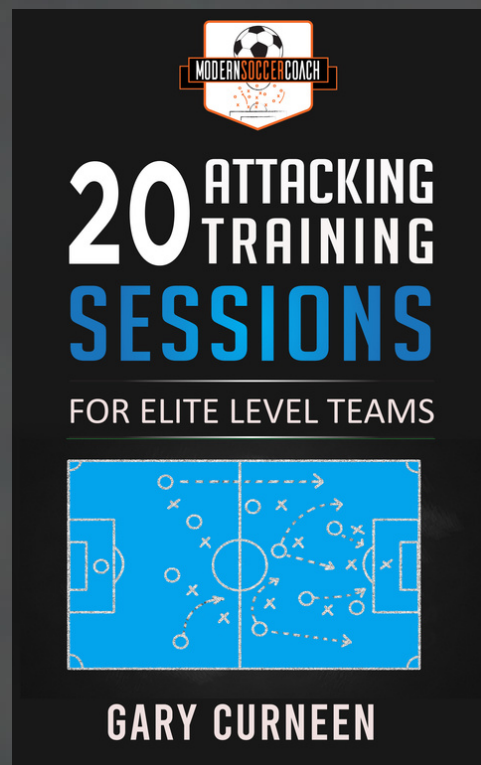


4V4+3 POSSESSION GAME 7 VARIATIONS





PRINCIPLE BASED SESSIONS

This FREE document is part of the promotion for the new Modern Soccer Coach eBook: 20 Attacking Training Sessions.

Each session has a tactical objective and are broken down into 3 areas: build-up play, midfield progression, and chance creation in final third.

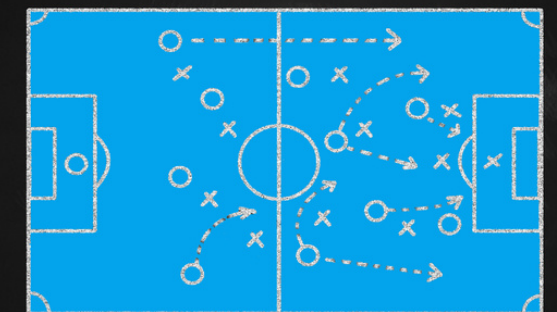
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20 ATTACKING TRAINING SESSIONS

FOR ELITE LEVEL TEAMS



GARY CURNEEN

20 ATTACKING TRAINING SESSIONS

FOR ELITE LEVEL TEAMS



GARY CURNEEN

TECHNICAL/TACTICAL

- Constant angles of support
- Utilize overload situations
- Fast combination play
- Creation of passing lanes
- Third player concept
- Up, back, through variations

PHYSICAL/PSYCHOLOGICAL

- Aggressive mentality during transitions
- Focus during transitional moments
- Fast decisions in small spaces
- Constant pressing and screening passes

