

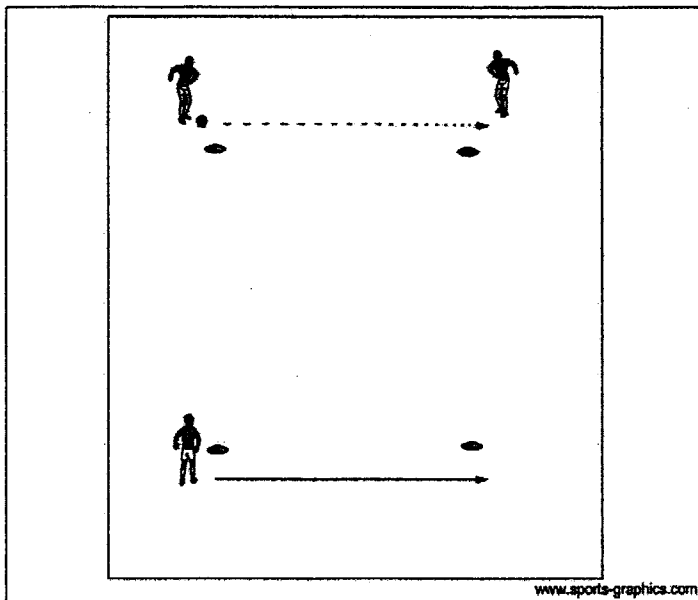


Basic Essential Training for 7 aside soccer

All players need to take part in various types of training including goalkeepers. An effective training plan for young players will need to take two different but related phases into spectrum. The learning phase will be practices, camps, homework and so on. The time spent learning the game in a non-competitive environment. The competitive phase is the time spent in game set in league or tournament play. This is the testing time for the players and the coach. Each phase would have little meaning without the other. The quality of the competitive phase is dependent on the quality of the learning phase and the needs of the learning phase are dependent on the results of the competitive phase. Young players need to learn that the training program (practices) is related to the games hence coaches need to encourage players to apply the new gained knowledge during games rather than "win at any cost".

The following 5 drills will focus on short range game and long range game for a 7 aside soccer. It is vital for players to learn how to play a short passing game and long passing game as they develop their skills. While these drills emphasize on group work and are mostly semi-functional and functional drills, coaches should set aside time at each practice for players to develop individual skills and ball mastery to improve their technique.

Basic Keep Away Drill



Set Up

- Group of 3 players
- A grid of 5-10 x 5-10 yards depending on age

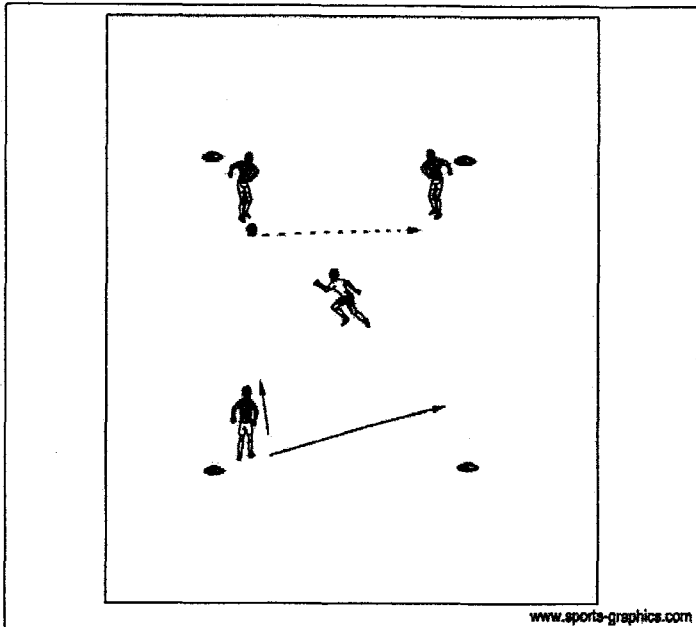
Sequence

- A player passed either to the left or to the right to begin the drill.
- Non-receiving player moves to unoccupied cone to support receiver of pass.

