

3 zone game with different touch directives and themes

3 touches

2 touches

Unlimited touches

20 x 20 x 20
40 wide

7 v 7

Offside the last third

**Same “touches”
set up going the
other way; 3, 2
then unlimited.**

Working on several facets of the game here. Number of touches determines the way teams can play in each third.

Encouraging ONE touch play everywhere where its possible.

Themes we can work on in this game

These are ideas / suggestions on how to develop the play in this game situation.

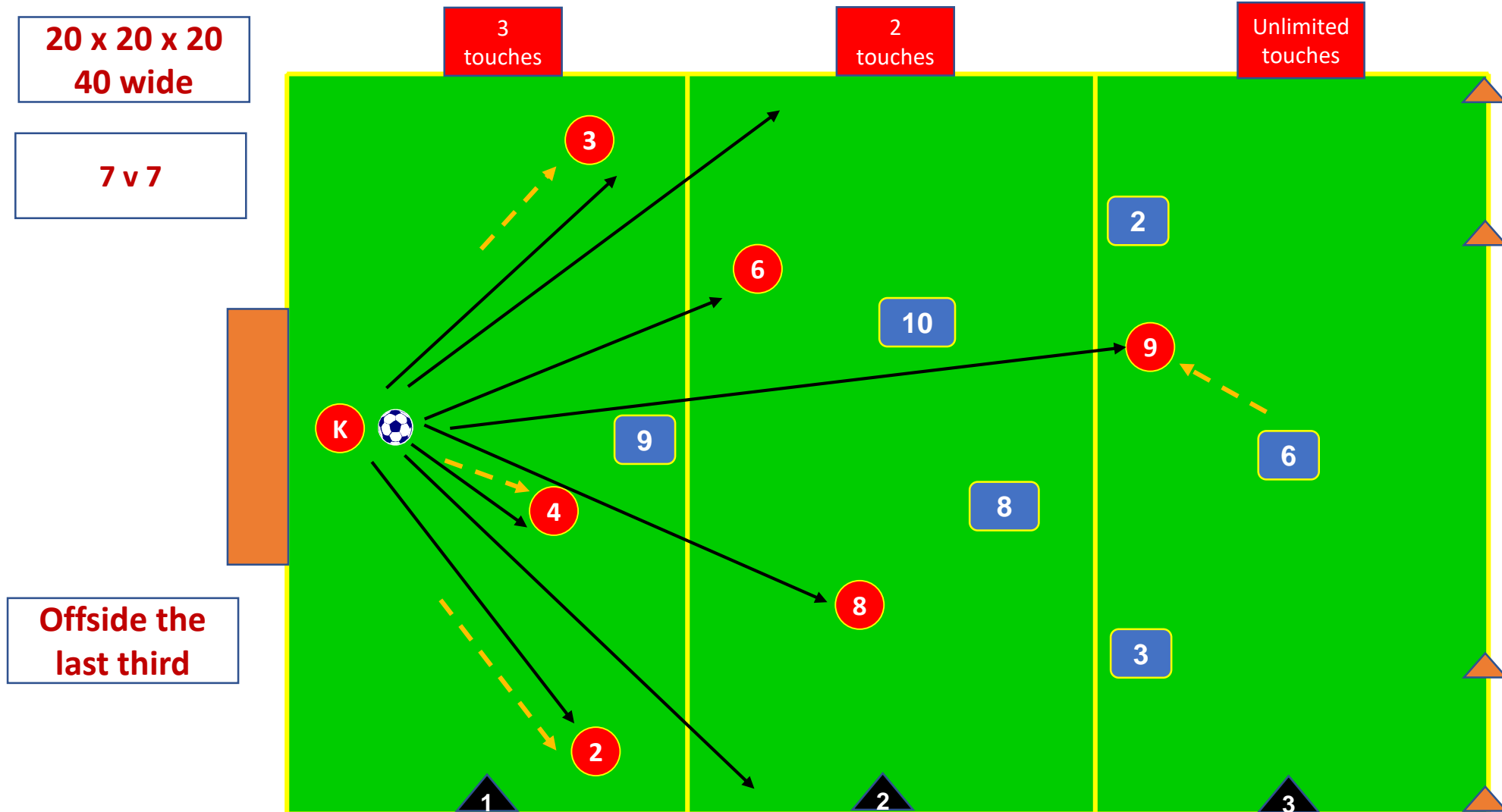
There will be many other ways of movements on and off the ball to create situations that the players will utilize by their personal experimentation.

1. Building out the back showing potential options
2. To enter the attacking third initially they must pass into the striker (9)
3. Other ways to get the ball into the attacking third?
4. Dropping off to receive and start the attack again and from deeper
5. Pressing up to leave offside from a clearance
6. Resulting Counterattack from a defensive clearance
7. Switching the point of attack at the back
8. Developing play from the back and joining in midfield

You can use any number of players from 6 v 6 upwards to 11 v 11 for this game.

9. Inverted runs into central spaces
10. Switching the Point of attack: Passing it into the middle third and the opposite player joining in
11. Striker drops in and only 2 touches allowed to bring others into play
13. Players transitioning and rotating between positions
14. *Defensive Pressing in the attacking third in numbers*
15. Opponents defensive Pressing in the attacking third and we switch the point of attack
16. Opponents defensive Pressing in the attacking third in numbers, we counter by (6) dropping in to help
17. Our Defensive Pressing in the attacking third in numbers
18. Our Defensive Pressing in the attacking third and they switch the point of attack (How we adjust)
19. Four zone game Players moving up as a team
20. Four zone game forcing the players to move up and back as a team and maintain their shape.
21. Number (10) to play in between the midfield and the striker

1. Building out the back showing potential options



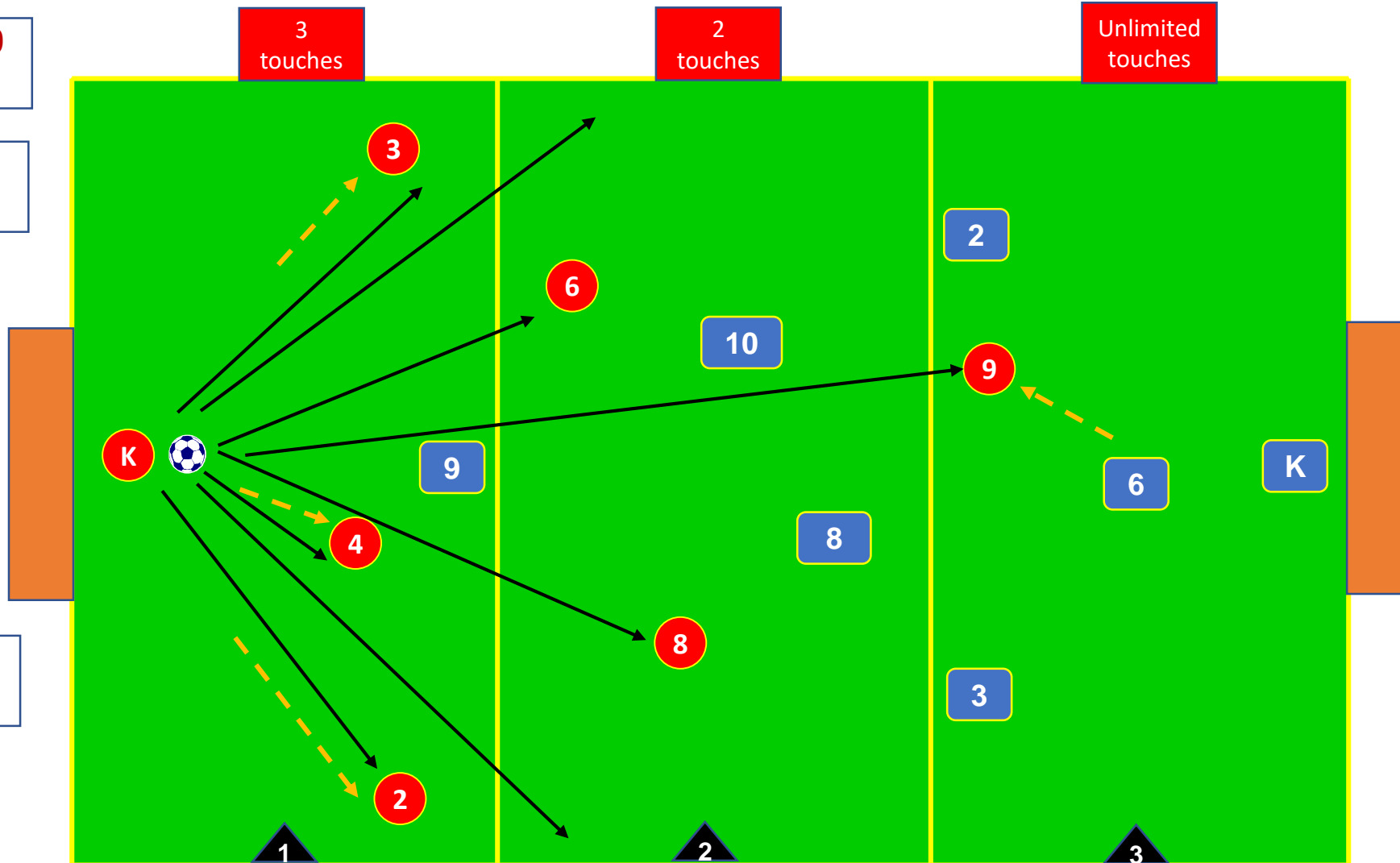
Keeper has several outlets where players move into open spaces to get away from opponents.

