



U9 & U10

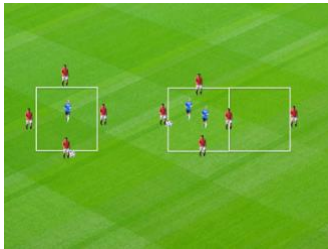
### 7v7 Game Model Week #1

Training Always Starts with a Game: 15 minutes - as players enter build the numbers up. Break games up into smaller games if numbers become larger.

#### Exercise #1) 4v1 Rondo – 10 minutes

Guidelines & Modifications: You can start with a 2-touch 4v1 rondo in 10x10 yard grid. You can then progress to a transitional 4v1 rondo if the players can put together 3 or more passes. The below example shows a 4v2 transitional rondo but you can start with a 4v1 transitional rondo with two 10x10 yard grids put together. Make the rule of 2 passes minimum before the ball can be transferred as all players but the end line player shifts to the other square. As teams become more skilled you can make the rule 3 passes before transferring ball.

**Think of Rondos as passing and receiving practice with real opposition (defenders) working technique and learning to manipulate time and space to keep the ball.**



#### Exercise #2) Possession 2v2+1 – 15 minutes

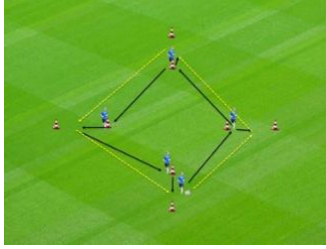
Guidelines & Modifications: The grid can be 15 x15 or 20x20 yards depending on the level. The exercise can also easily be expanded to 3v3+1 or 3v3+2 or 4v4+2 all in a larger grid. You can also start out with two grids of 2v2+1 and then combine them to make a 4v4+2 in a larger grid as the progression.



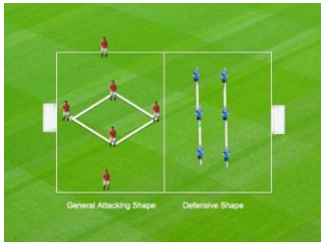
Variations: 3v3+1 middle and corner players 25x20 grid: team must work ball from one corner to the next corner. 2-touch only. Can add another neutral or build to 4v4+2 in middle with bigger numbers.

#### Exercise #3) Diamond Pass & Follow – 10 minutes

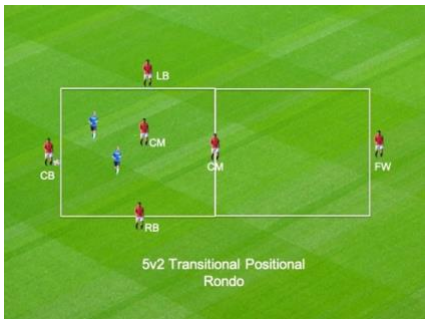
Simple back pedal receive the ball on the back foot and play to next person. No wasted steps in between. Follow-your pass.



Exercise #4) Game Play: 25 minutes

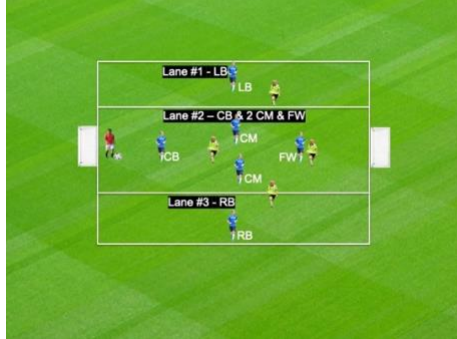


One day a week your game play is formation specific focusing on the tactics for the match. The other practice game play day does not have to be formation specific. However, game play training will be influenced by what you have at training - # of players, goal keeper, goals, is there another team to scrimmage against? Be flexible with game play but kids must play.

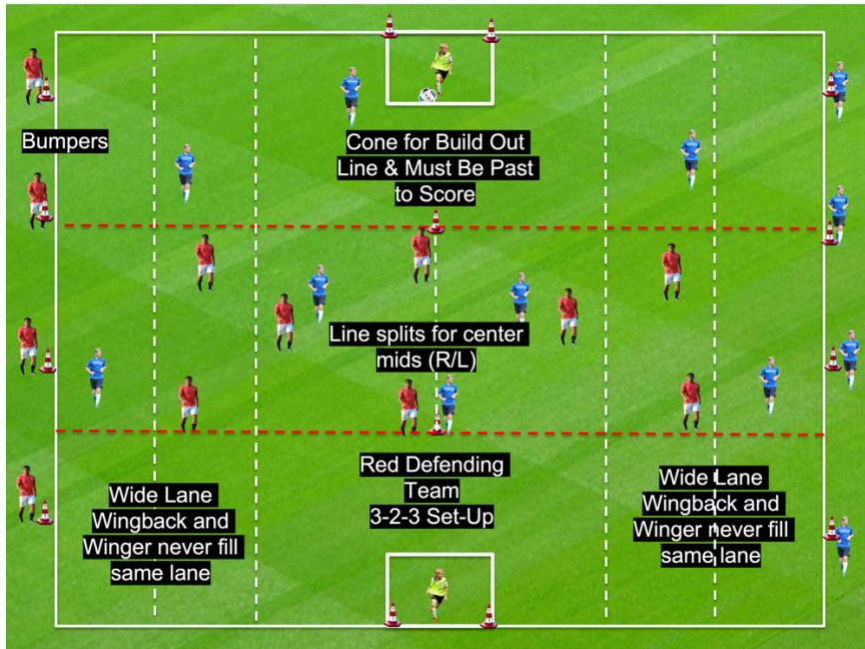


7v4 Attacking Organization: 25 minutes

Have players line up on the side. As you roll the ball to the keeper, each attacking player in blue runs to their lane by position. The defenders (start with 3 coming on) can press and go anywhere to win the ball. The game is played until the ball goes out of bounds or a goal is scored. If the players find it easy, send 4 defenders at a time. Be sure after 10 minutes to switch the defenders to attackers.