Coaching Points

- Player in possession of ball must always have support to the left and the right.
- Passes must go to feet.
- Player moving to support the receiver must arrive to a supporting position as the ball arrives to the player.
- Players tend to react to a pass rather than anticipating a pass to move to a supporting position.

Keep Away 3v1



Set Up

- Group of 3 players plus a defender
- A grid of 7-12 x 7-12 yards depending on age

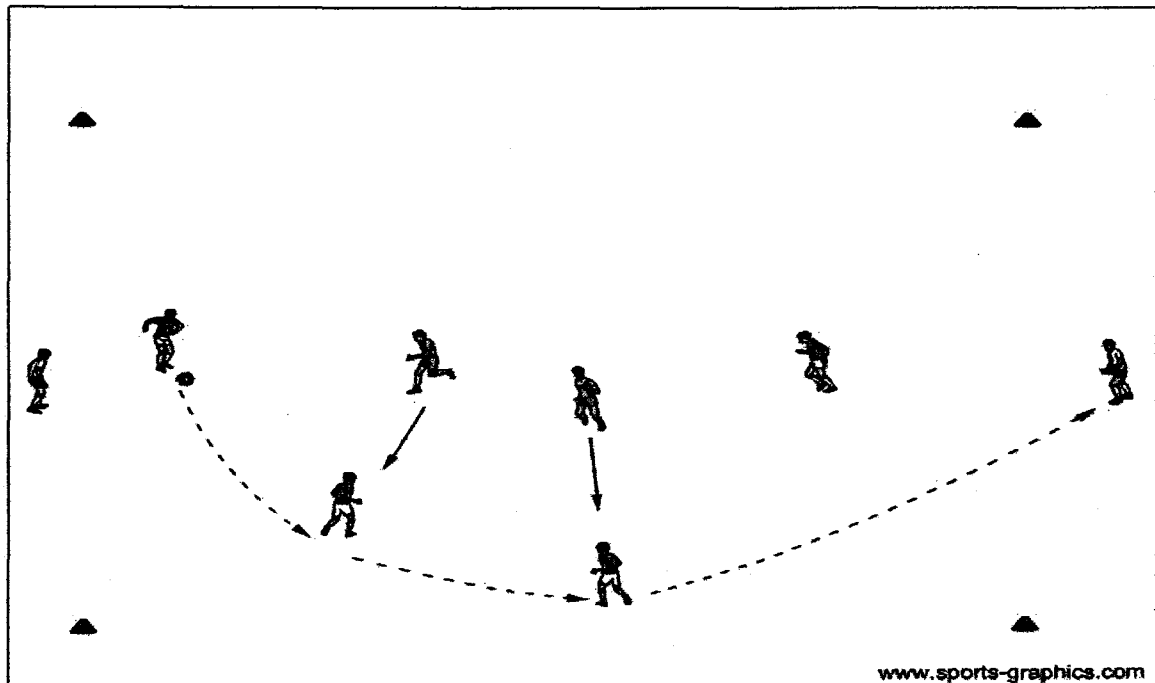
Sequence

- 3 players pass the ball amongst themselves within the grid to prevent the lone defender from intercepting passes.
- If a pass is intercepted, now defender switches spot with a non-defending player (from same group of 3 in the grid).

Coaching Points

- Angle of support to the player in possession of the ball.
- Timing of support/run to the player in possession of the ball.
- Communication
- Awareness of other players' movement, quick feet, quick decision making and accuracy of passing are the keys to success.

Passing to a Target to "Score"



Set Up

- Group of 8 players. There will be 1 target player at each end of the grid, 4 players in possession of ball and 2 defending players
- A grid of 15 x 40 yards