Can develop this game using two full size goals also

20 x 20 x 20
40 wide

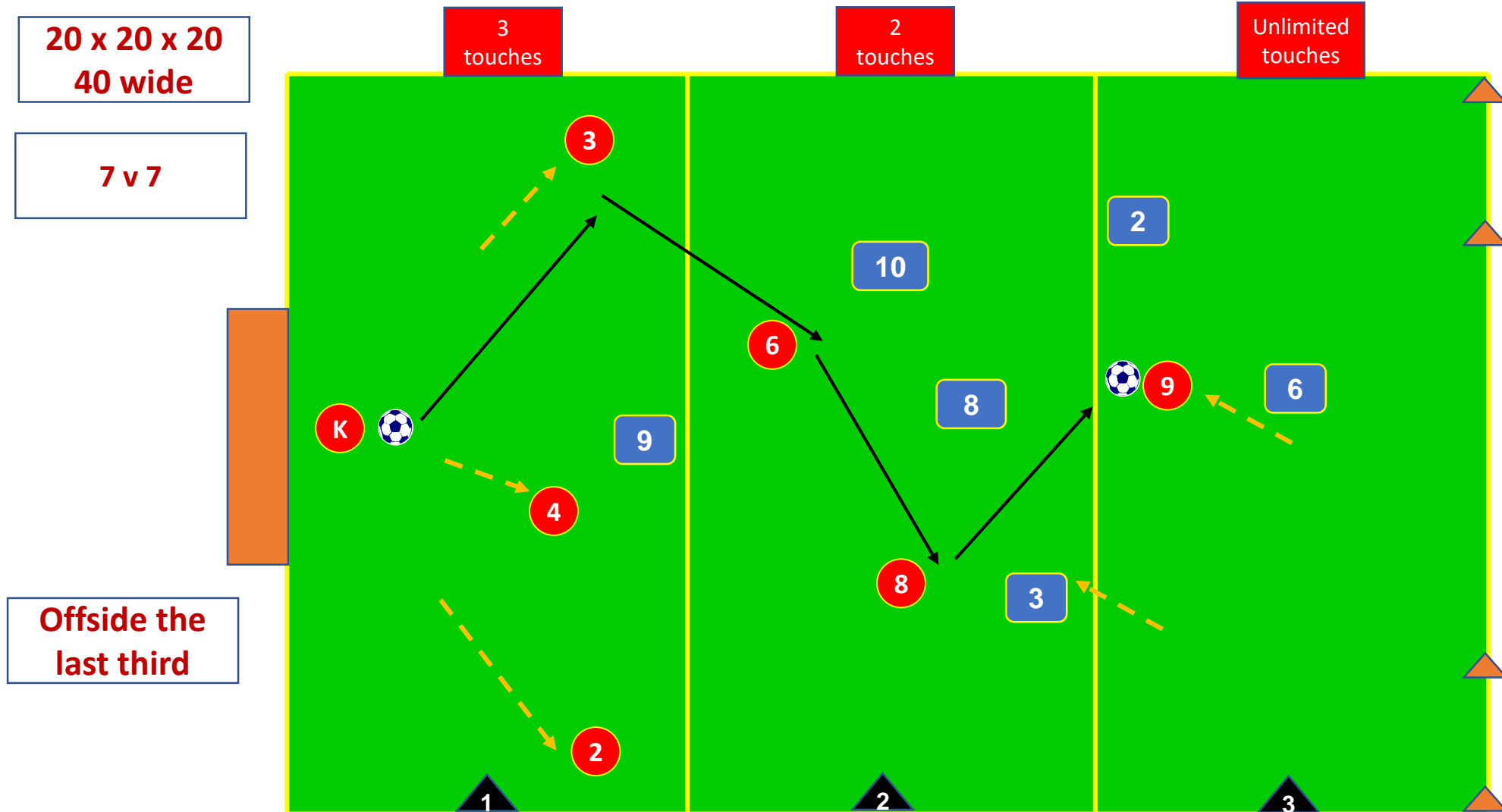
7 v 7

Offside the last third



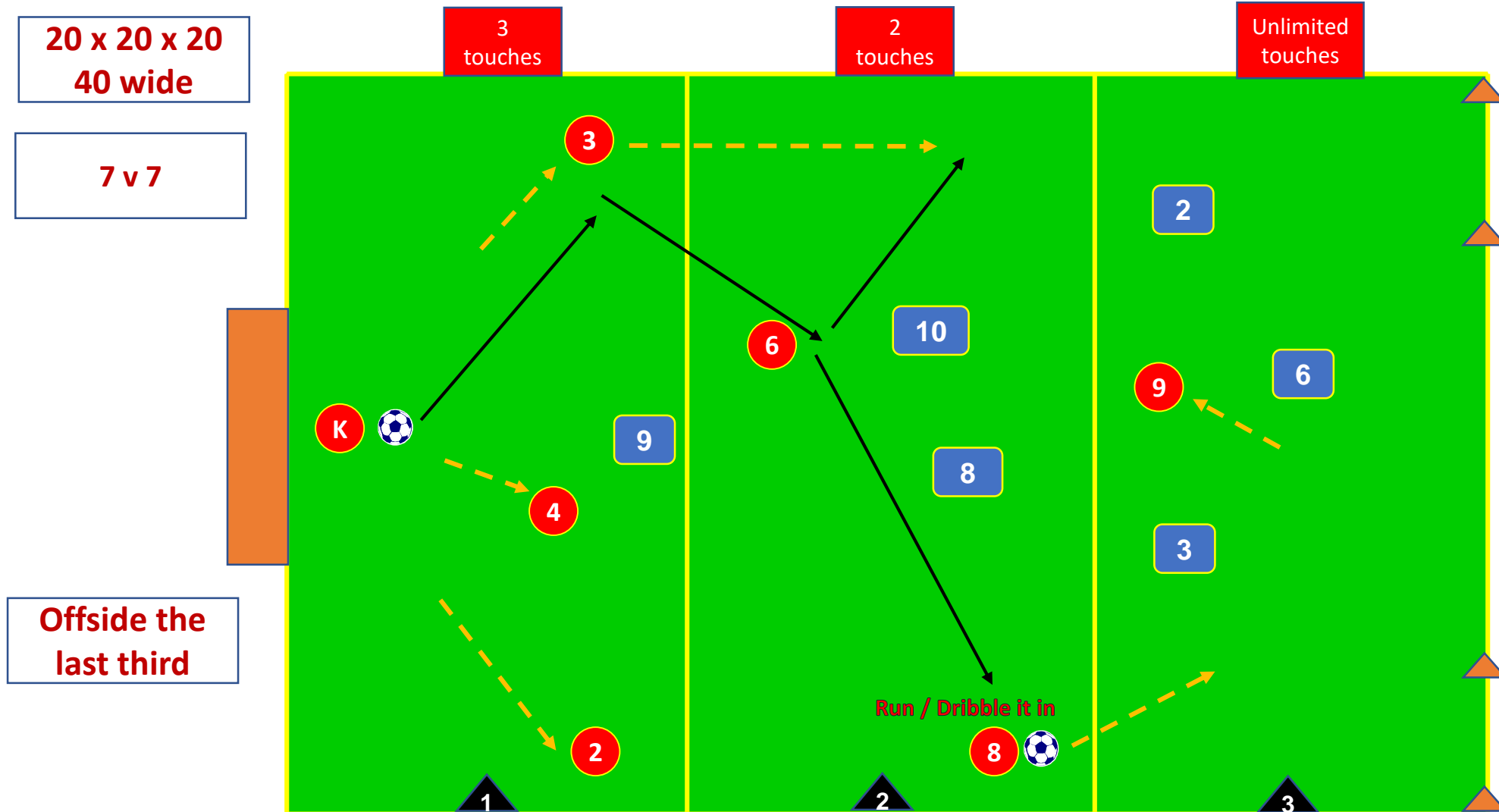
Keeper has several outlets where players move into open spaces to get away from opponents.

2. To enter the attacking third initially they must pass into the striker (9)



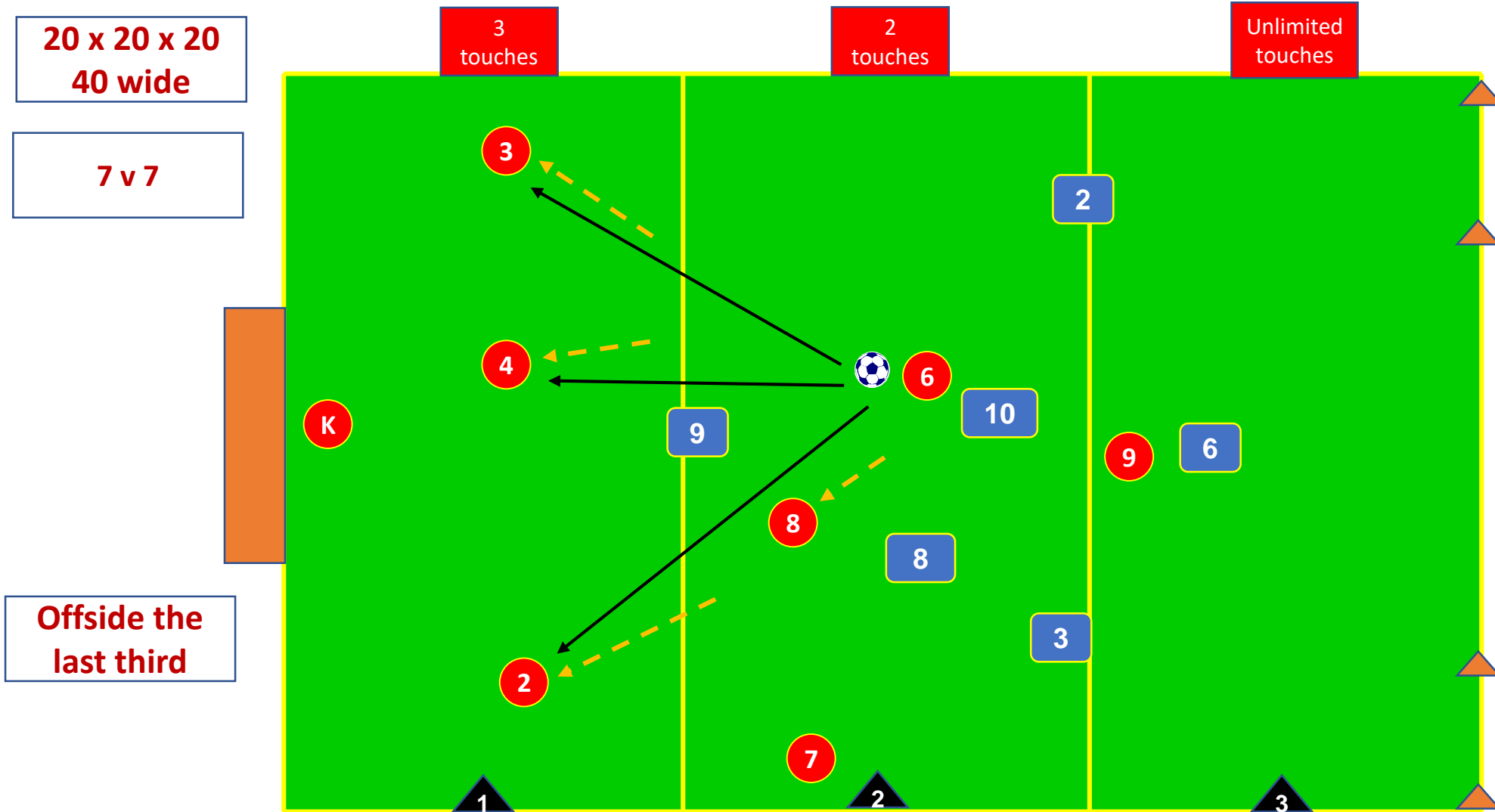
We build from the back and through midfield and then must pass it into the striker (9) to hold the ball up and bring others into play.