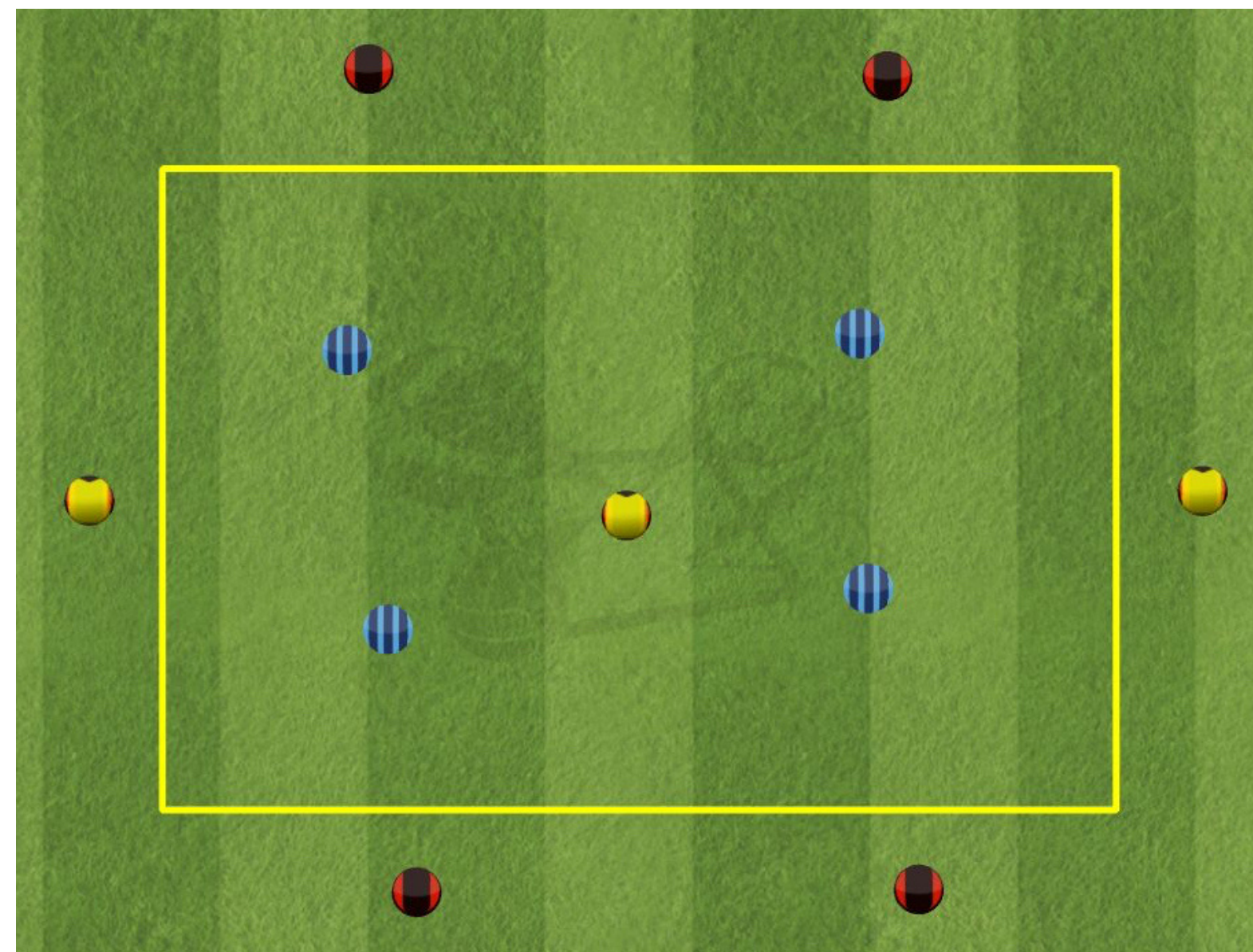
EXERCISE OBJECTIVES

1

4V4+3

TRADITIONAL

Eleven players split into two teams of four players, with three neutrals (in yellow). The three neutral players work alongside the team in possession (red team, positioned on the outside) to create a 7v4 overload. If the four defensive players (blue) win possession, a moment of transition occurs and the four players in the corner sprint to regain possession, while the defensive players transition to the possession team and work with the neutrals to circulate the ball and position themselves on the outside.



