



For 6 – 12 Players

FLEXIBLE TRAINING SESSIONS 5

Perfect Zone Games

- Improve possession play
- Exploit overload situations
- Prepare switching play
- Improve transition behavior
- Form triangles and diamonds
- Execute technical elements under pressure

PHOTO: ALEKSANDR OSIPOV
SHUTTERSTOCK.COM

www.ifj96.de

For 6 - 12 Players

Flexible Training Sessions 5

Perfect Zone Games



Author: Thomas Kettner

Publisher: Institut for Youth-Soccer, (IFJ96)

Production: Peter Schreiner

Proofreading: Jörg Amthor

Cover: Oleksandr Osipov/Shutterstock.com

Copyright: Institute for Youth-Soccer, 2025

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopy, recording or otherwise, without prior written permission of the copyright owner. Nor can it be circulated in any form of binding or cover other than that in which it is published and without similar condition including this condition being imposed on a subsequent purchaser



All drawings in this book were made with easy Sports-Graphics.
More Information on easy-sports-software.com/en

Table of Contents

Introduction.....	6
ZONE GAMES FOR 6 PLAYERS	8
2+2 vs 2 with a change of field after an interface pass.....	9
Interchangeable leak in a 4 vs 2.....	10
4 vs 1 with a change of fields.....	11
4 vs 2 in pairs with change of fields	12
ZONE GAMES FOR 7 PLAYERS	14
Ball circulation in a 4 vs 1+1 with a change of fields.....	15
Interchangeable leak in a 5 vs 2.....	17
Corner game in a 5 vs 2 with change of fields	18
3+N vs 3 with change of fields.....	19
ZONE GAMES FOR 8 PLAYERS	20
4 vs 2 – switching the play with counterpressing.....	21
3 vs 1+1 on 3 vs 1 – ball circulation on 2 fields	22
Interchangeable leak in a 6 vs 2 on 2 fields	23
Ball circulation in various 3 vs 1 on 4 fields.....	24
Interchangeable leak in a 6 vs 2 on 2 fields	25
4 vs 1+1 – ball circulation with change of fields.....	26
2+2 vs 2 – switching fields with transition zones	28
3+2N vs 3 – switching the play with counterpressing.....	30
ZONE GAMES FOR 9 PLAYERS	32
3 vs 1+2 on 3 vs 1+2 – ball circulation on 2 fields.....	33
Three-color game in a 3+3 vs 3 with change of fields	34
3+3 vs 3 with change of fields after an interface pass.....	35
3+2N vs 3+ with change of fields	36
Various 3 vs 1 on 4 fields – for ball circulation.....	37
4 vs 2 on 2 vs 1 with change of fields	38
4 vs 1+1 – ball circulation with change of fields.....	40
3+3 vs 3 on 2 fields – all players change.....	42

ZONE GAMES FOR 10 PLAYERS 44

5 vs 2+3 – switching the play with counterpressing	45
5 vs 3+2 – switching the play with counterpressing	46
3+4N vs 3 – switching the play with transition zones.....	47
From 4 vs 2 to a 4 vs 6.....	48
4 vs 2 on 3 vs 1 with change of fields	50
2x 4 vs 1+1 with change of fields.....	51
5 vs 3 on hexagonal fields with switching play.....	53
4+N vs 4 with switching play and counterpressing	54
4+2N vs 4 with switching fields and counterpressing.....	55