3. Other ways to get the ball into the attacking third?



Keeper has several outlets where players move into open spaces to get away from opponents.
Runs by (3) and (8) into open central spaces or stay wide.

4. Dropping off to receive and start the attack again and from deeper



Extra touch at the back encourages players to drop off into space to receive when (6) can't pass it forward. Open up and start again. Blue team defending centrally so (2) and (3) can receive wide too.

5. Pressing up to leave offside from a clearance

20 x 20 x 20
40 wide

7 v 7

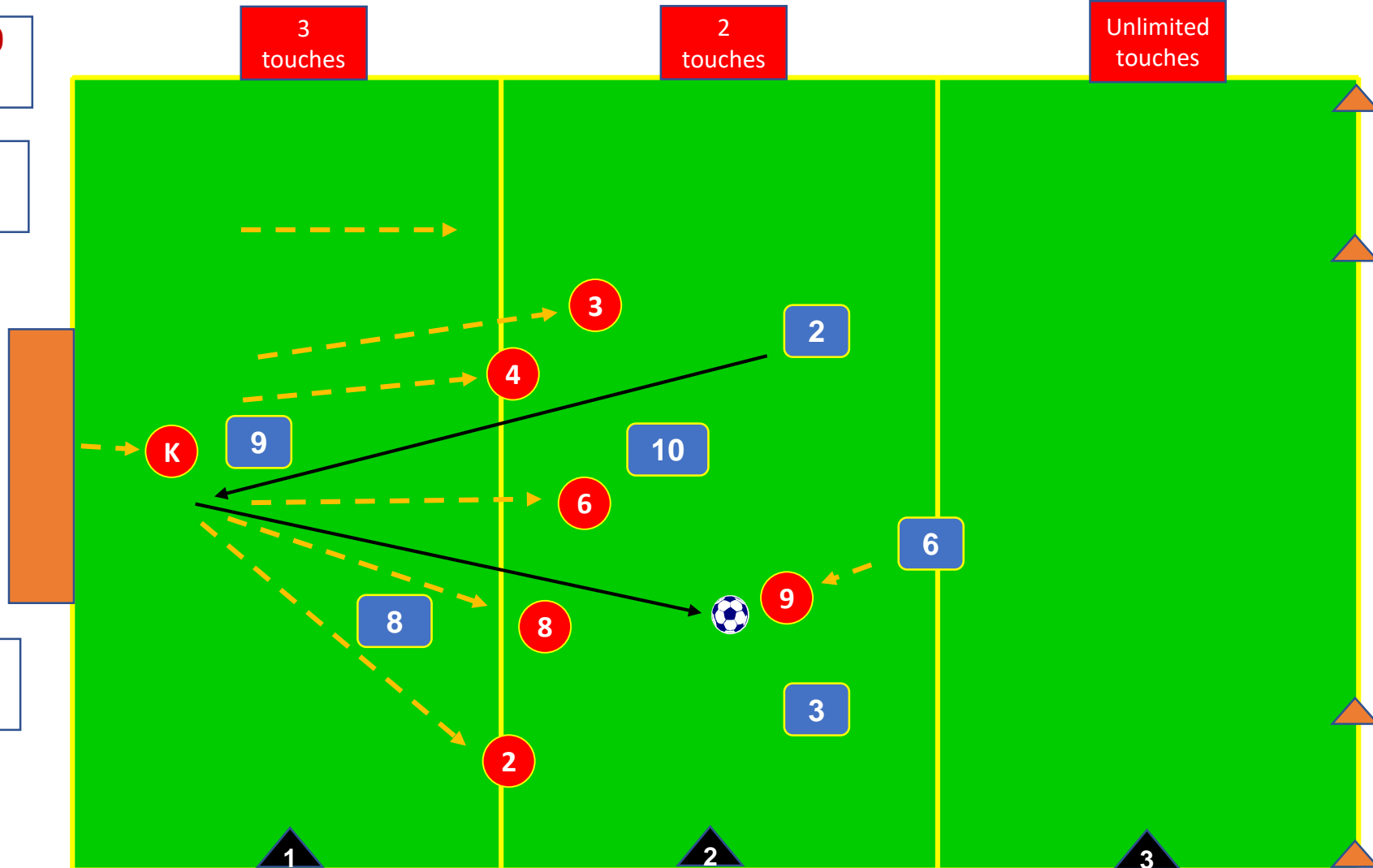
Offside the last third

3 touches

2 touches

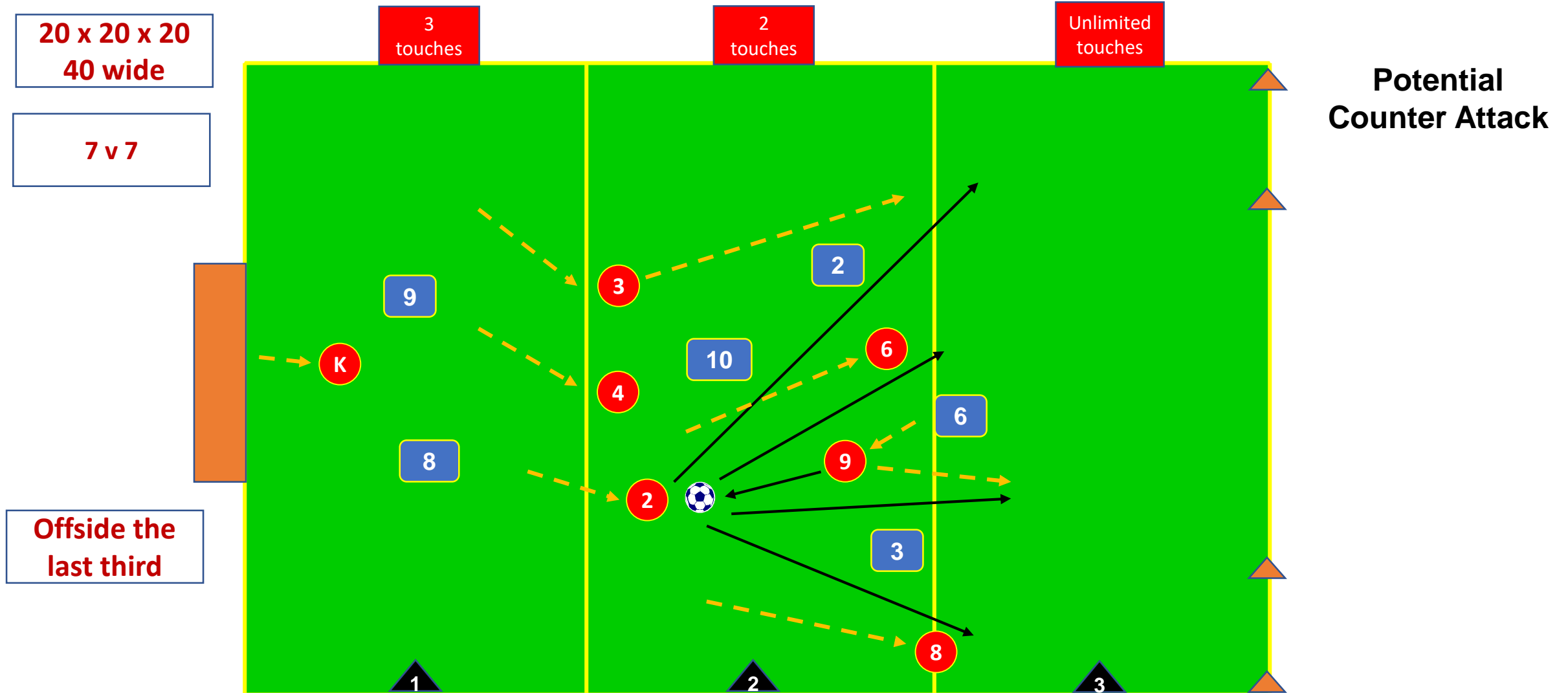
Unlimited touches

Potential Counter Attack



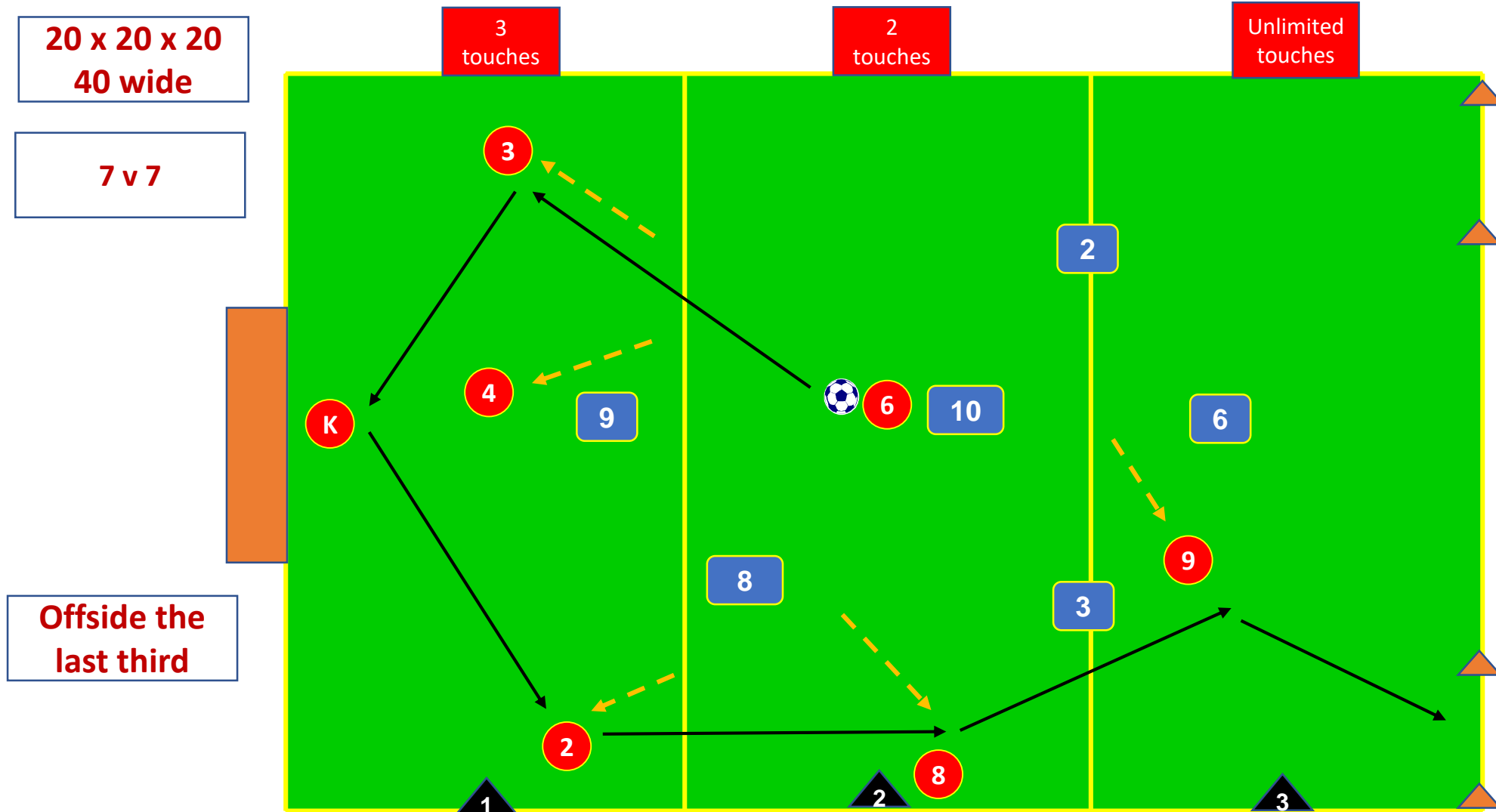
We clear the ball through (6) heading it out and we work on IMMEDIATELY pushing up fast and leaving opponents offside.