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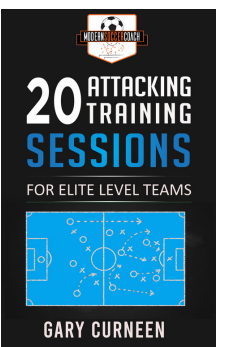
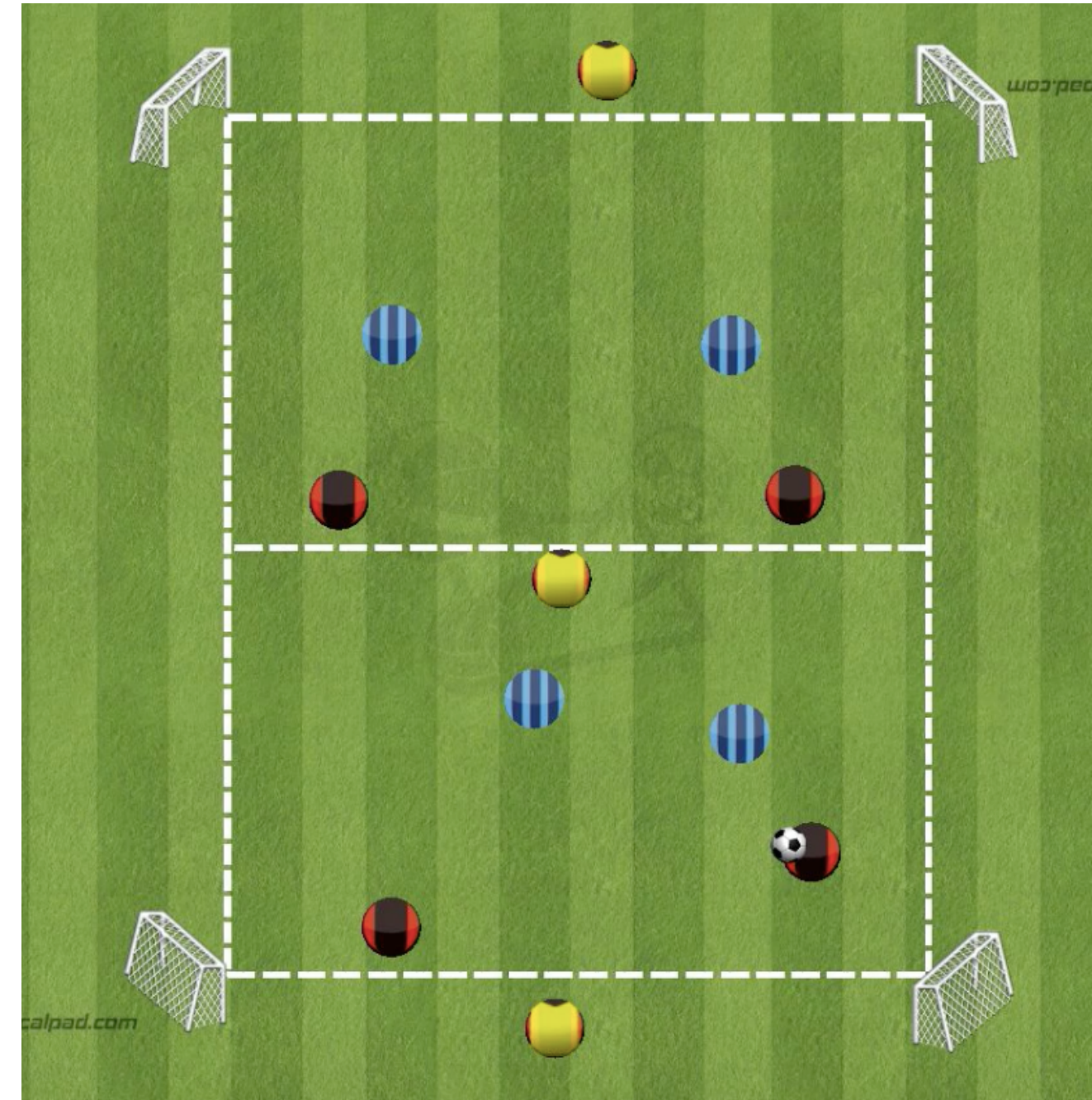
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4V4+3 OVERLOAD TO ISOLATE

Same set-up as traditional 4v4+3 but this time the objective is to draw the defensive team to one half of the pitch and then find the highest neutral player on the 'weak side'.

Conditions: The team in possession are looking to get four passes in one half, before switching the ball to the neutral at the far side. As soon as possession is switched, the possession team can score in any mini-goal.

Traditional transition rules do NOT apply. Play 90 seconds and then change roles of possession and pressing teams.



