

For 14 - 20 Players

FLEXIBLE TRAINING SESSIONS 2

70 Game Forms with Goalkeepers

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- Game Intelligence & Tactical Understanding
- 1v1 Skills and Transition Behavior
- Game-Realistic Finishing Training

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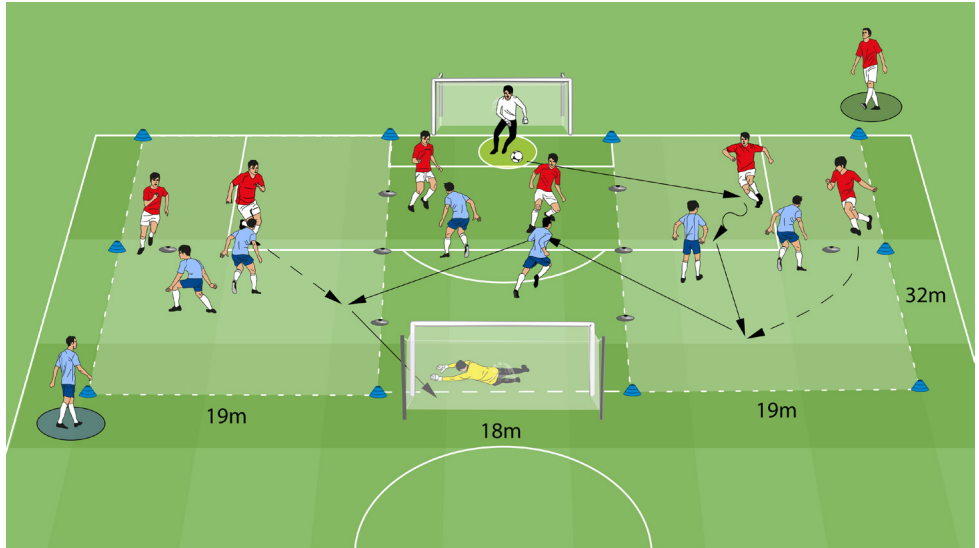
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Game 6 vs 6 in 3 longitudinal zones without offside (14 FP+ 2 GK)



ORGANIZATION & PROCEDURE

2 teams (red and blue) with 7 players each, 2 goalkeepers, field size: 56 x 32m, 2 players per team in the GK outer fields (19m) and in the middle field (18m).

6 rounds = $6 \times 2 \frac{1}{2}' = 15'$ per player and $1 \frac{1}{2}'$ break. Total duration: 25'.

1. 6 vs 6 on goals. 1 player from each team stays out and rests.
2. The players only operate in their zones. 2 GK fixed in the GK goals.
3. Play without offside!
4. Goal scored only if at least 2 zones have been played after the ball has been played out!
5. If a goal is scored, the successful team can attack again
6. The GKs are not allowed to score goals. If the ball is kicked out, always from the GK again.
7. After each game sequence ($2 \frac{1}{2}'$), 1 player moves to the adjacent zone (move in opposite directions).

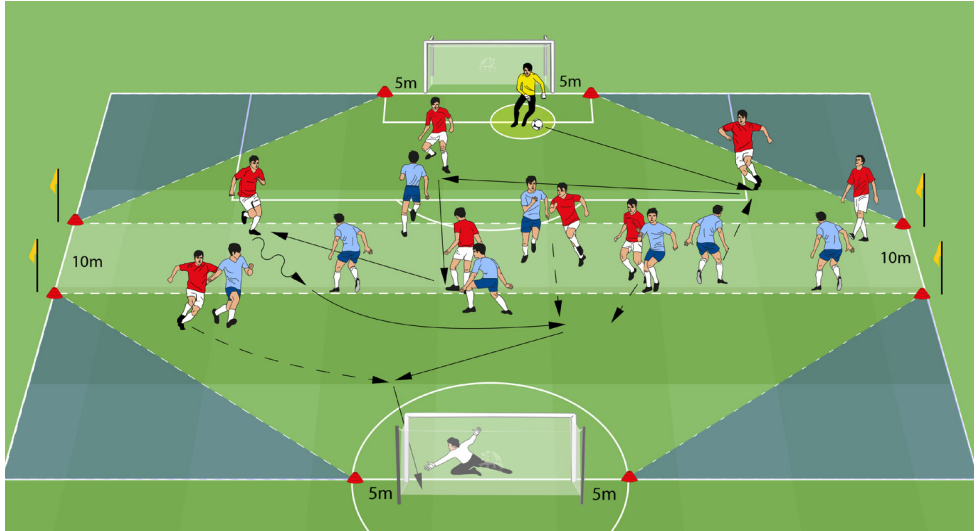
COACHING POINTS

- Open playing positions, breaking away from the opponent
- Switch field to neighboring zones

VARIATIONS

- GKs may hold the ball at their feet for a maximum of 5" (time limit) before playing to a teammate.
- All 3 zones must be played before a goal can be scored.

Game 8 vs 8 in the Octagon (16 FP+ 2 GK)



ORGANIZATION & PROCEDURE

2 teams (red and blue) with 8 players each in 3-4-1. 2 goalkeepers, in one half of the pitch an 8-sided pitch with a 10m middle zone. 2 rounds with 8' playing time each, total duration: 20'.

1. 8 vs 8 on goals. Free play in a marked out field.
2. Play with offside (offside line after the middle zone)
3. If the ball is kicked out, throw-in accordingly.
4. If a goal is scored, the team retains possession of the ball and restarts from the goalkeeper's position.