6. Resulting Counter Attack from a defensive clearance



(9) must be strong and hold the ball up and lay it off to (2) and then players run beyond (9) to attack on the counter.
Back players push up and condense together to be strong defensively.

7. Switching the point of attack at the back



(6) Must pass back. Drop off creating space in front; pass back and across using the FULL width of the field.
(2) Passes the ball into midfield.

8. Developing play from the back and joining in midfield

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40 wide

7 v 7

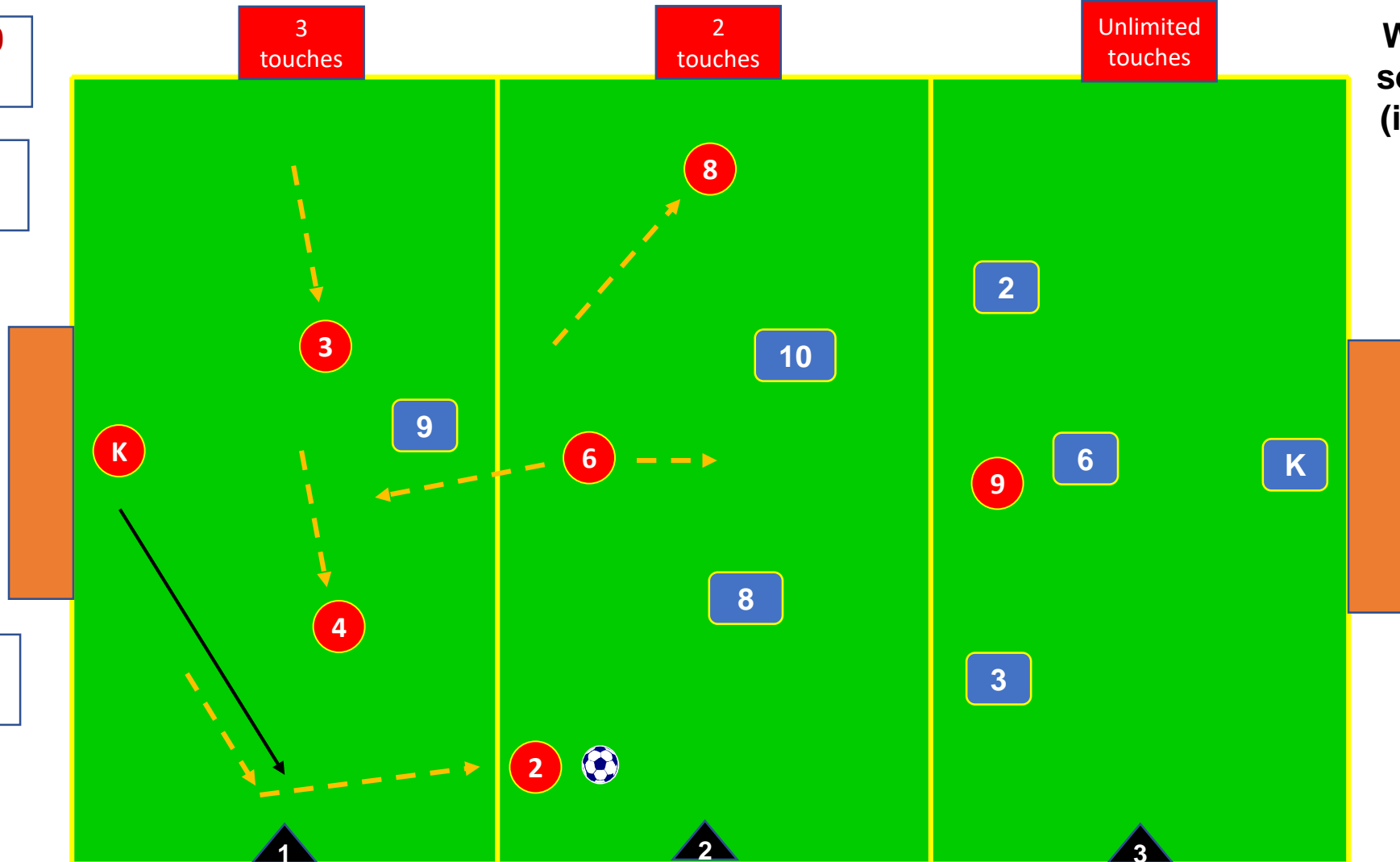
Offside the last third

3 touches

2 touches

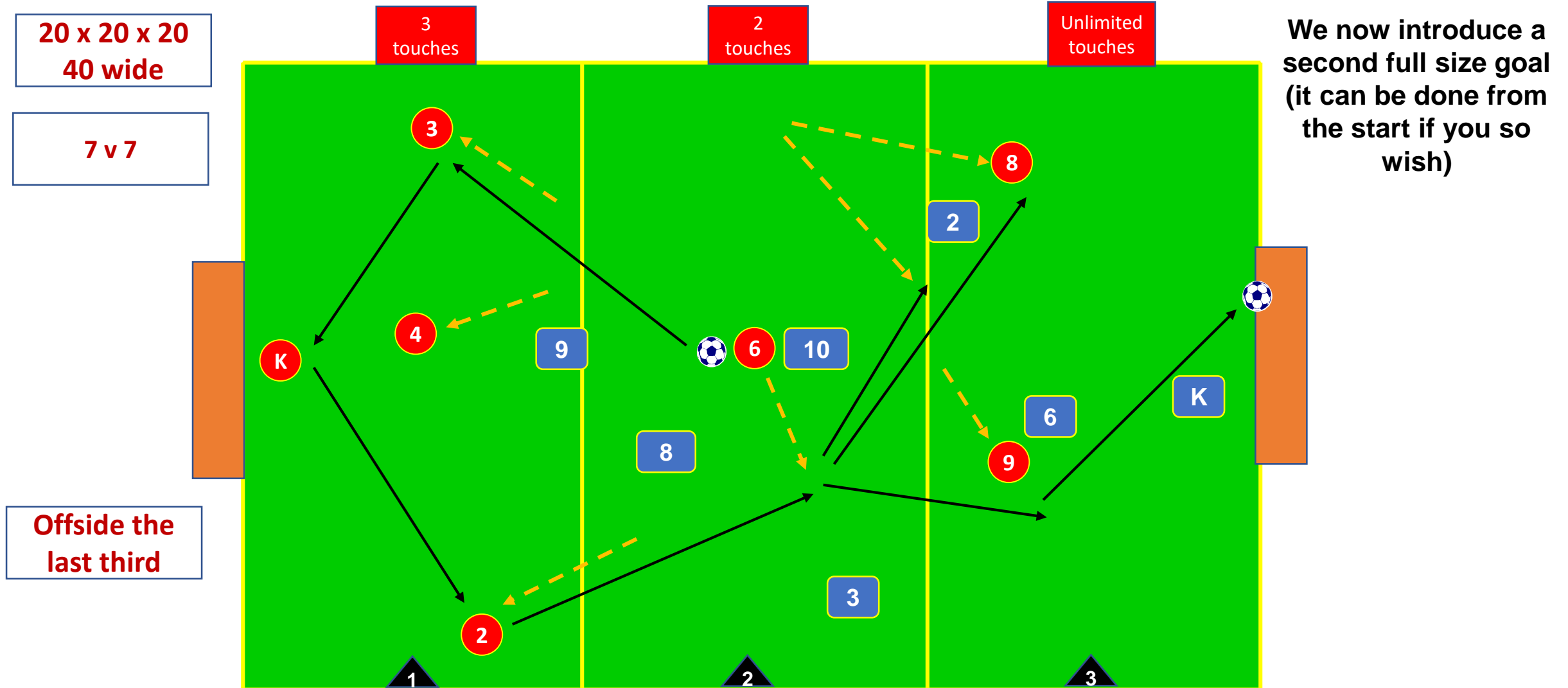
Unlimited touches

We now introduce a second full size goal (it can be done from the start if you so wish)



Create an overload in midfield now 4 v 3. (2) can run or dribble it in. Open up the field in the middle third by positioning wide both sides so opening up passing lanes. (6) can drop in to cover for (2) OR with a 2 v 1 we are ok at the back and we have a more offensive mindset. It Depends on the numbers at that moment.