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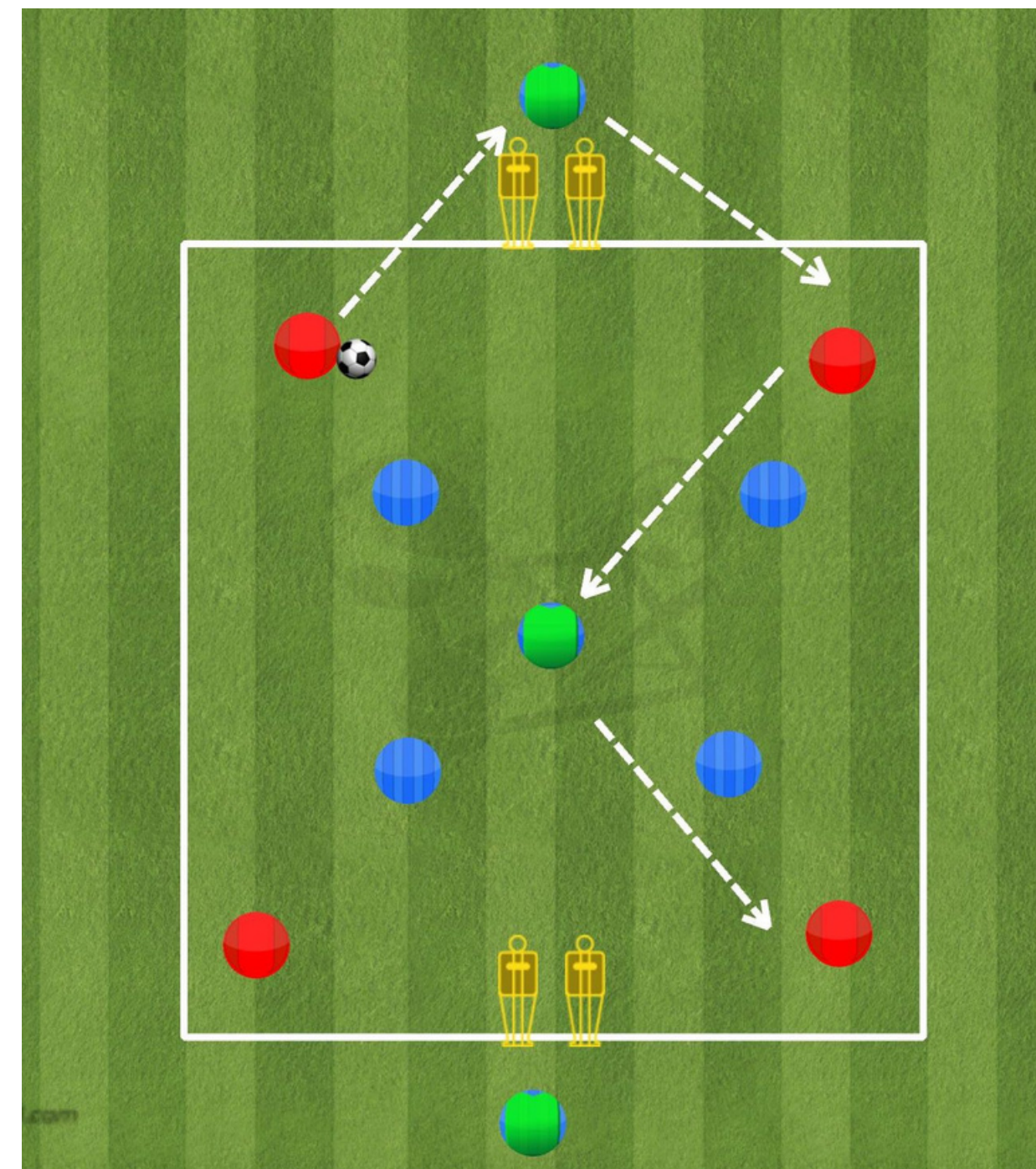
3

4V4+3 GOALKEEPERS BUILD-UP

Same set-up of traditional 4v4+3 but this time the objective is to use two goalkeepers as the neutrals on the outside.

Conditions: Two mannequins are placed in front of the outside neutrals and now they must play on two touches, looking to play the ball out on the other side from which they received it initially.

Traditional transition rules apply.