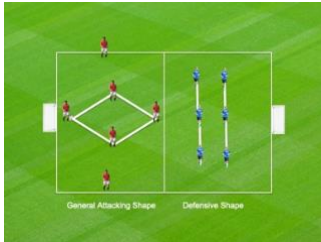
Phase of Play: This is very important to play the actual game on a large game realistic field. The players get to learn the real distances and spacing just like on game day. Notice the outside players are bumpers and always involved in the game – make them 1-touch so they must be focused and concentrated.



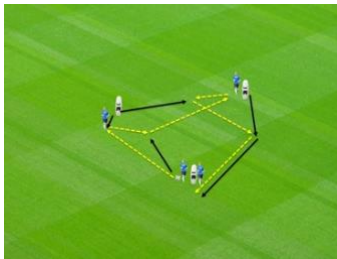


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7v7 Game Model Week #2

Training Always Starts with a Game: 15 minutes as players enter – build the numbers up.

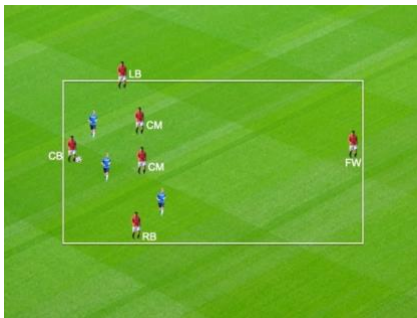


Exercise #1) Passing Technical- Barcelona Triangle : 10 Minutes  
Simple pattern to focus on inside of foot control and pass



Exercise #2) 6v3 Possession: 15 minutes

this is game model specific to the 7v7 game model. Builds on the game model rondos – important to recognize how to exploit space and time.  
25x20 grid

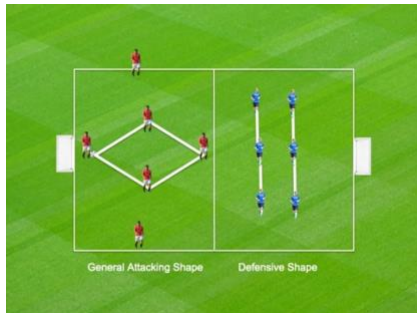


Exercise #3) 6v3 Positional to Goal 15 minutes



6v3 rondo game model to goal. In this example, the red and blue team play together on the same team, as the yellow team defends. The blue team scores on the far goal, if yellow win the ball, the red CB who played with the blue team steps off the field, and the new red CB steps on the field at the far end, the new CB will play with the yellow team, the yellow team must play to the new CB before scoring on the opposite goal, as blue become the defenders.

Exercise #4) Game Play: 15 minutes – game



Exercise #1) 2v2+2 Possession: 12 – 15 minutes

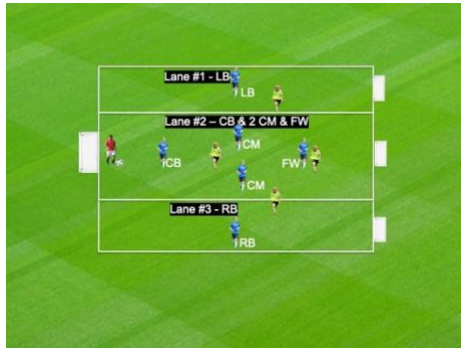
This is similar to the 2v2+1 in the previous weeks training.



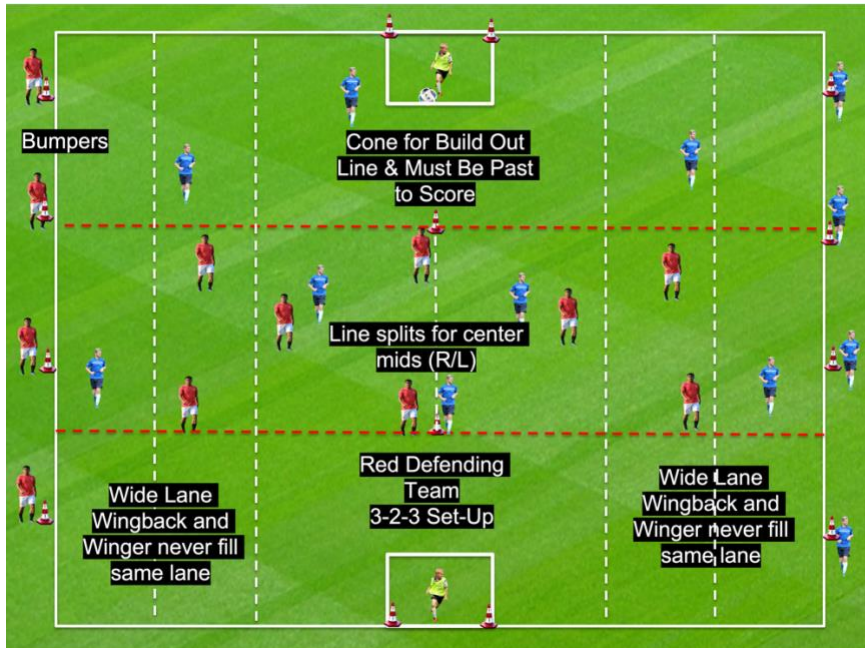
Exercise #2) 7v4 in Lanes to Small-Goals – 30 minutes

7v4 Attacking Organization: 25 minutes

Have players line up on the side. As you roll the ball to the keeper, each attacking player in blue runs to their lane by position. The defenders (start with 3 coming on) can press and go anywhere to win the ball. The game is played until the ball goes out of bounds or a goal is scored. If the players find it easy, send 4 defenders at a time. Be sure after 10 minutes to switch the defenders to attackers.



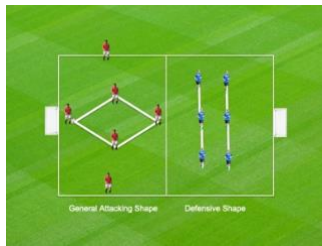
Phase of Play: This is very important to play the actual game on a large game realistic field. The players get to learn the real distances and spacing just like on game day. Notice the outside players are bumpers and always involved in the game – make them 1-touch so they must be focused and concentrated.





