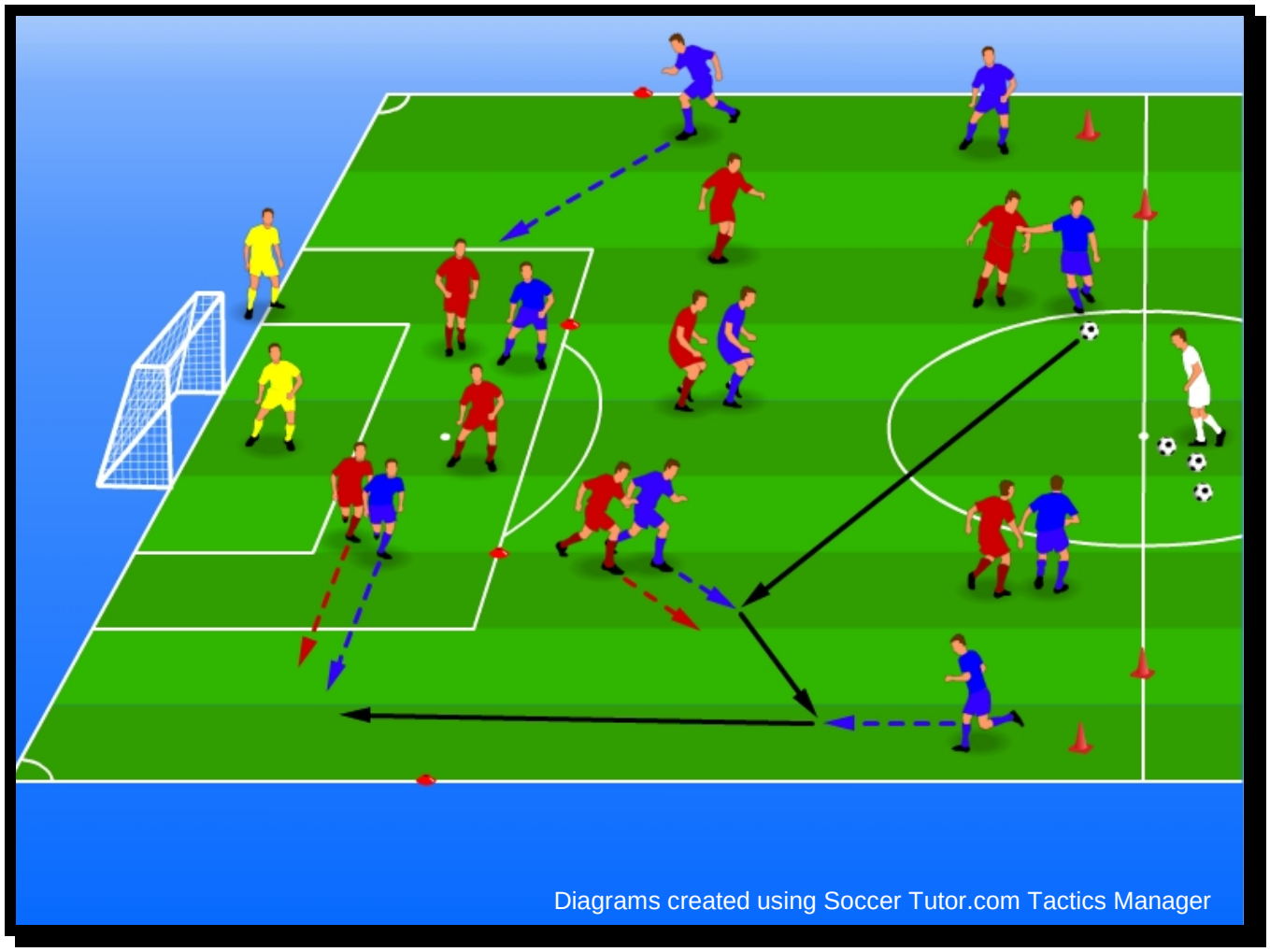
7 v 5 → 3 v 3 | **Large Sided** | **Group Attacking**



Set Up: Seventeen players are set up in the attacking half, starting 7 v 5 in the midfield zone, and 3 v 2 inside of the 18.

Procedure: Play begins in the midfield zone, with the attackers looking to play the ball across the 18. When the ball is played in, one attacker crosses over to create a 3 v 3. Goals can only be scored from inside the 18. When they win the ball, the defending team can score in the two small goals placed out on the flanks. Throw-ins and corner kicks are used on balls played out of bounds, and the Feeder re-starts play after goals are scored.

Teaching Topics:

1 Rhythm of play.
2 Runs off the ball.
3 Speed of play.

Progressions:

1 Allow scoring from the midfield zone.

Coaching Points:

1 Play in a one and two touch rhythm along with the rest of the team.
2 Use checking runs in the attacking zone in order to create enough space to receive.
3 Do not hold the ball in the midfield zone. Choose the pass over the dribble.