ZONE GAMES FOR 11 PLAYERS 56

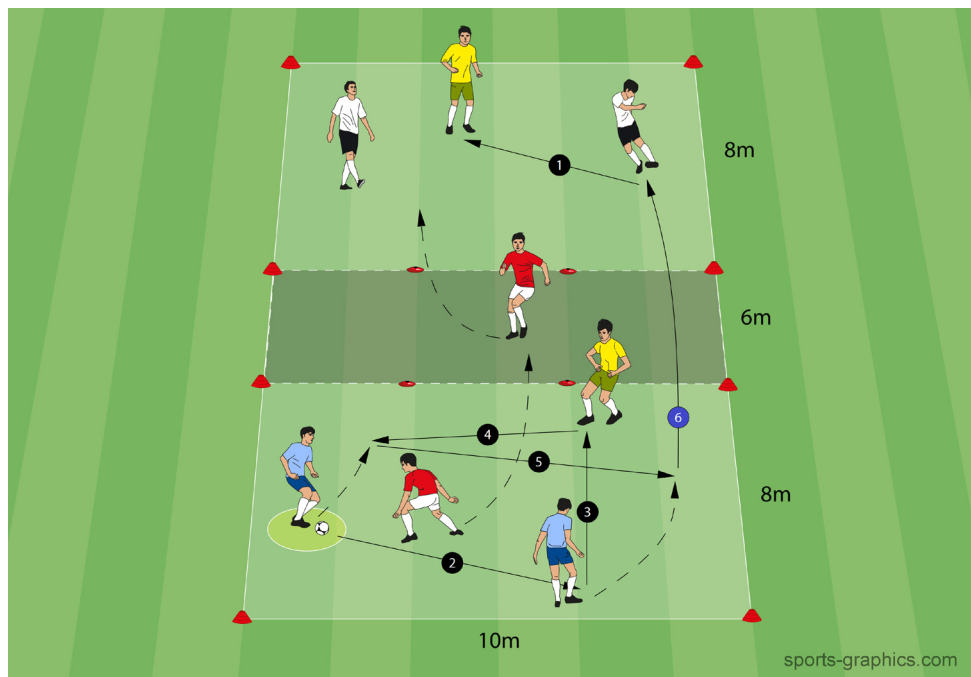
From a 4 vs 1 to a 4 vs 7	57
4+3N vs 4 with switching fields and counterpressing	59
2+3N vs 2 in 5 groups – switching fields	60
5+N vs 4 with switching fields.....	62
4 vs 1+2 to a 4 vs 1+2 – shifting the play.....	64
4 vs 2+2 to a 4 vs 2+2 shifting the play 2	66
5+N vs 5 – switching fields	68
4+2N vs 4 with change of fields and counterpressing.....	69

ZONE GAMES FOR 12 PLAYERS 70

4 vs 2+2 to 4 vs 2+2.....	71
The Lottermann-game	73
Three-color game in a 4+4 vs 4 with changing fields	74
4+3N vs 4 with shifting play and counterpressing.....	75
4+4 vs 4 with change of fields after an interface pass.....	76
6 vs 3 on 2 fields with switching fields on 4 mini goals	78
4+3N vs 4 switching fields with transition zones	80
Zone play in 4 vs 2 – Tottenham	81
2x 4+1 vs 2 – switching fields with jokers.....	82
2x 4+1 vs 2 – switching fields with jokers.....	84
Zone play in a 3+2N vs 3 on 3+2N vs 3 – Barcelona.....	85
Three- color game in a 3+1 vs 4 – switching play in 3 zones	86

3+3 vs 3 – switching fields with transition zones	87
6 vs 3 with switching play on two hexagon fields	88
From a 5 vs 2 to a 5 vs 7 on 4 mini goals in a cross	90
ABOUT THE AUTHOR	92
Thomas Kettner	93

3 vs 1+1 on 3 vs 1 – ball circulation on 2 fields



ORGANIZATION & PROCEDURE

Divide 8 players into four groups of 2. A 10 x 22m-field divided into two 8m-deep outer zones and a 6m-deep middle zone. Assign a group of 2 to each outer zone. The third group of 2 is divided into one player per outer zone. The fourth group are the hunters. Total duration: 15'.

1. 3 vs 1+1 in one outside zone with a max. of 2 contacts.
2. After at least 6 passes the play can be shifted into the other outer zone.
3. The opponent in the middle zone tries to intercept the transfer. If this is not successful, he chases in the other outer zone and his partner pushes into the middle zone.
4. In case of winning the ball the chasing team switches.