9. Inverted runs into central spaces

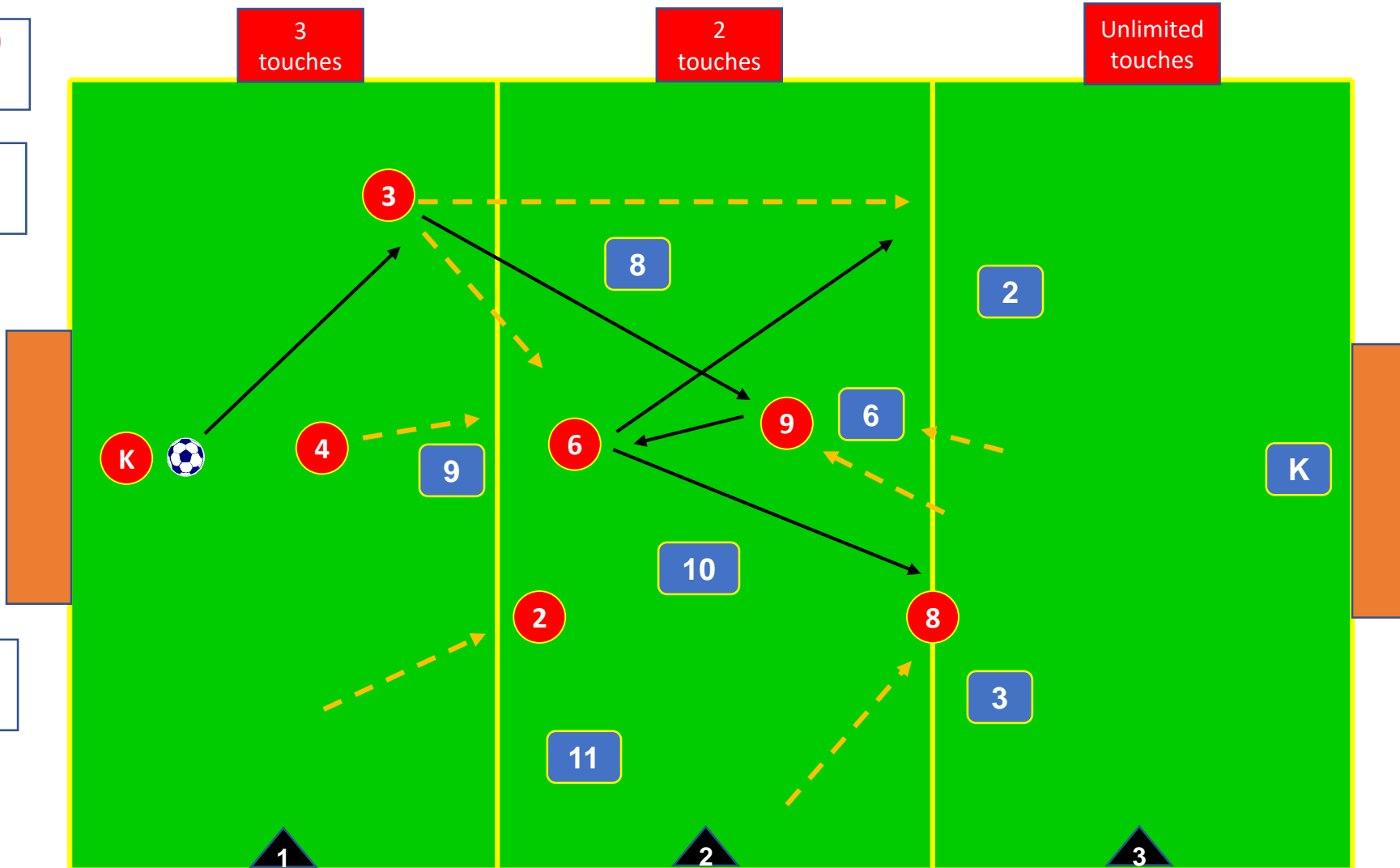


11. Striker drops in and only 2 touches allowed to bring others into play

20 x 20 x 20
40 wide

7 v 7

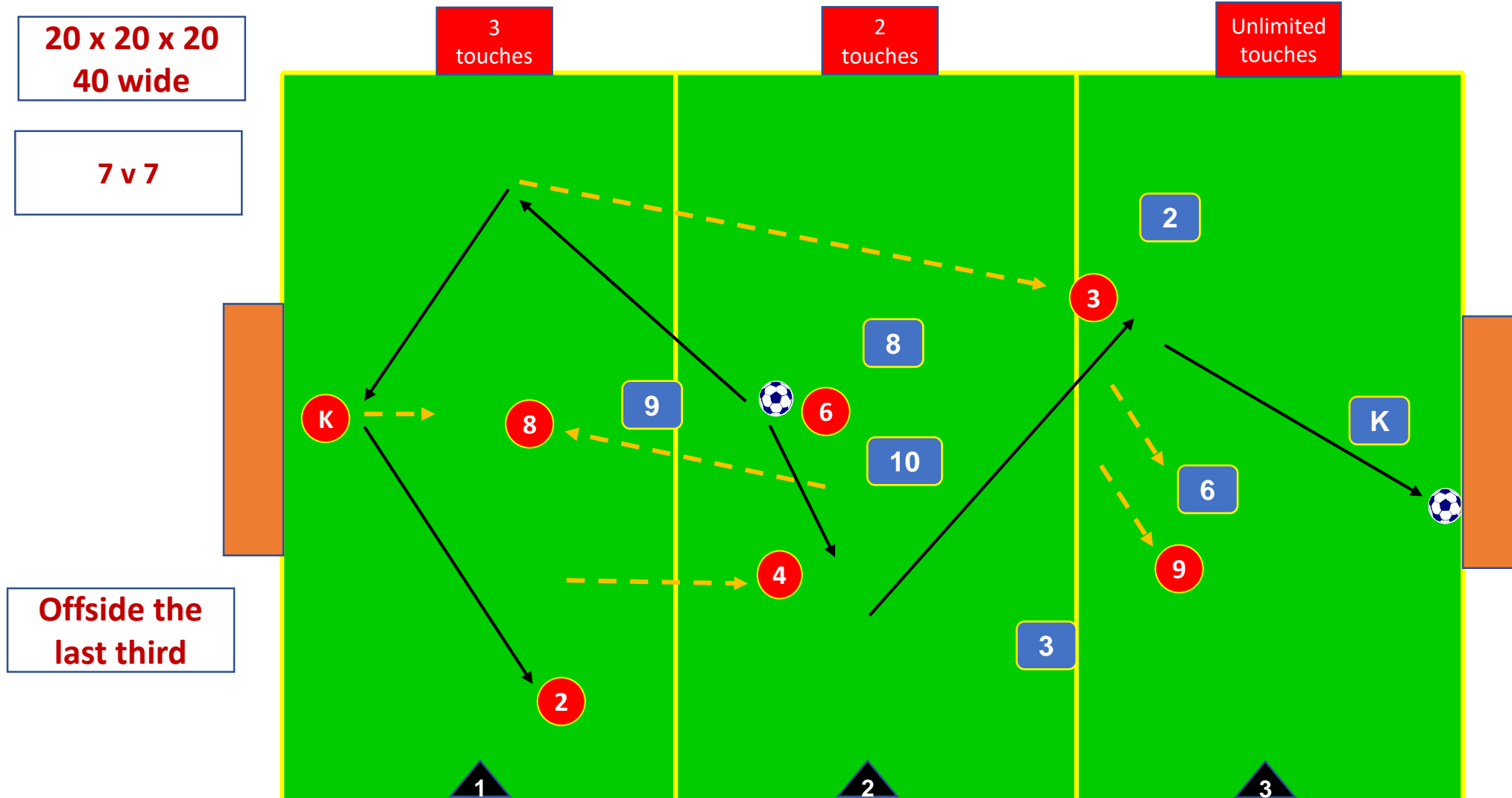
Offside the last third



**Same “touches”
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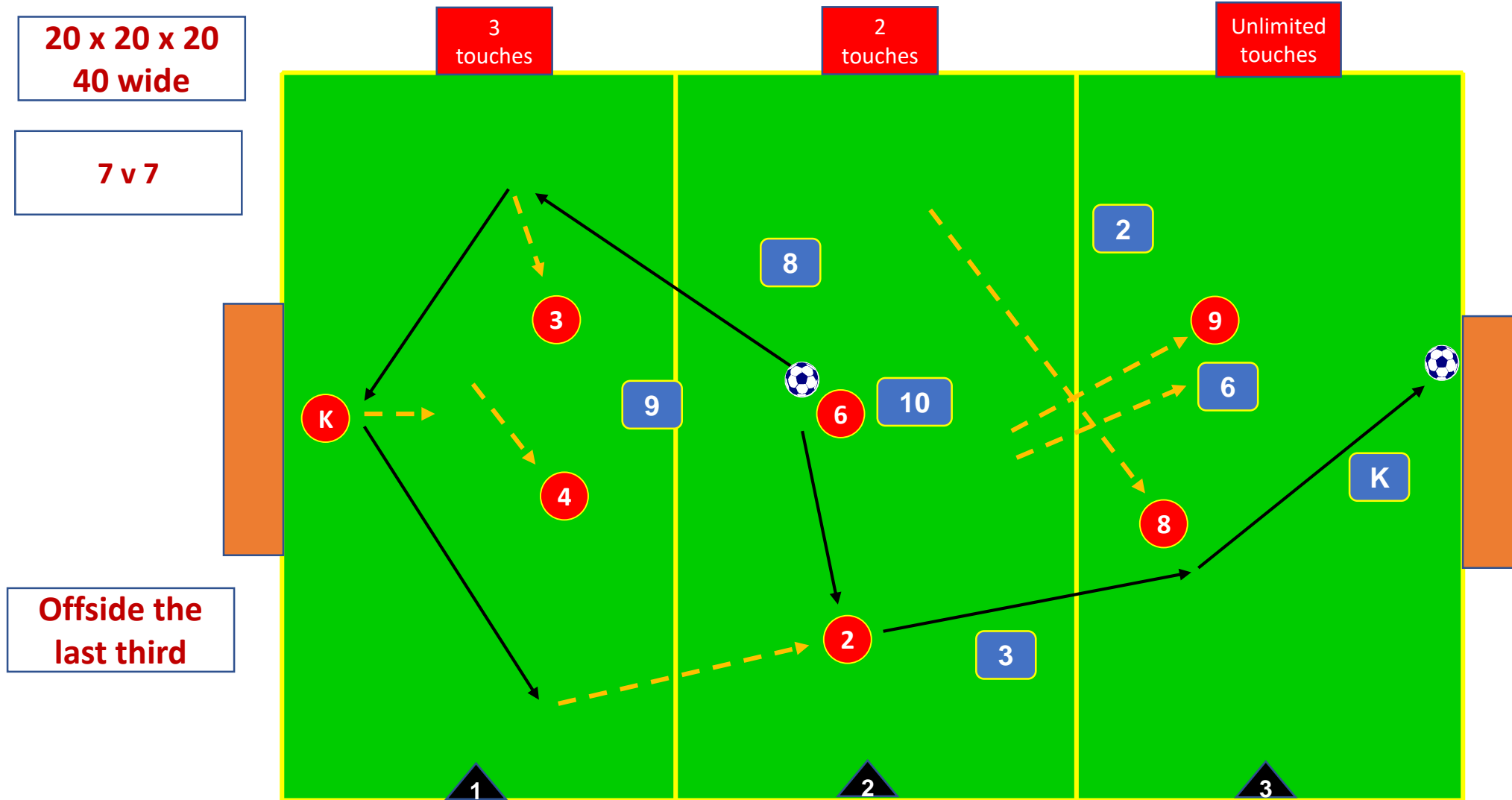
2 touches in the middle third forces striker (9) to look for support quickly and with 1 or 2 touches only. Timing of the runs of (3) and (8) are vital to not be offside.

