 means: Eight (8) attacking players versus seven (7) defending players]. in other words, they control the environment; they sort out rules, etc. The match lasts for 10-15 minutes.

On the coach's command, the red and yellow teams, along with the blue neutral players, play a 7v7+1 game. The players police themselves; in other words, they control the environment; they sort out rules, etc. The match lasts for 10-15 minutes.

Play 5v5+1 games. (Adjust fields appropriately)

Play 6v6+1 games. (Adjust fields appropriately)

Objectives:

Game situation

Coaching Points

- Individual possession and possession in small groups (combination).
- Individual and collective penetration; get in behind the opponents.
- Pressure, cover and balance on defense;
- Using the extra neutral players to your advantage.
- Mentality; risky on the attack; restrained aggression on defense.