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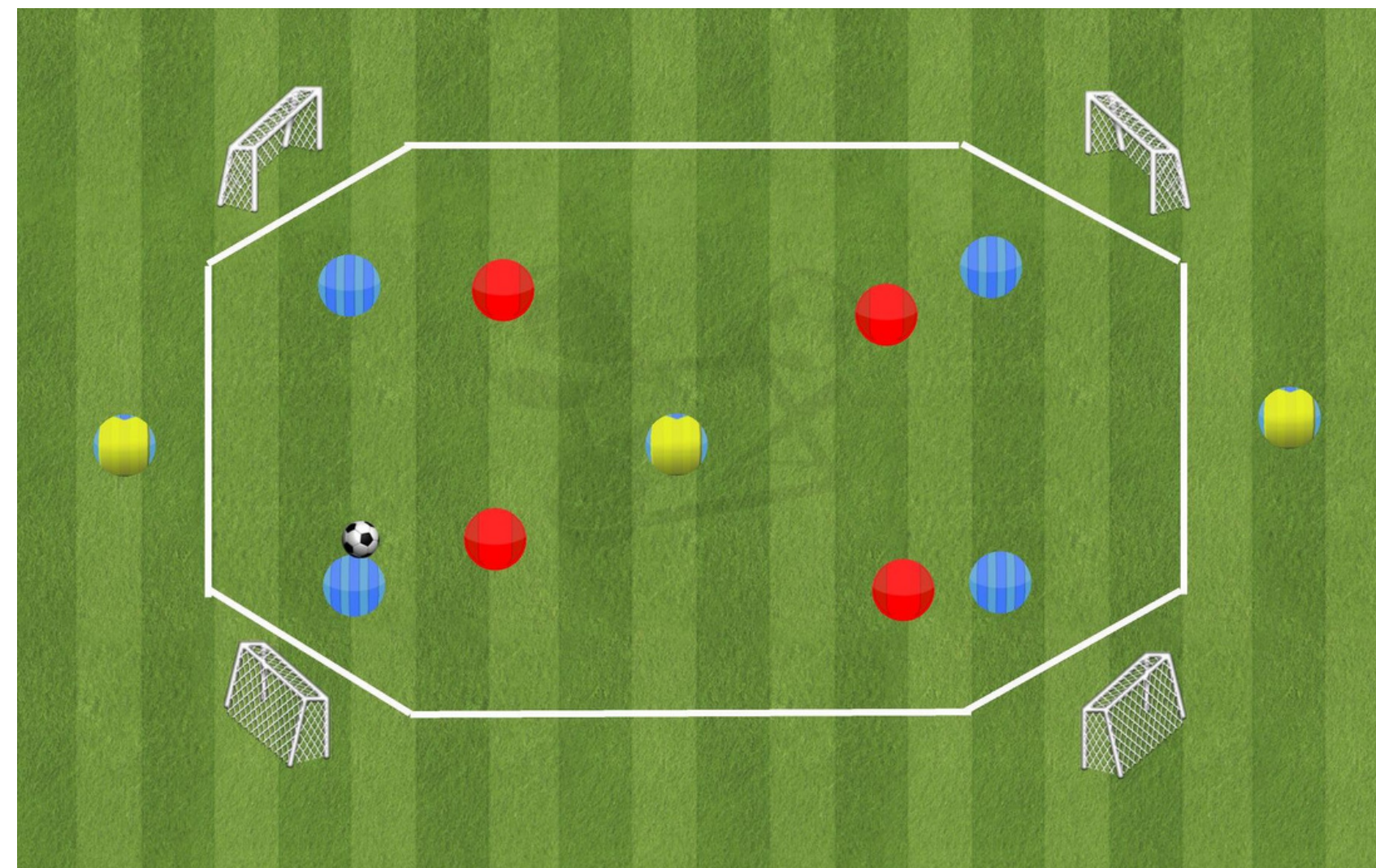
4

4V4+3 OCTAGON GAME

Same set-up of traditional 4v4+3 but this game is played in an octagon shaped pitch, with mini-goals behind the possession players in the corner.

The objective is for the possession team in blue to use the 7v4 overload to circulate the ball around the area. Every 6 consecutive passes are worth one point. The red team are constantly pressing and if they regain possession, they can score in any mini-goal for 3 points.

Traditional transition rules do NOT apply. Play 90 seconds and then change roles of possession and pressing teams.