12. Players transitioning and rotating between positions



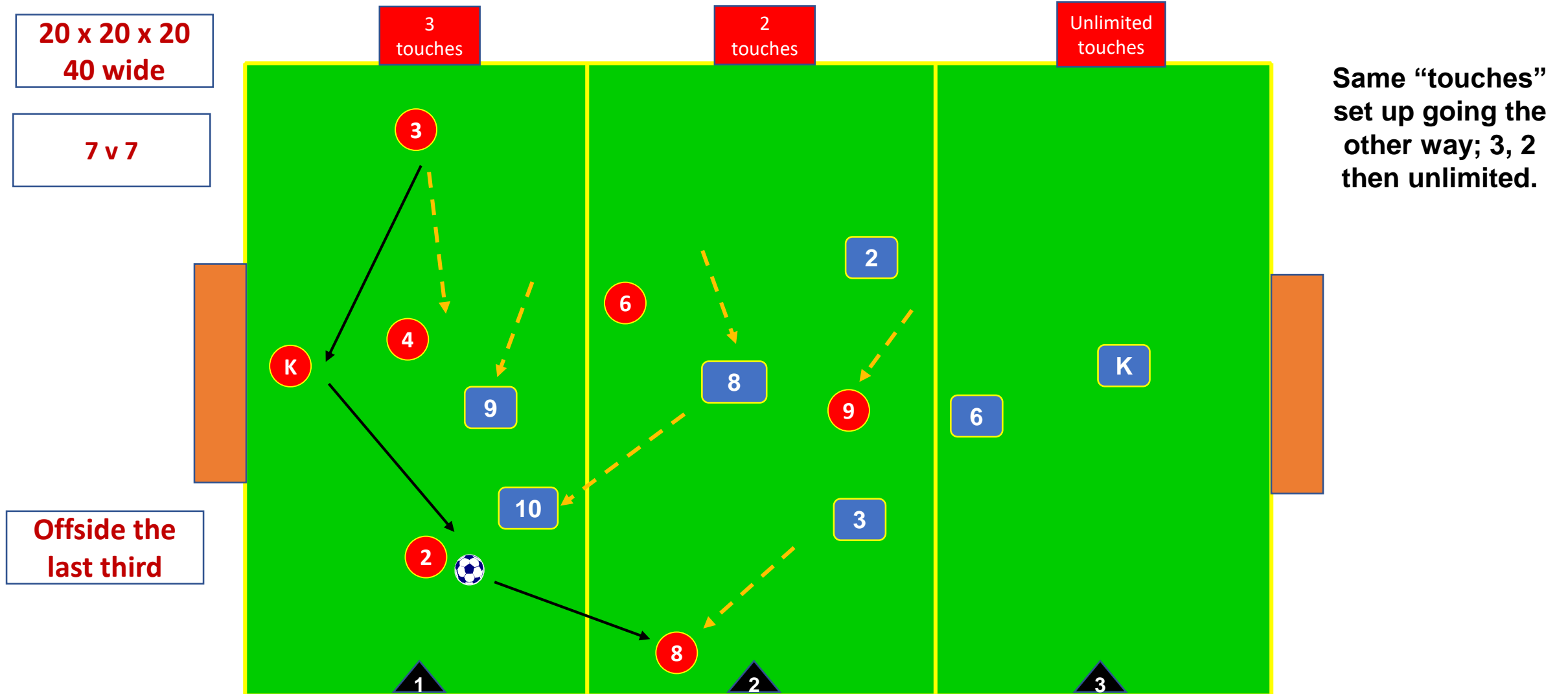
Encouraging the center backs (in this case central center back 4) to attack with our central midfielder (8) dropping in to cover. Condensing across the back behind the ball for safety.

13. Players transitioning and rotating between positions



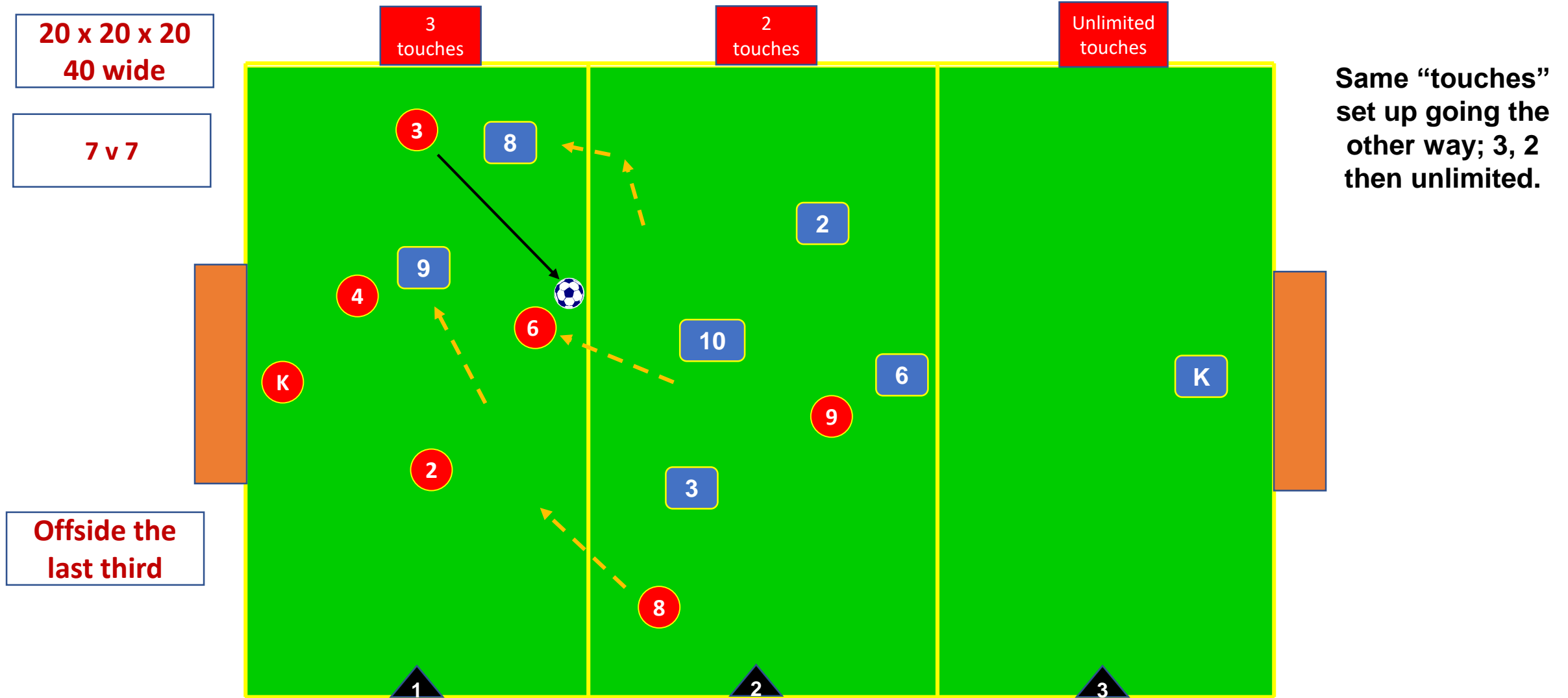
Rotation IN FRONT of the ball with striker (9) and midfielder (8). (2) runs the ball into the middle third. (4) and (3) condense across to cover behind.

14. Opponents defensive Pressing in the attacking third and we switch the point of attack



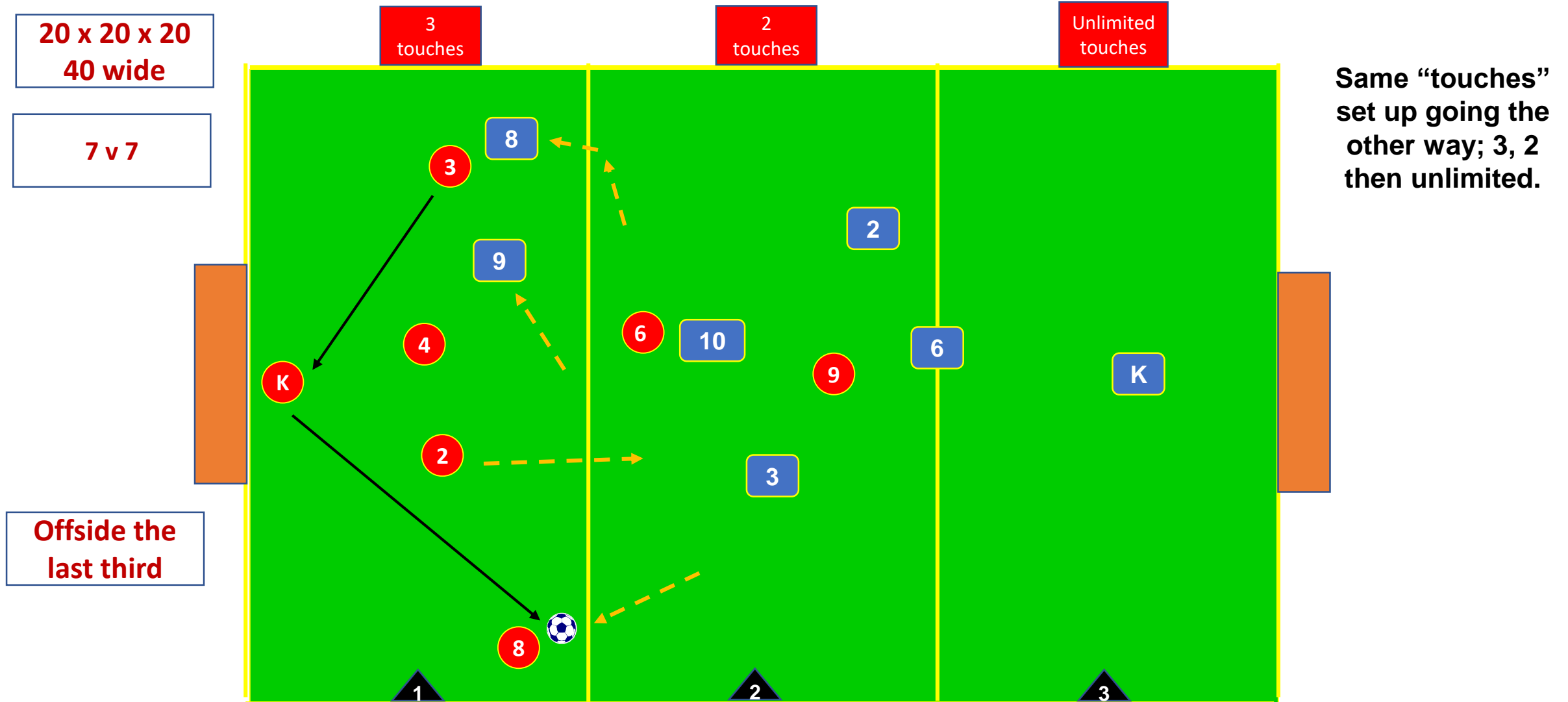
Opponents Closest player (10) presses (2). Not able to force inside to their strength in depth so forces outside where our (8) is available to receive.