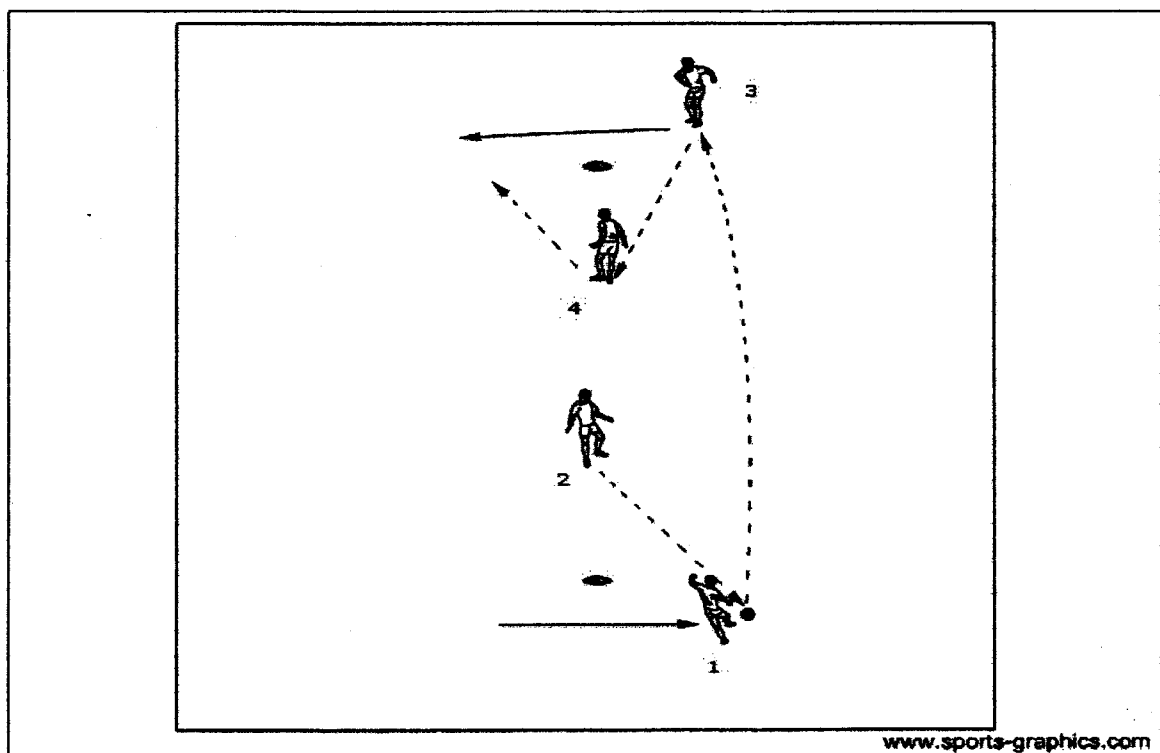
Sequence

- Before the drill start the coach determines which target end the 2 defenders are defending.
- The 4 attacking players attempt to pass the ball through and around the 2 defenders into the target player (target end). Each time the attackers get the ball into the target player they "score" a goal.
- The ball is then returned to the 4 attackers who begin the drill aiming to "score" at the opposite end this time.

Coaching Points

- Set skill-level standards for this drill, for example, make it clear that for a goal to be given, the end-zone target player must receive and control the ball. In other words, the final ball must be an accurate pass, not a wild shot.
- This drill imposes a game for on a passing drill, although 2 defenders try to win the ball and interrupt the attacking play, the drill's emphasis is on passing skills (not shooting or tackling).
- This drill is designed to develop movement and improve player awareness.
- Conditions can be applied to the drill, for example, all passes must be on the ground so that the attackers have to play around and through defenders rather than over them. Another example can be limiting the touches each attacking players is allowed.