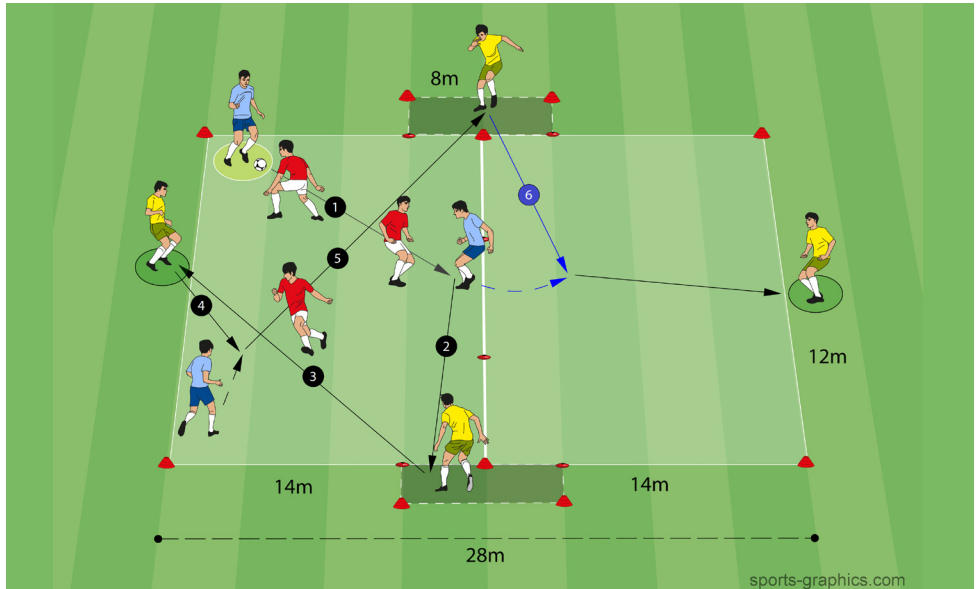
COACHING POINTS

- Constantly focused on playing in open playing positions
- Immediately start a counterpressing after the ball is lost

VARIATION

- The chasers remain stationary for 2' and count their conquests

3+4N vs 3 – switching the play with transition zones



ORGANIZATION & PROCEDURE

3 teams. 3 red and blue players and 4 yellow players. Field: 28 x 12m divided into two 14 x 12m-fields. Two additional "changing zones" of 8 x 2m outside the field around the center line. 5 rounds with a playtime of 3' each. Total duration: 20'.

1. Blue with 4 neutrals outside the field plays red to hold the ball. Free play.
2. The neutrals can be used as wall players at any time.
3. After 5 passes, the game can be transferred to the other zone via one of the two neutrals located in the transition zones. To do so, one player of the team in majority has to demand the ball in the other zone where then the play continues.
4. Each successful change of zones = 1 point!
5. After 3' the 4 neutrals change.

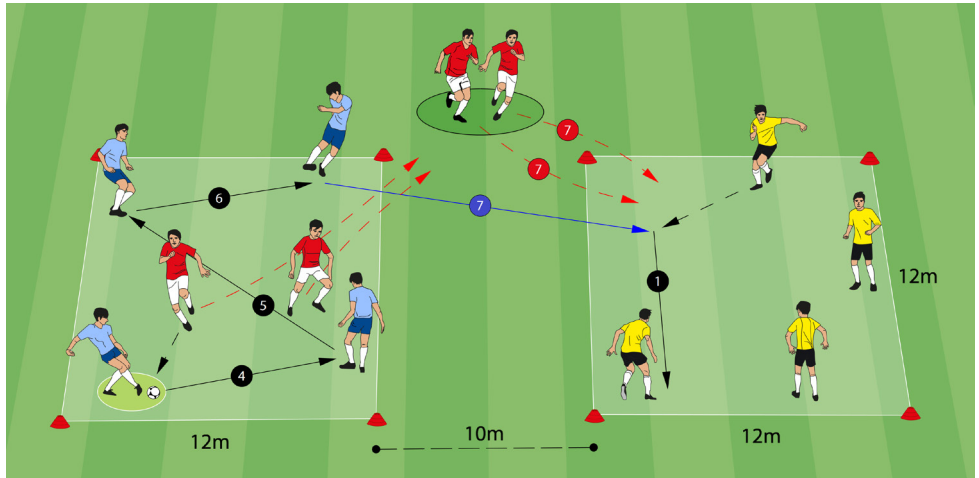
COACHING POINTS

- Prepare open playing positions and shifts
- Immediate counterpressing when the ball is lost

VARIATION

- Majority team with a max. of 3 contacts
- In the event of a change of zones, the outside neutral player must first play to the neutral player away from the ball

The Lottermann-game



ORGANIZATION & PROCEDURE

3 teams (red, blue and yellow) with 4 players each. Set up 2 fields measuring 12 x 12m at a distance of 10m next to each other. Blue and yellow each occupy a zone. Red starts as the hunters. 3 rounds with 4' playtime each. Total duration: 15'.