15. Opponents defensive Pressing in the attacking third in numbers, we counter by (6) dropping in to help



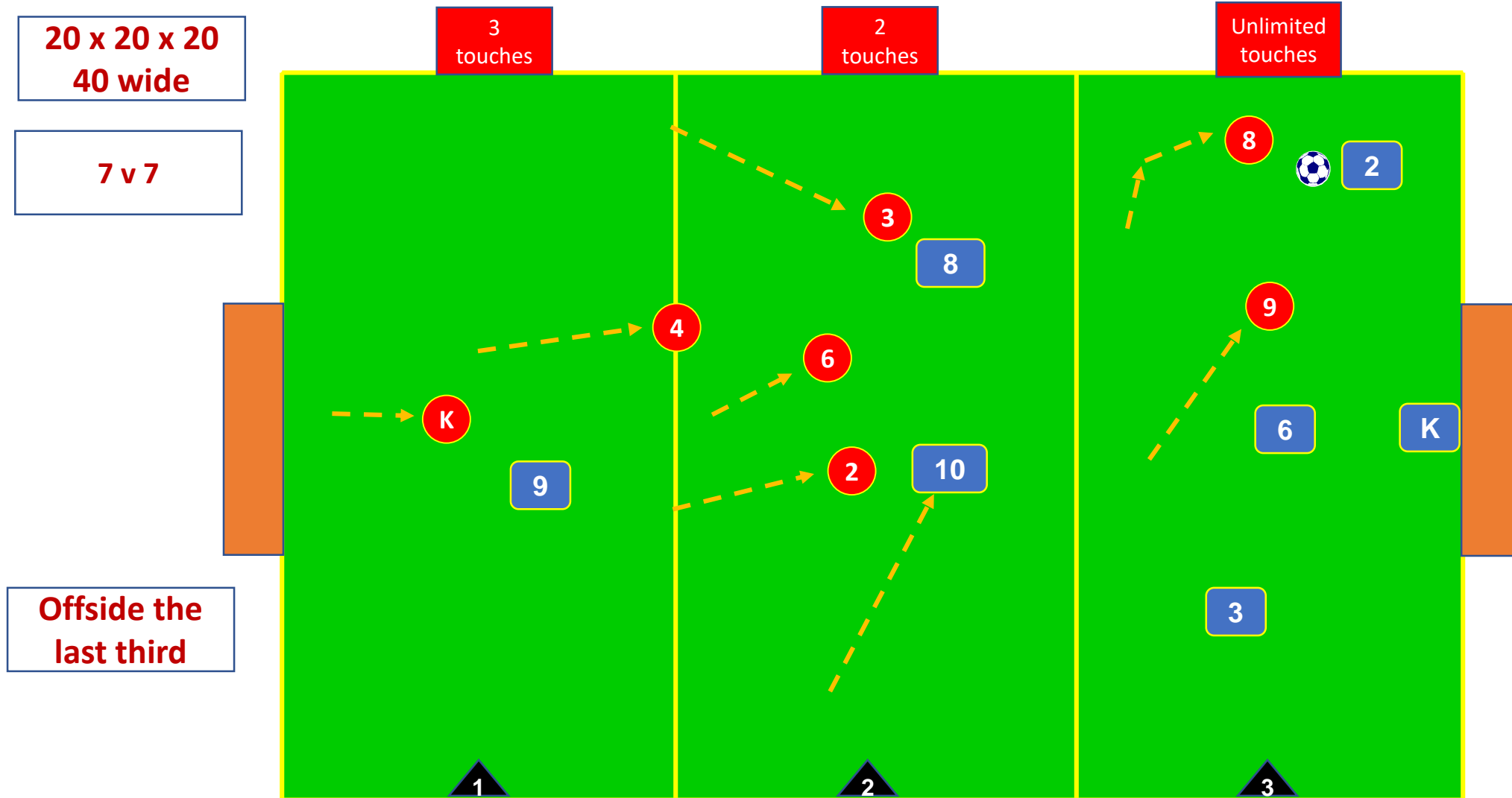
Opponents (8) Forces (3) inside; the rest of the team condense the spaces behind.. Opponent (10) cannot follow (6) into the defensive third as we want success in building out the back, but we can open it up later and let (1) press into the defensive third.

16. Opponents defensive Pressing in the attacking third in numbers, we counter by right center midfielder (8) dropping in to help



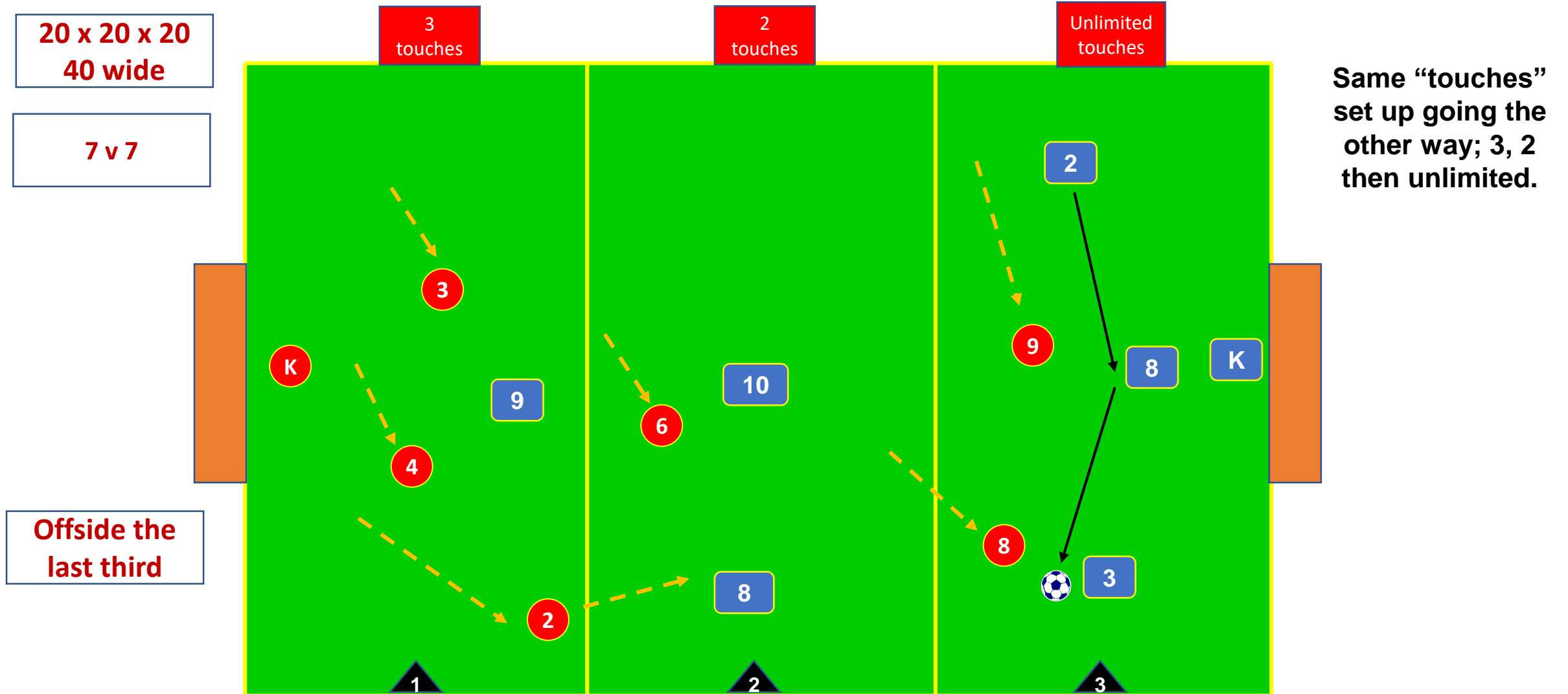
Opponents (8) Forces (3) inside; and back; the rest of the team condense the spaces, but we find a way out by right center midfielder (8) dropping in to create a 4 v 2 in our favor to get out.

17. Our Defensive Pressing in the attacking third in numbers



(8) Forces the opponents to our strength in numbers inside; the rest of the team condense the spaces behind.
(2); (4) and (3) push up to leave opponent (9) offside.

18. Our Defensive Pressing in the attacking third and they switch the point of attack (How we adjust)



Our striker (9) Forces opponent (2) to pass inside then tracks the pass to opponent (6). Our player (8) presses opponent (3). Not able to force inside to our strength in depth so forces outside where our (2) presses opponents (8). (6) covers the space centrally and (2) and (4) covers across.