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7v7 Game Model Week #3

Training Always Starts with a Game: 15 minutes as players enter – build the numbers up.



Exercise #1) 5v1 or 5v2 Rondo: 10 minutes



Exercise #2) 7v4 Game Model – Lanes – 25 minutes

7v4 in Lanes to Small-Goals – 30 minutes

7v4 Attacking Organization: 25 minutes

Have players line up on the side. As you roll the ball to the keeper, each attacking player in blue runs to their lane by position. The defenders (start with 3 coming on) can press and go anywhere to win the ball. The game is played until the ball goes out of bounds or a goal is scored. If the players find it easy, send 4 defenders at a time. Be sure after 10 minutes to switch the defenders to attackers.



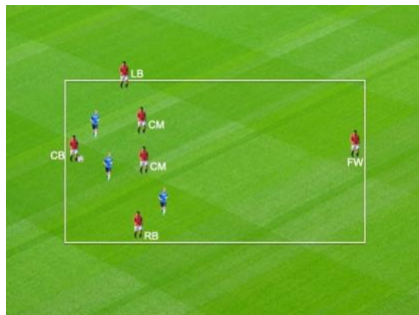
Exercise #1) 6v1 – 2-touch Rondo – 10 minutes

You can design these rondos with the number of players you have. (5v1, 6v1,7v1,4v1) Playing 2-touch mandatory changes the skill set.



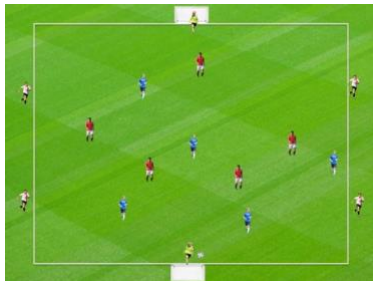
Exercise #2) 6v3 Possession: 25 minutes

Game model possession exercise. If you have extra players make another team of 3 defenders that rotate in.



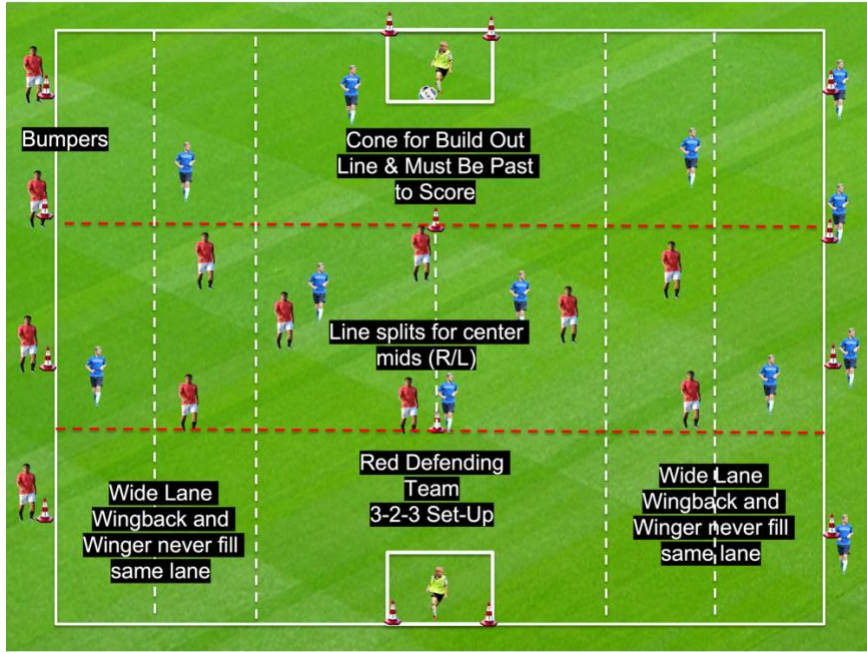
Exercise #3) Positional Game Play (modify to fit your team)

The outside team plays with team that has possession. After 4 minutes rotate the outside team inside – each team plays 8 minutes in a row and sits out 4 minutes. Continue in the same rotation for 35 – 45 minutes. You can rotate the places the neutral outside players are located, place one neutral in the middle of the field, make touch restrictions – keep changing the environment slightly every 12 minutes.





Phase of Play: This is very important to play the actual game on a large game realistic field. The players get to learn the real distances and spacing just like on game day. Notice the outside players are bumpers and always involved in the game – make them 1-touch so they must be focused and concentrated.



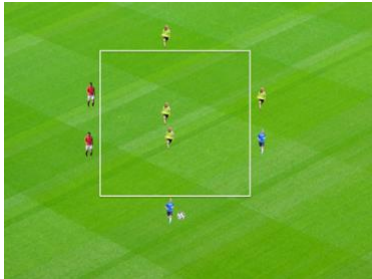


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7v7 Game Model Week #4

Game 15 minutes

Exercise #1) 6v2 Partner Rondo – 10 minutes

Whichever partner loses possession, the pair become the defenders in the middle. 2-touch only.

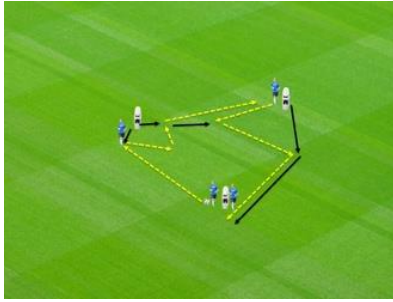


Exercise #2) 6v4 to Goal (can add counter goals) – 20 min

This is game model specific. Work 10 scoring possessions at a time keeping score. Eventually rotate defenders out to the attacking team.



Exercise #3) Passing Triangle or other technical work



Exercise #4) Game Play – 25 minutes

Finish the training with a game.



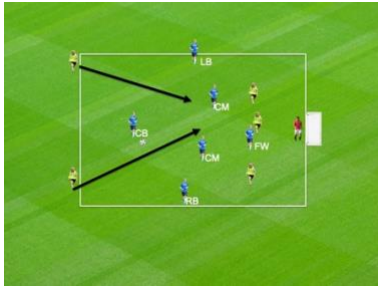
Exercise #1) 6v3 Game Model to Goal – 25 minutes

Game model specific game.