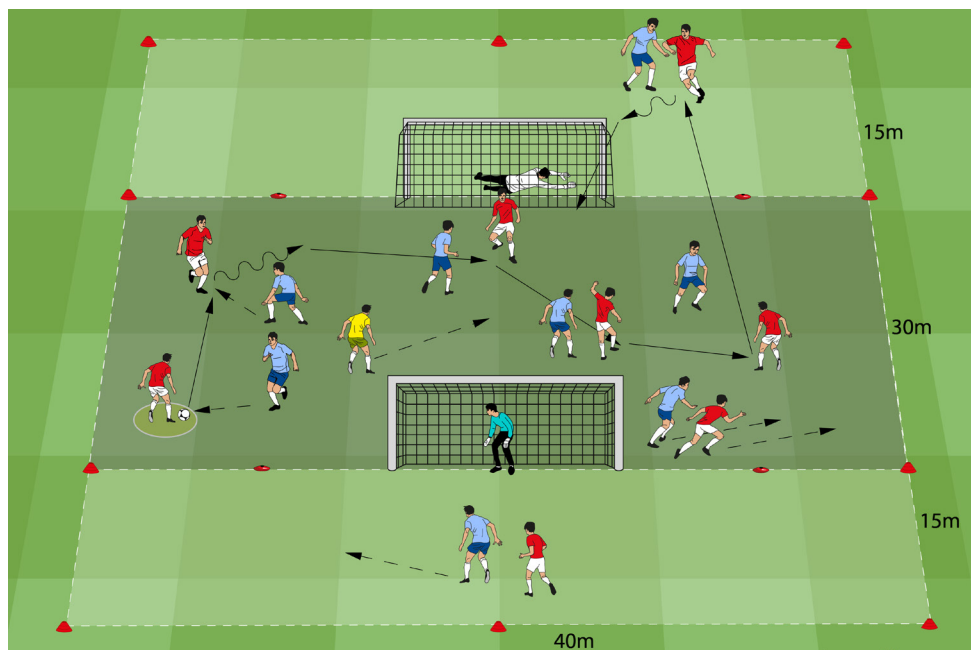
COACHING POINTS

- Use open body positions and playing field width
- Passes into the depths

VARIATION

- Instead of a throw-in, the GK always rebuilds the ball

Game 6 v 6+ 1N+ twice 1 v 1



ORGANIZATION & PROCEDURE

2 teams (red and blue) with 8 players each, 1 neutral player (yellow), 2 goalkeepers, field size: 40 x 60m divided into 3 zones, 2 large goals set up upside down in the middle zone (40 x 30m). 2 outer zones, each 40 x 15m. 3 passes with 4' playing time each, total duration: 15'.

1. 6 vs 6+ Neutral player in the middle zone to hold the ball with the aim of playing to the teammate in the outer zone after 6 passes.
2. He tries to finish the goal against his opponent.
3. If a goal is scored, the team retains possession of the ball.
4. Play without offside!

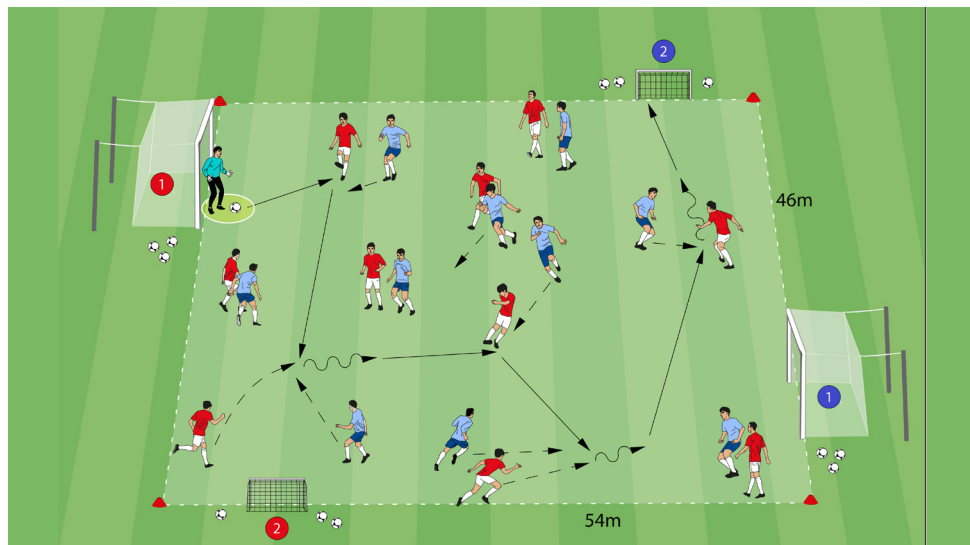
COACHING POINTS

- Open body positions and ready to get the ball
- Immediate counter-pressing when the ball is lost

VARIATIONS

- Contact limitation for the neutral player
- The teams can decide which goal to attack depending on the situation.

Game 10 vs 10 on 4 goals (20 FP+ 2 GK)



ORGANIZATION & PROCEDURE

2 teams (red and blue) with 10 players each, 2 goalkeepers, field size: 54 x 46m. 2 large goals and 2 mini goals distributed unevenly along the sidelines. There is 1 goal on each side (alternating between mini goal and large goal). 4 rounds with 4' playing time each, total duration: 20'.

1. Allocate 1x large and 1x small goal to each team.
2. 10 vs 10 on goals and mini goals.
3. Play without offside in a marked out area without contact restrictions.
4. At least 7 passes must be played before a goal can be scored.
5. The exception is when a shot is taken within 1'' immediately after winning the ball (fast switching).
6. If the ball is kicked out of bounds, an indirect free kick is taken from the place where the ball went out of bounds.
7. If a goal is scored, the team retains possession of the ball and rebuilds through the goalkeeper.

COACHING POINT

- Ball circulation and getting out of tight spaces

VARIATIONS

- Max. 3 contacts allowed
- Goals in the mini-goals only after a back pass from the baseline.