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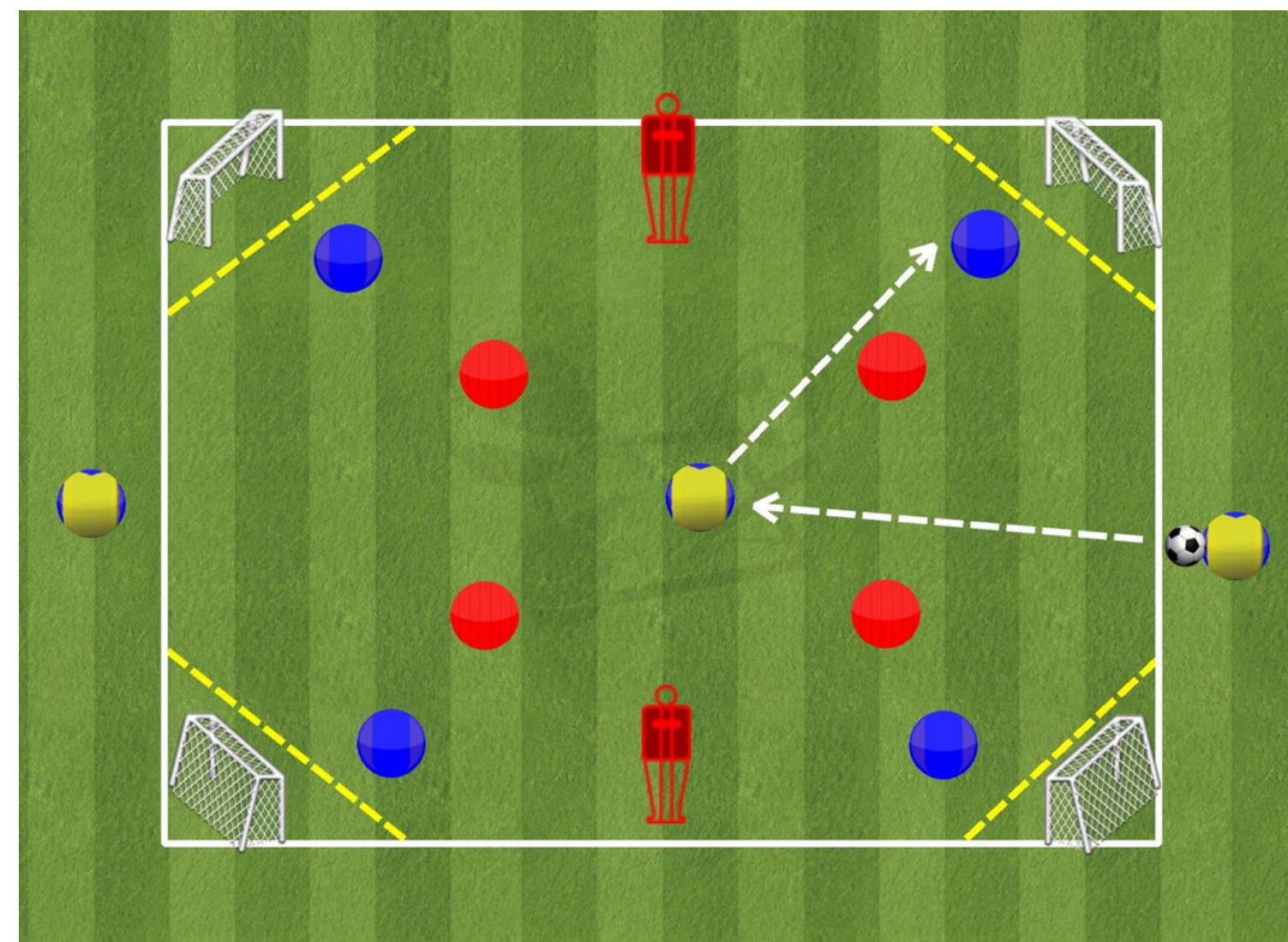
5

4V4+3

AJAX SPLIT THE PRESS

Same set-up of traditional 4v4+3 but this game is played in an octagon shaped pitch, with mini-goals behind the possession players in the corner, but there is a mini-goal located at each side of the playing area.

The possession team (in blue) are looking to circulate possession and create an opportunity where they can 'split' the press, and find a central player to play out and release pressure. The pressing team (in red) are looking to win the ball back immediately. If the defensive team win the ball, they are looking to play the ball to one of the three neutrals and then receive it back to score in one of the mini-goals. For every eight consecutive passes, the red team are awarded one point.