Exercise #3) 6v5 to Goal – 20 minutes

Make this into a game and add counter goals as a progression.



Exercise #4) Game Play – 25 minutes

Game play can include creating many different game representative designs with variability. It can also be a straight out scrimmage game. But you use neutrals, change ways to score, alter pitch shapes and sizes etc.



Phase of Play: This is very important to play the actual game on a large game realistic field. The players get to learn the real distances and spacing just like on game day. Notice the outside players are bumpers and always involved in the game – make them 1-touch so they must be focused and concentrated.

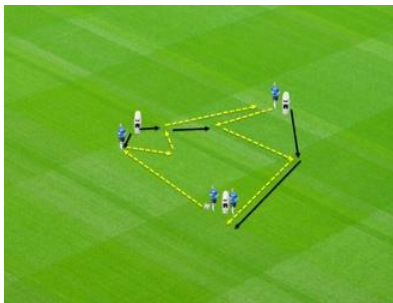




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7v7 Game Model Week #5

Game: 15 minutes to start training

Exercise #1) Triangle Passing or other technical work – 12 min

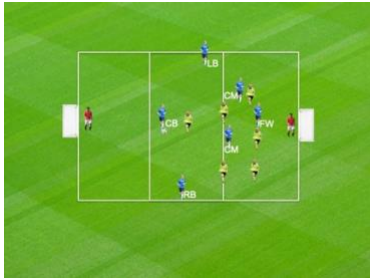


Exercise #2) 3v3+2 Positional – 20 min

This is a very challenging exercise and if your team is not ready for this we can modify the exercise. These types of positional exercises are very important to development.



Exercise #3) Conditional 6v6 game – teaching attacking support – can add other constraints - 20 min



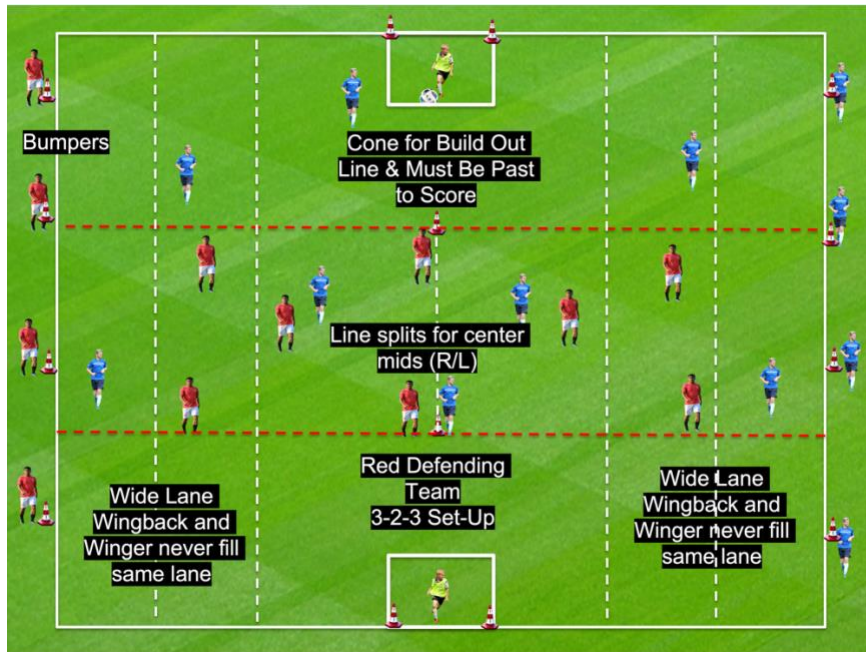
The field is divided into three horizontal sections, forcing players to always have attacking support. Condition - the attacking team must have 2 players in the middle 1/3 of the field in order for the goal to be scored (no players in the back 1/3). Simple condition that ensures attacking support. If you do not have keepers you can play to small-sided goals.

Exercise #4) Modified Game Play - 25 min

This is a simple game 4v4+1 with keepers. However, you can play this with no scoring on goals for the first 12 minutes. It can be just pure possession, working the ball from one goal to the next.



Phase of Play: This is very important to play the actual game on a large game realistic field. The players get to learn the real distances and spacing just like on game day. Notice the outside players are bumpers and always involved in the game – make them 1-touch so they must be focused and concentrated.

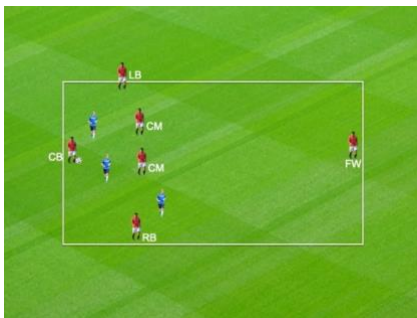




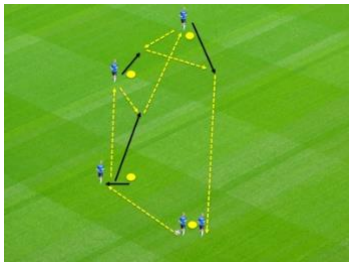
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7v7 Game Model Week #6

Game 15 min

Exercise #1) 6v3 Game Model Possession – 20 minutes

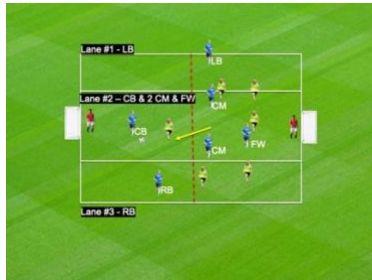


Exercise #2) Technical Passing & Receiving or other technical work – 10 minutes – can simplify if too difficult





Exercise #3) 7v7 Conditioned – 20 minutes



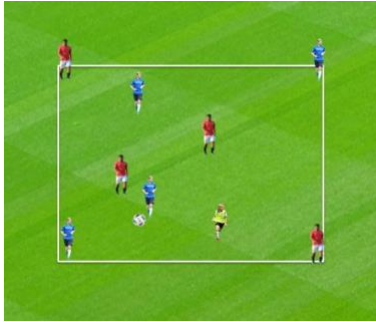
This conditioned exercise is 7v7 with lanes and a half-line. Allow only 1 defender to cross the half-line at a time, this will naturally teach team shape and zonal defending. If the ball is in lane #1 or #3, require the defending team to only occupy two lanes, the lane with the ball and the middle lane, this will create a compact defensive shape. All this can be done, using these simple conditions, players can self-correct during the exercise. The team in possession can drop 2-3 players back and the keeper. Once you take out the lanes and conditions it goes right into the final part of training which is free-play game at the end.