Short and Long Passing Drill



Set Up

- Group of 4 players
- Area of 15-40 yards in length depending on age

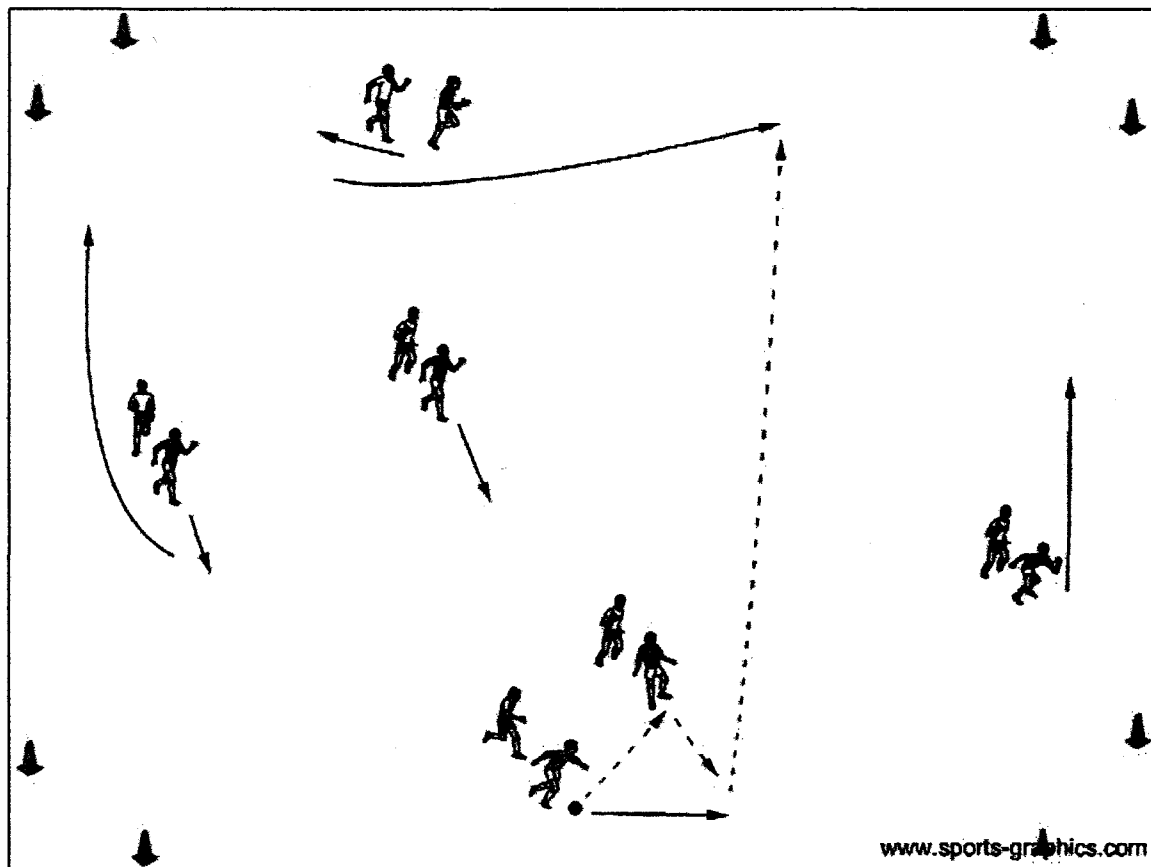
Sequence

- Player 1 is in possession of the ball 1 yard away from the cone. Player 2 is 4 yards behind the same cone, facing player 1.
- Player 1 passes the ball to player 2, who returns the pass but on the opposite side of the cone.
- Player 1 moves to attack and drive the ball across the 40 yards gap between the two cones and to the feet of player 3. Player 3 controls the ball and lays it back to player 4, who passes it back the other side of their cone to player 3, who now drives the ball back to player 1.
- Repeat the drill 10 times and then players switch positions.

Coaching Points

- The greater the distance, the more likely the pass is to be inaccurate, so it is really important for players to really concentrate on the ball during the drill.
- The pass pushed wide of the pole, which sets up the 40 yards kick, must be soft and controlled.
- The kicking player must receive a pass that can be driven without the need for a controlling touch (younger players should be encouraged to take an extra touch so they can then have a better opportunity to apply correct kicking technique).
- The kicking technique requires the player to keep eyes on the ball, the non-kicking foot is placed alongside the ball, and with a pointed toe and tight ankle, kick through the ball.
- As the player kicks the ball, his/her momentum should take him/her forward (follow through) as this will provide more power and accuracy.

Short and Long SSG



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Set Up

- 2 teams of 6 players (could also be played with 4 or 5 players but there will be less opportunities to apply short and long passing sequence)
- 4 goals in a half field depending on age

Sequence

- Play a 6v6 game and score on any 4 goals (can also designate 2 goals for each team).
- Players can not score on the same goal twice in succession.

Coaching Points

- Distance and angle of support
 - Near and far support
 - Communication
 - Eye on ball to strike
 - Accuracy of passing
- *also apply points from previous drills