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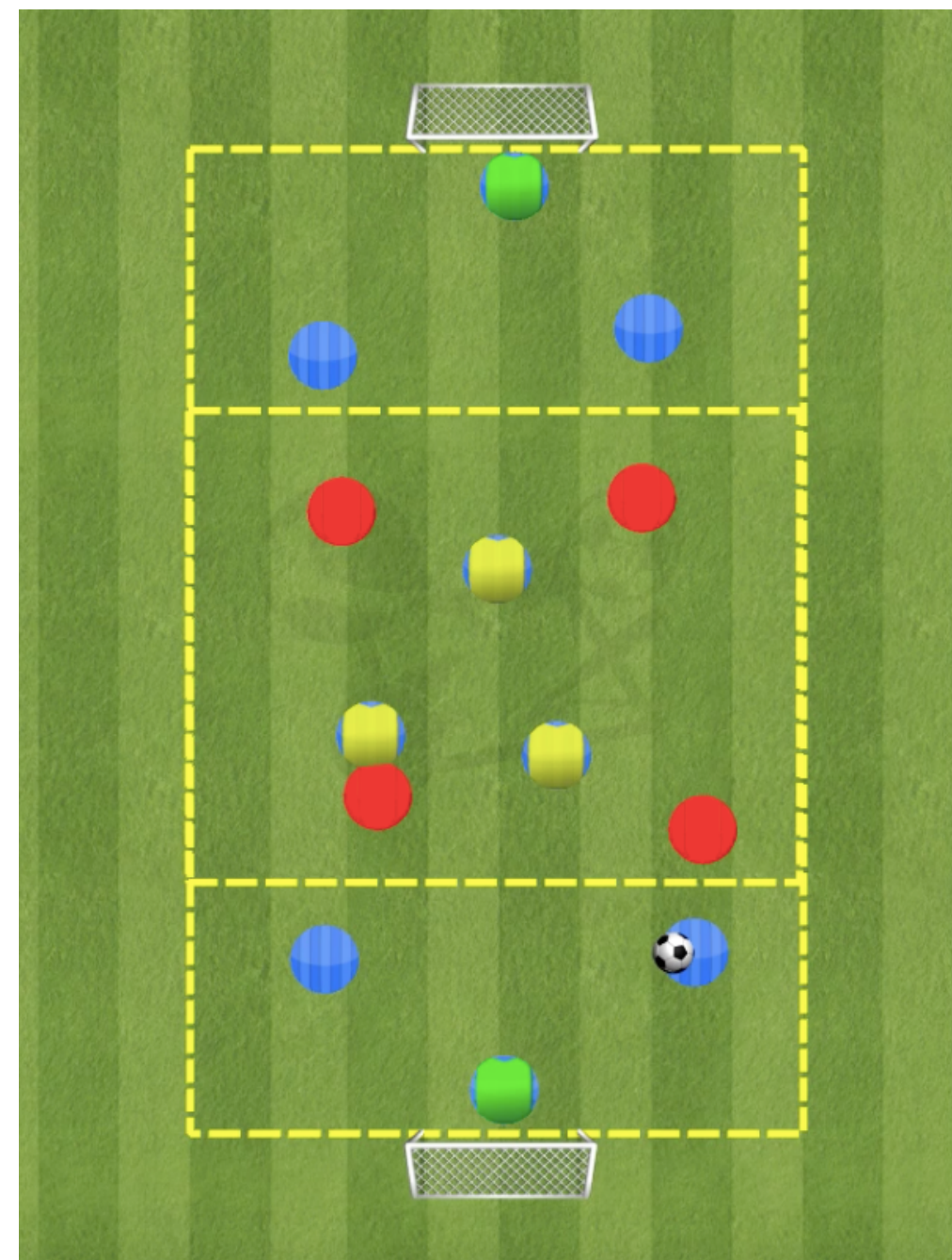
6

4V4+3 PLUS GKS BUILD THROUGH MIDDLEFIELD

Two center backs (in blue) start on each end zone with a goalkeeper. Three midfield players (in yellow) are mind the middle zone against four pressing defenders (in red)

The objective of the game is for the blue team plus the GKs to build from one end zone to the other, using the central neutrals to beat the pressure in the middle. For each successful transfer, they are awarded two points.

If the red team win possession, they can break out of the central zone and score in either of the goals for three points. Play 2 mins and switch roles.