Exercise #4) Game Play - 20 min



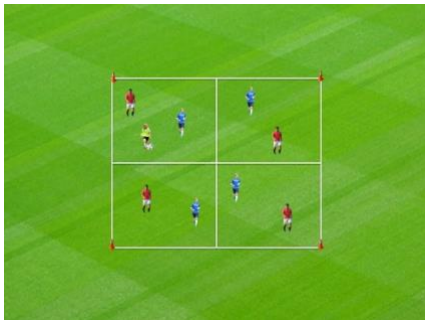
Exercise #1) 2v2+2+2+1 – 15 minutes

Can structure this for how many players you have at training. You can rotate from this to a physical exercise as part of the warm-up. Set-up 2-3 physical circuits next to the possession grid and have the players go through them every 3-4 minutes.

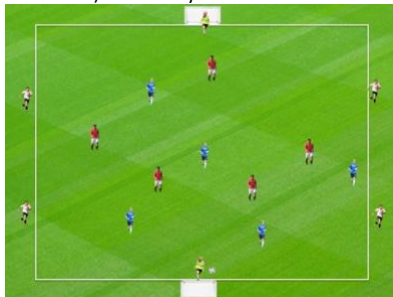


Exercise #2) Box Possession – 20 minutes

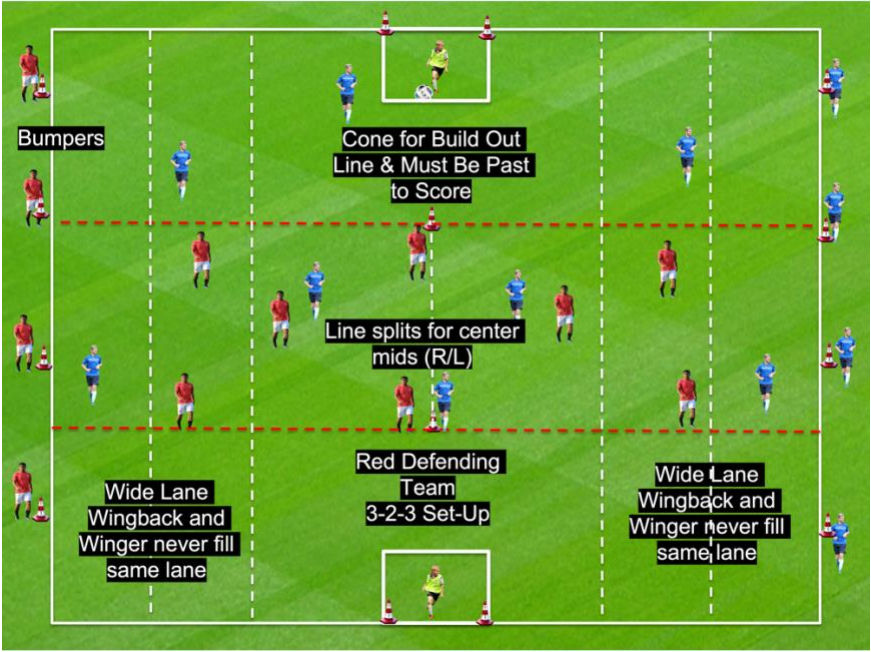
2v2 in each box but the neutral player can go into any box. Make this 2-touch then free play - players can pass to any box at any time. Make sure players are creating good passing angles for each other.



Exercise #3) Game Play - 30 minutes



Phase of Play: This is very important to play the actual game on a large game realistic field. The players get to learn the real distances and spacing just like on game day. Notice the outside players are bumpers and always involved in the game – make them 1-touch so they must be focused and concentrated.





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7v7 Game Model Week #7

Game: 15 minutes

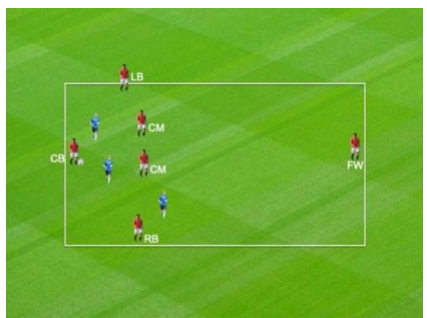
Exercise #1) 5v2 Rondo – 15 minutes

Transitional rondo to start the session. You can combine this with a physical circuit every 3-4 minutes.



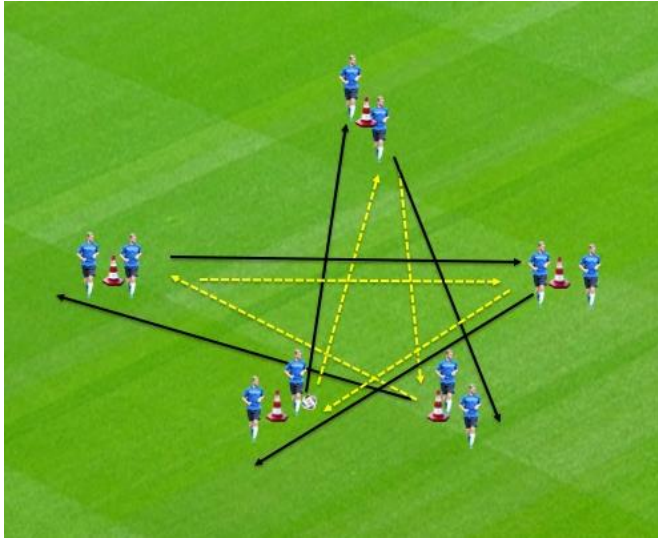
Exercise #2) 6v3 Possession – 15 minutes

This is the same 6v3 we use in the game model all season long.