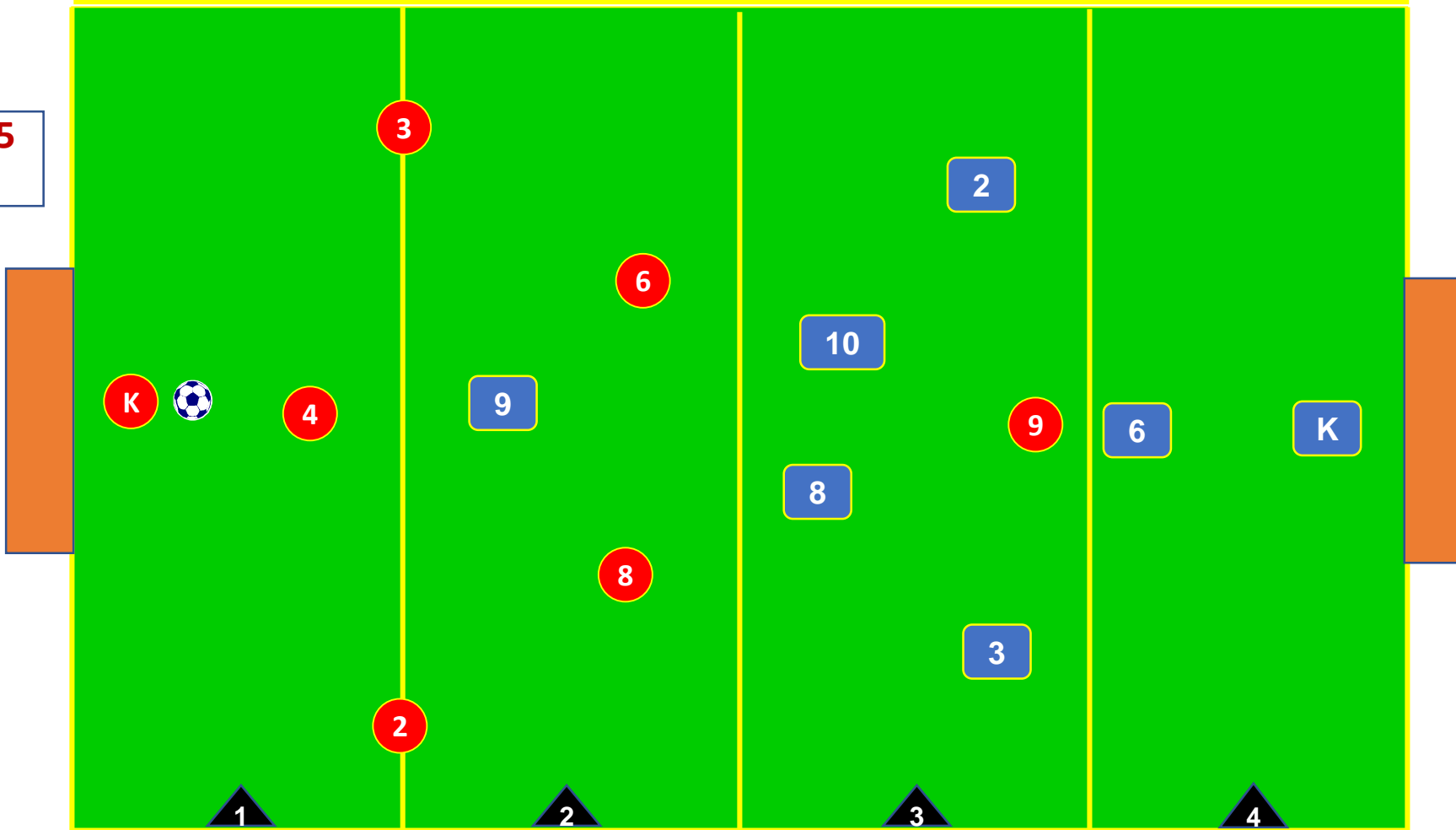


19. Four zone game forcing the players to move as a team

15 x 15 x 15 x 15
40 wide

7 v 7

Offside the
last quarter



Same “touches”
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then unlimited.

1. We have essentially four - thirds to play in. The players can only play in three of the four thirds at any one time.
2. This ensures movement up and down the field maintaining distances between units.
3. Players cannot enter zone 4 until the team has moved out of zone 1.

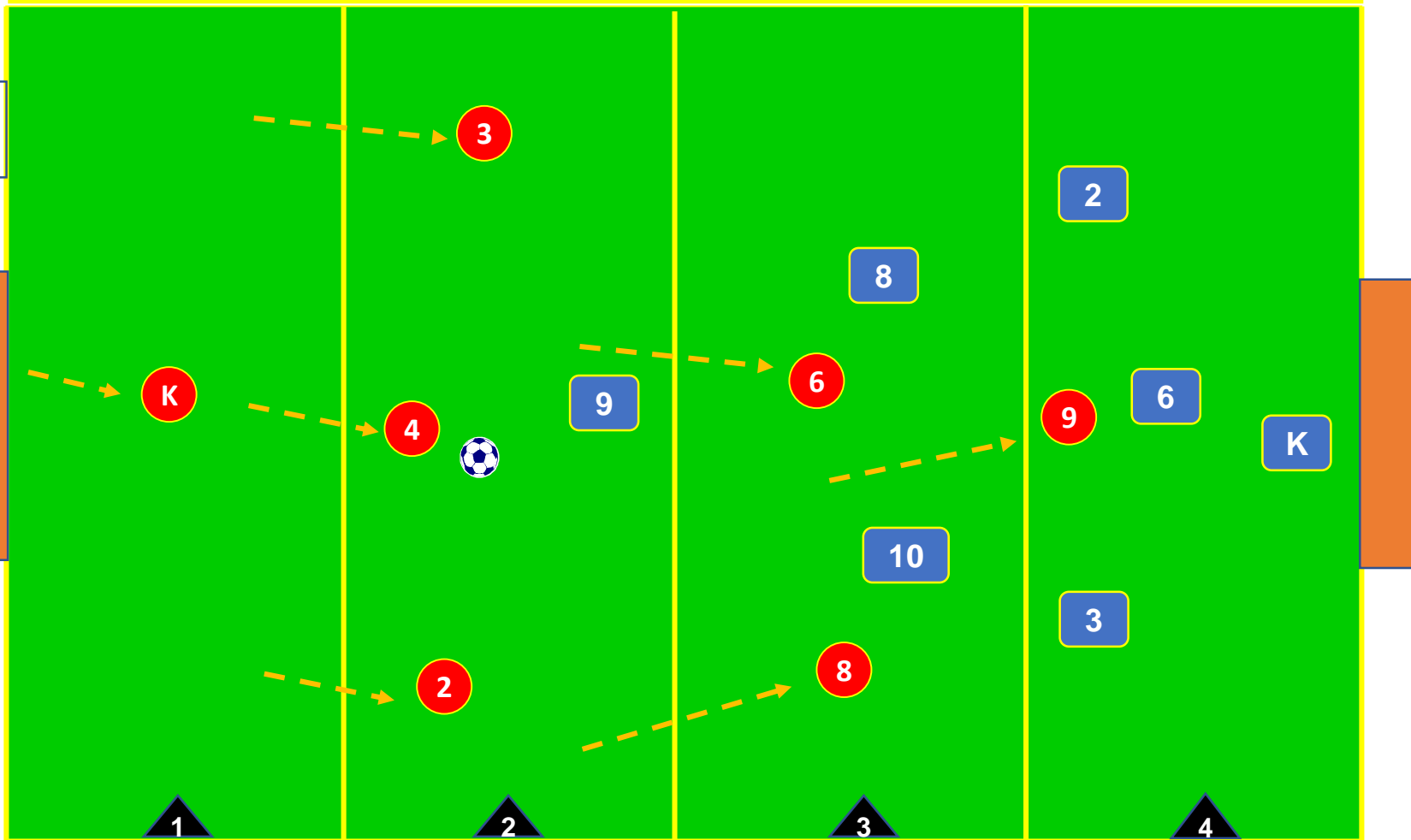


20. Four zone game forcing the players to move up and back as a team and maintain their shape.

15 x 15 x 15 x 15
40 wide

7 v 7

Offside the
last quarter



Same “touches”
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Players cannot enter zone (4) until the team has moved out of zone (1). So in possession, the team moves up and down the field and maintains a compactness from front to back and back to front.



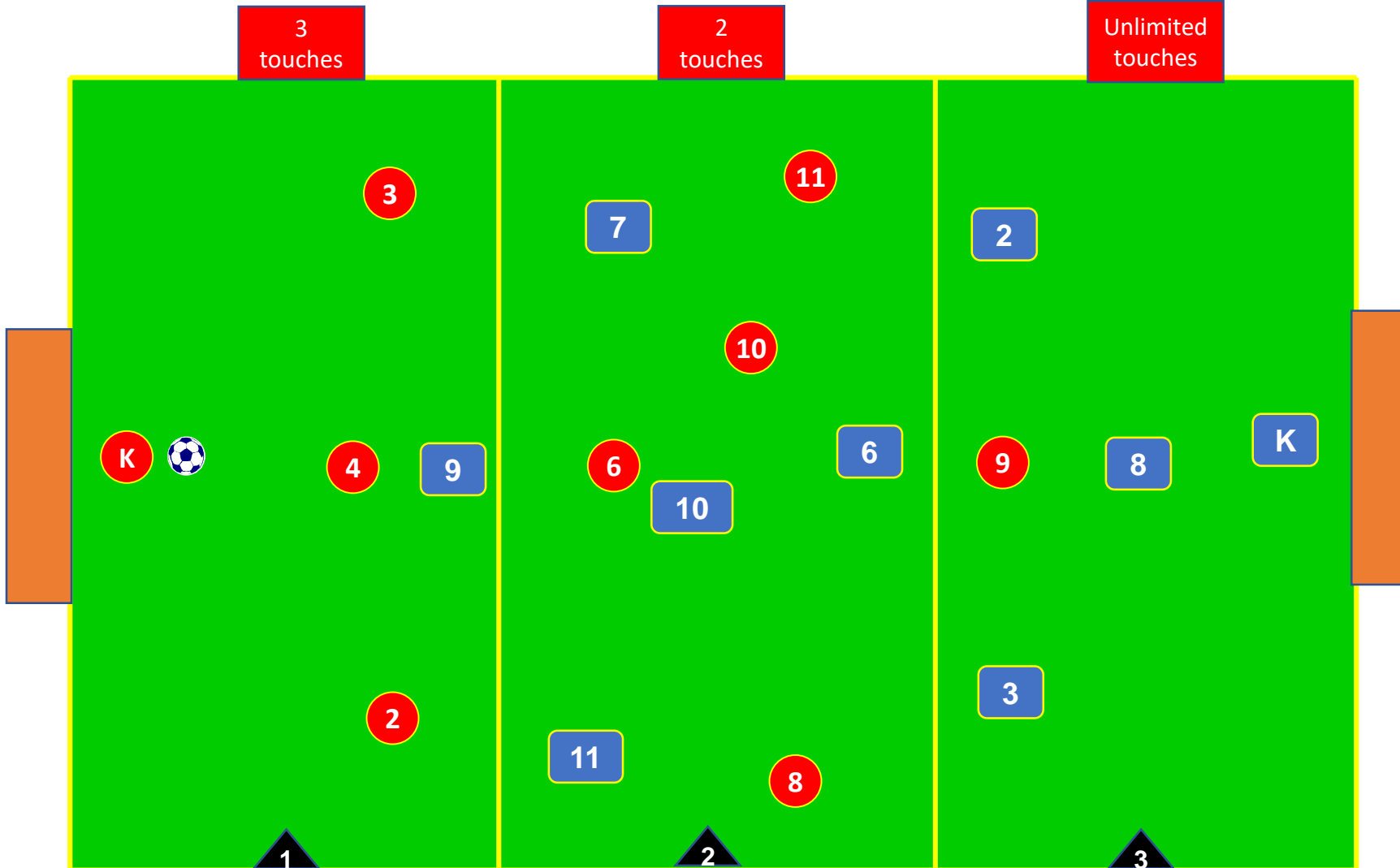
21. Introduce a Number (10) to play in between the midfield and the striker and an (11)



20 x 20 x 20
40 wide

Now 9 v 9

Offside the
last third



Same “touches”
set up going the
other way; 3, 2
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Now working on the freedom the (10) brings to the team and developing rotations and movement ON and OFF the ball.