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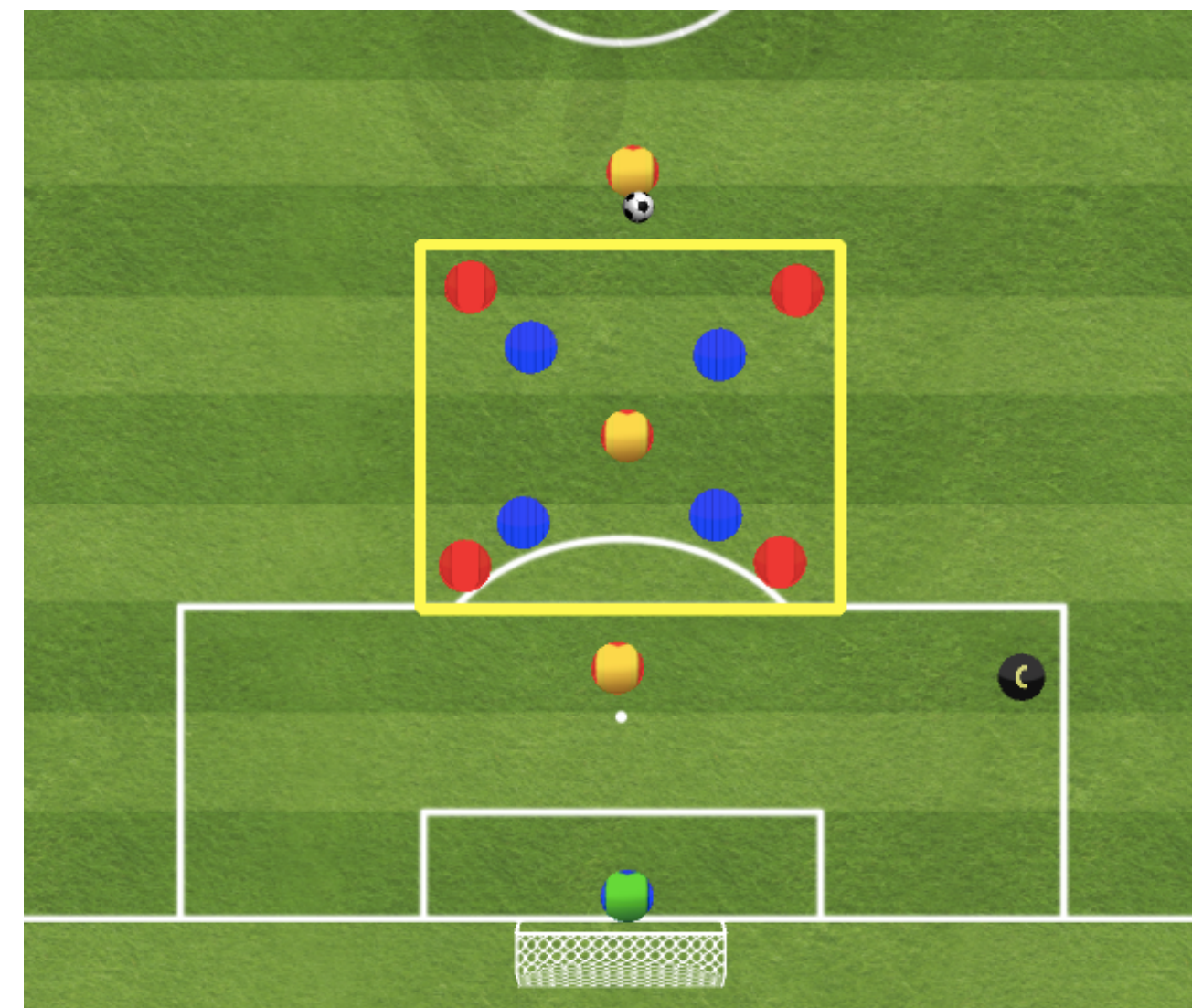
7

4V4+3 INTO 2V1 TO GOAL ARSENAL OUTLET PASS

Same set-up of traditional 4v4+3 but this time a goalkeeper is added and a coach is positioned around the edge of the box.

The objective of the exercise is for the team in possession (red) to use the 7v4 overload and complete 5 consecutive passes. Once they achieve the pass target, they can play the ball to the coach at the edge of the box and release two players into the box. The coach returns the pass and one defensive (blue) player can drop to defend and create a 2v1 to goal.

Traditional transition rules apply.



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THANK YOU

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