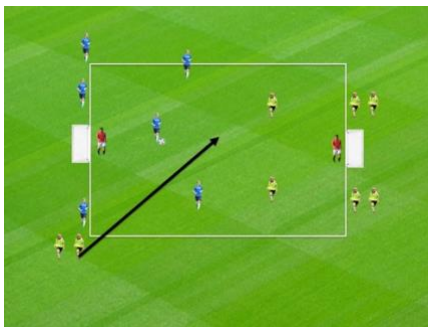
Exercise #3) Passing & Receiving - Barca Star - 10 minutes

Start with one ball & 2-touches only. Once the pattern is understood a second ball can be added.



Exercise #4) 3v2 or 3v2+1 - 20 minutes

Run this as a 3v2 and then add the recovering defender. Make this into a game/competition for fun. You can score on multiple small goals if you do not have a big goal or keeper.

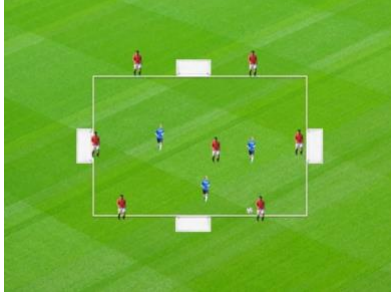


Exercise #4) Game Play



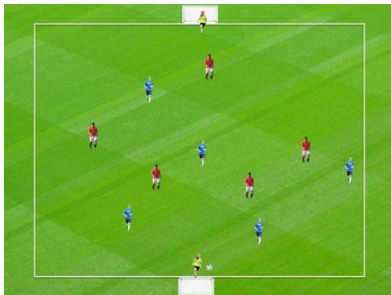
Exercise #1) 7v2 Rondos – 25 minutes

This is a more complex rondo that can be done 2-touch with unlimited for the defending team if they win the ball. You can add another player or two for the red team if you have more numbers at training. If the blue defending team wins the ball they can score on any of the four small goals. The entire red team can press to try and win the ball back. If they win it back they will go back to their same positions.



Exercise #2) Game Play – 30 minutes with Conditions and without conditions. Be sure to change the environment in your game play.

2-touch / 1-touch scoring / + players / no straight forward passes



Phase of Play: This is very important to play the actual game on a large game realistic field. The players get to learn the real distances and spacing just like on game day. Notice the outside players are bumpers and always involved in the game – make them 1-touch so they must be focused and concentrated.

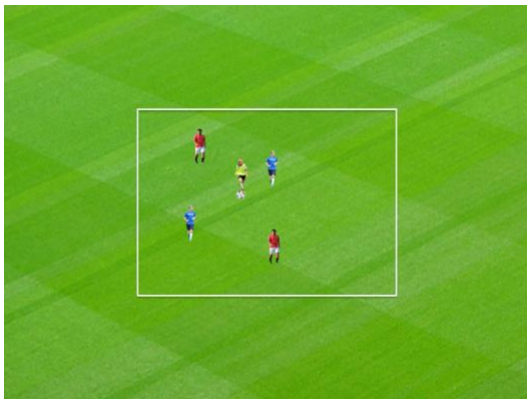




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7v7 Game Model Week #8

Game 15 Minutes

Exercise #1) 2v2+1 – 15 minutes



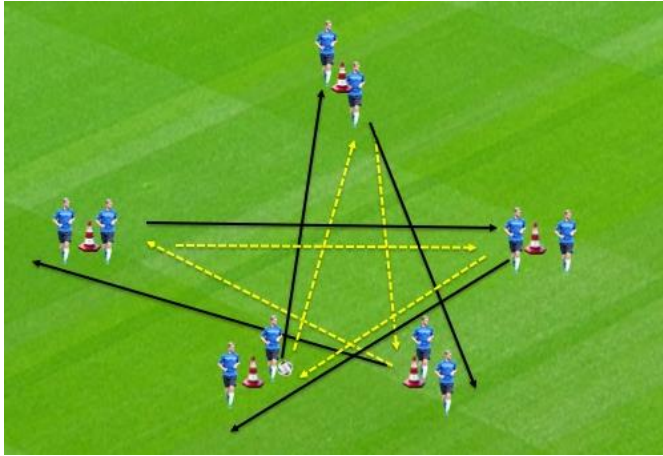
Exercise #2) Positional Game 3v3+2 – 25 minutes

Players always take-up the same positions when they win the ball. Green players always stay outside. Defenders must touch hands in middle before pressing the ball.

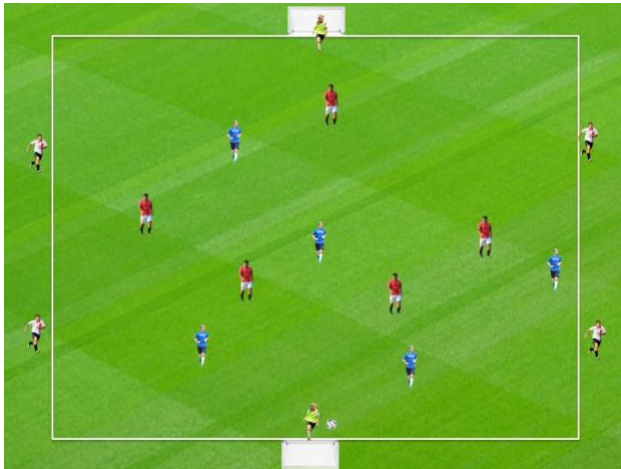


Exercise #3) Passing & Receiving Exercise: 12 minutes

Players should be used to this pattern now with emphasis on proper foot receiving, no steps between passing, coordinated movement off cones, 2 balls.