1. There is a 4 vs 2 (blue vs red) with a max. of 2 contacts on ball retention in one field.
2. The remaining 2 players of the hunter team are positioned to the side of the courts.
3. The third group of 4 (here yellow) waits in the other zone.
4. After at least 7 passes, blue can shift the play to the other zone with a flat pass.
5. If the shift is successful, play continues in the other zone in a 4 vs 2 (yellow vs red).
6. The other two chasers now enter the new zone and chase actively. The previous active hunters move to the outside and take a short break.
7. If the hunter team gains ball possession after a mistake by the Team in majority playsor the hunters themselves deliberately play into the other zone, the hunter team changes.

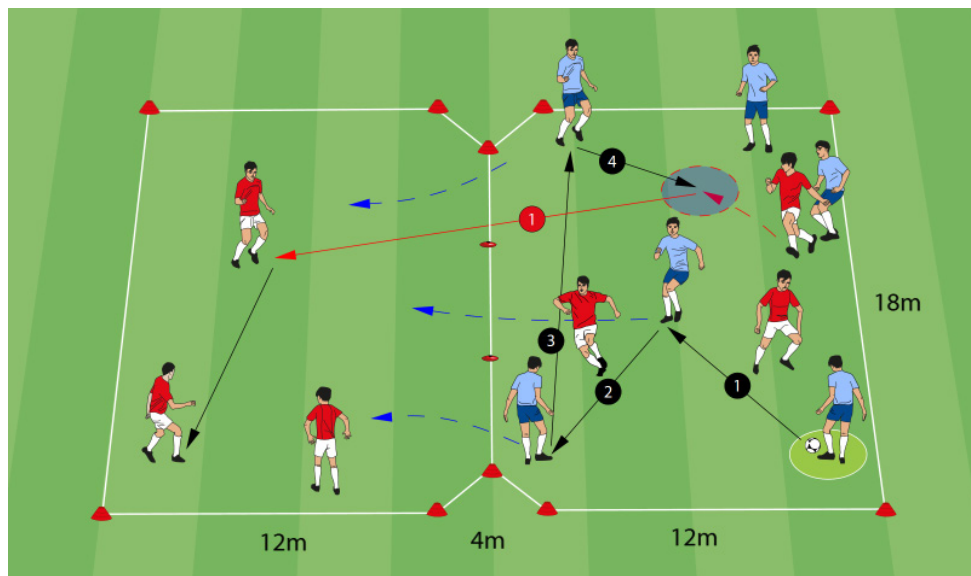
COACHING POINTS

- Speed of action and shifts of play
- Quickly switching after winning or losing the ball
- Immediate counterpressing when the ball is lost
- Approach of the hunters with maximum speed

VARIATION

- Team in majority plays with max. 3 contacts
- Ball recovery by chasers in the event of a mistake by the team in majority or if 2 chasers get the ball in succession

6 vs 3 with switching play on two hexagon fields



ORGANIZATION & PROCEDURE

2 teams (red and blue) with 6 players each. Each team will be assigned to one half. Field: 28 x 18m divided into 2 equal halves of 12 x 18m each. Cut off two 2 x 2m- corners at the center line to create 2 hexagons. 2 rounds with a playtime of 7' each. Total duration: 15'.

1. 6 vs 3 with a max. of 2 contacts on ball retention in one half.
2. The remaining 3 red players wait in the other half and take a break.
3. 10 consecutive passes = 1 point for the team in majority.
4. When the chasers win the ball, they pass to their teammates in the other half.
5. Now all red players move to the new field meanwhile blue "sends" 3 chasers.
6. Which team can score more points?

COACHING POINTS

- Fanning out, open playing positions and shifting and immediately counterpressing when the ball is lost.

VARIATION

- After winning the ball, a pass must first be played in the opponent's field before passing to a teammate in your own field
- Team in majority plays with max. 3 contacts
- Team in majority plays with 2 mandatory contacts