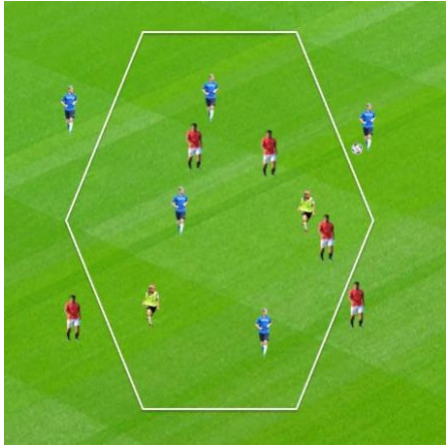
Exercise #4) Three Team Tournament – 25 minutes



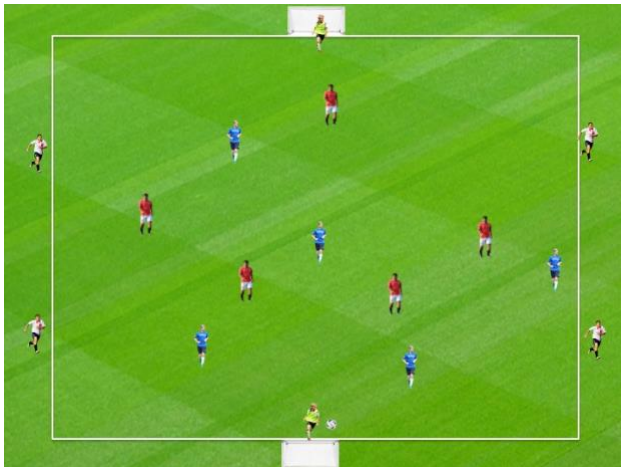


Exercise #1) Possession 3v3+2 with outside players – 25 minutes

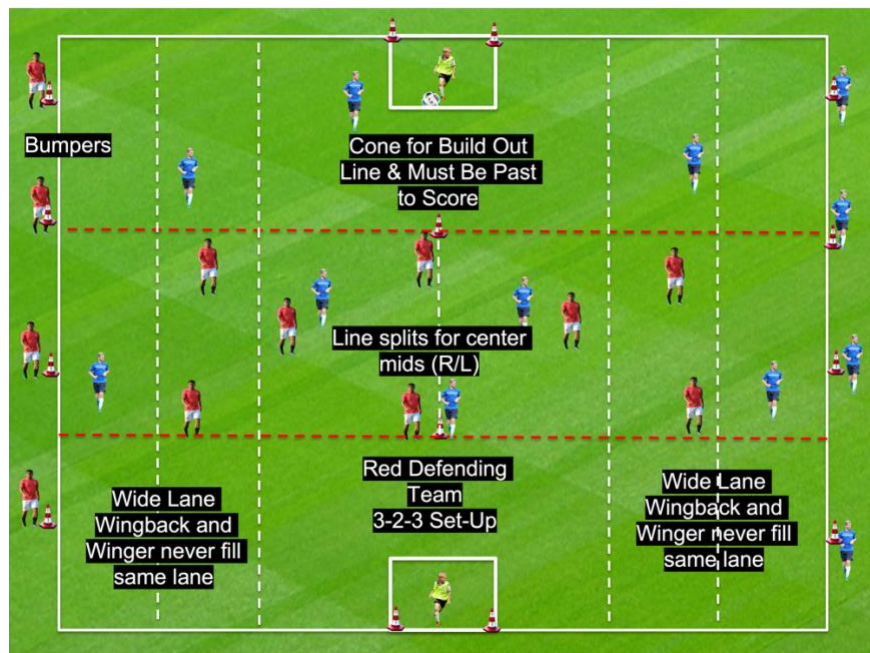
Construct the exercise for the number of players you have. 2-touch. Rotate outside players inside every 3 minutes.



Positional Game



Phase of Play: This is very important to play the actual game on a large game realistic field. The players get to learn the real distances and spacing just like on game day. Notice the outside players are bumpers and always involved in the game – make them 1-touch so they must be focused and concentrated.





U9 & U10  
7v7 Game Model Week #9

Game: 15 Min

Exercise #1) 5v2 Rondo – 15 minutes

Transitional rondo to start the session. You can combine this with a physical circuit every 3-4 minutes.



Exercise #2) 6v3 Possession – 20 minutes

This is the same 6v3 we use in the game model all season long.



Exercise #3) Positional Game 3v3+2 – 20 minutes

Players always take-up the same positions when they win the ball. Green players always stay outside. Defenders must touch hands in middle before pressing the ball.



Exercise #4) Game Play



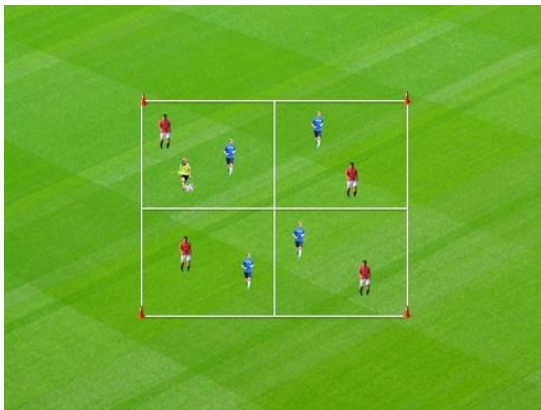
Exercise #1) Positional Rondo – 20 minutes

This builds in positional complexity in terms of exercises.

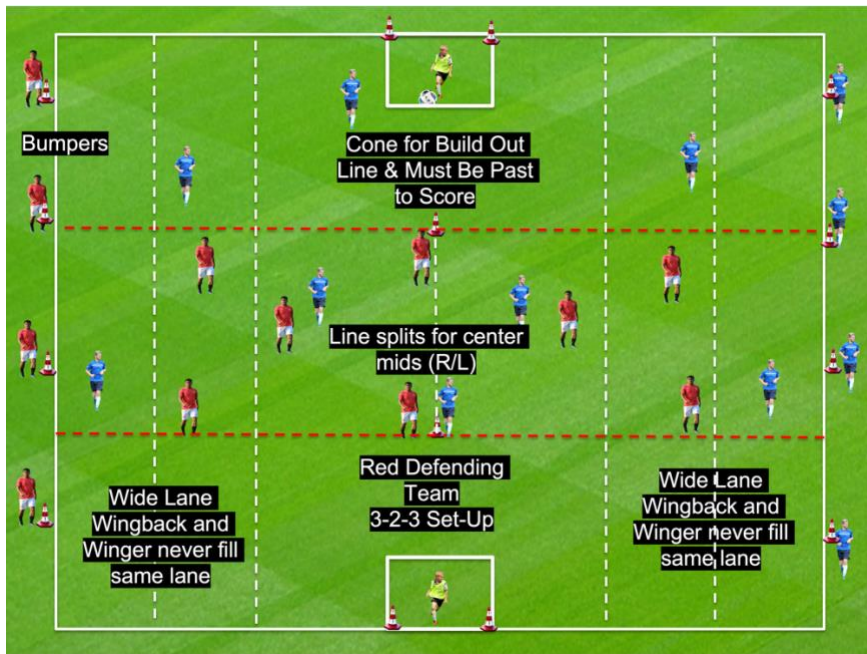
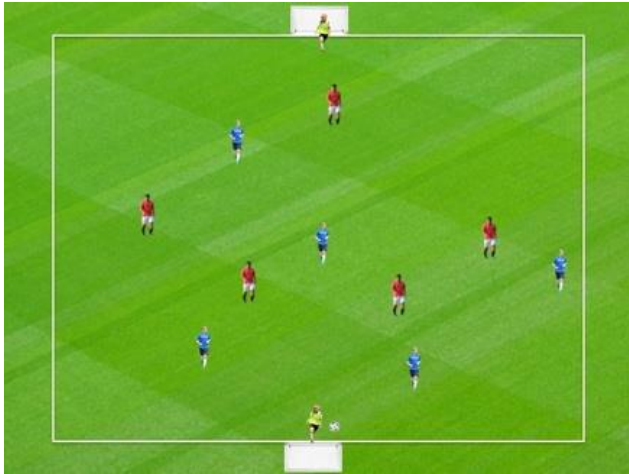


Exercise #2) Box Possession – 20 minutes (may need to modify)

2v2 in each box but the neutral player can go into any box. Make this 2-touch then free play - players can pass to any box at any time. Make sure players are creating good passing angles for each other.



Exercise #3) Game Play – 30 minutes

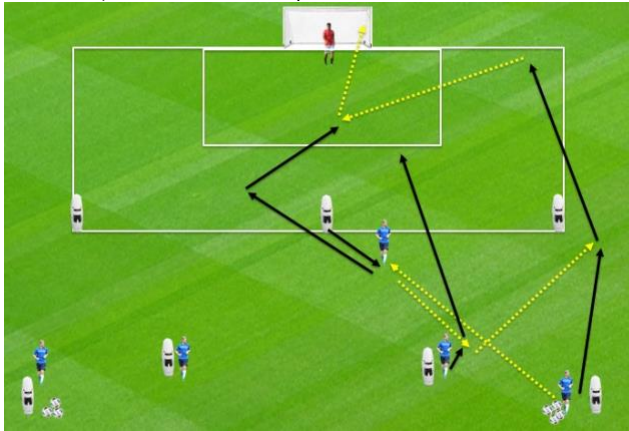




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7v7 Game Model Week #10

Game 15 minutes

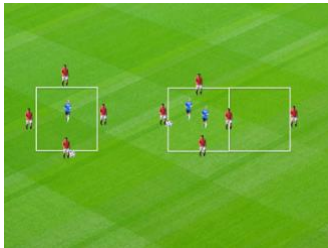
Exercise #1) Technical Pattern Play - 15 minutes



Exercise #2) 4v1 Rondo – 10 minutes

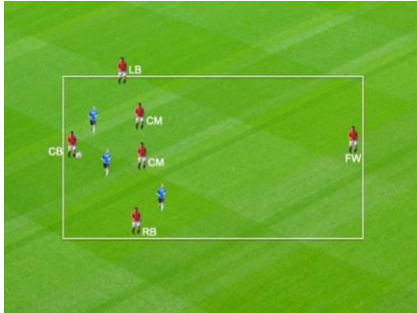
Guidelines & Modifications: You can start with a 2-touch 4v1 rondo in 10x10 yard grid. You can then progress to a transitional 4v1 rondo if the players can put together 3 or more passes. The below example shows a 4v2 transitional rondo but you can start with a 4v1 transitional rondo with two 10x10 yard grids put together. Make the rule of 2 passes minimum before the ball can be transferred as all players but the end line player shifts to the other square. As teams become more skilled you can make the rule 3 passes before transferring ball.

**Think of Rondos as passing and receiving practice with real opposition (defenders) working technique and learning to manipulate time and space to keep the ball.**



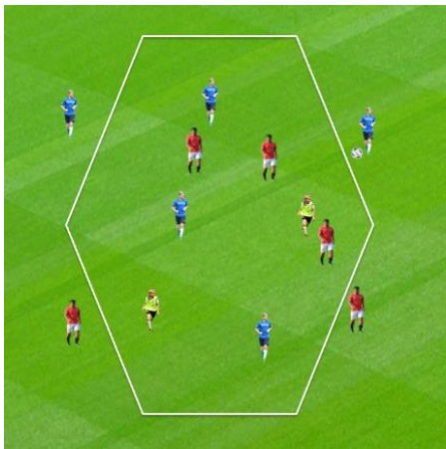
Exercise #3) 6v3 Possession – 15 minutes

This is the same 6v3 we use in the game model all season long.



Exercise #4) Possession 3v3+2 with outside players – 25 minutes

Construct the exercise for the number of players you have. 2-touch. Rotate outside players inside every 3 minutes.



Phase of Play: This is very important to play the actual game on a large game realistic field. The players get to learn the real distances and spacing just like on game day. Notice the outside players are bumpers and always involved in the game – make them 1-touch so they must be focused and concentrated.



