

For 14 – 20 Players

# FLEXIBLE TRAINING SESSIONS

78 Perfect Positional Games

- Improve possession play
- Use overload situations
- Perfect transition play
- Form triangles and diamonds
- Execute soccer technique under

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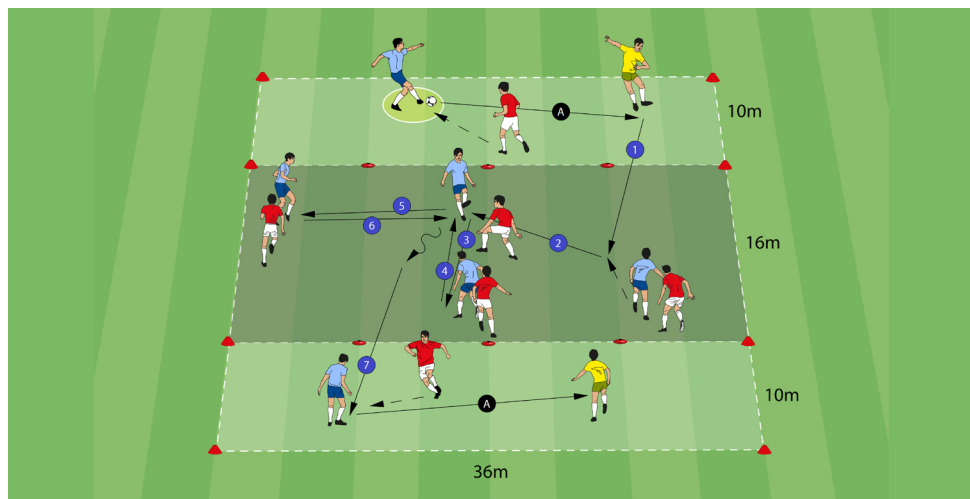
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## 1+N vs 1 to 4 vs 4 to 1+N vs 1



### ORGANIZATION & PROCEDURE

2 teams (red and blue) with 6 players each and 2 neutral players (yellow). Field size: 36x36m divided into two 10m-deep end zones and a 16m-deep middle zone. 3 rounds with a play time of 4'each. Total duration: 15'

1. 4 vs 4 in the middle zone. In addition, each team has one player in each end zone.
2. The two neutrals (yellow) are also distributed between the two end zones.
3. The team in ball possession (in this case blue) acts in the end zones with the neutral in a 2 vs 1.
4. Free play on ball retention.
5. The aim is to play at least 7 passes within the team to reach the other end zone (action "armed") = 1 point!
6. If that worked, the team in ball possession continues to play and "activates" the next sequence into the other direction.
7. When the chasing team wins the ball, a teammate has to be played to in the end zone so that red can now "arm" itself.
8. The players only act in their zones.
9. The team in ball possession can involve the neutrals and teammates in the end zones as wall players.

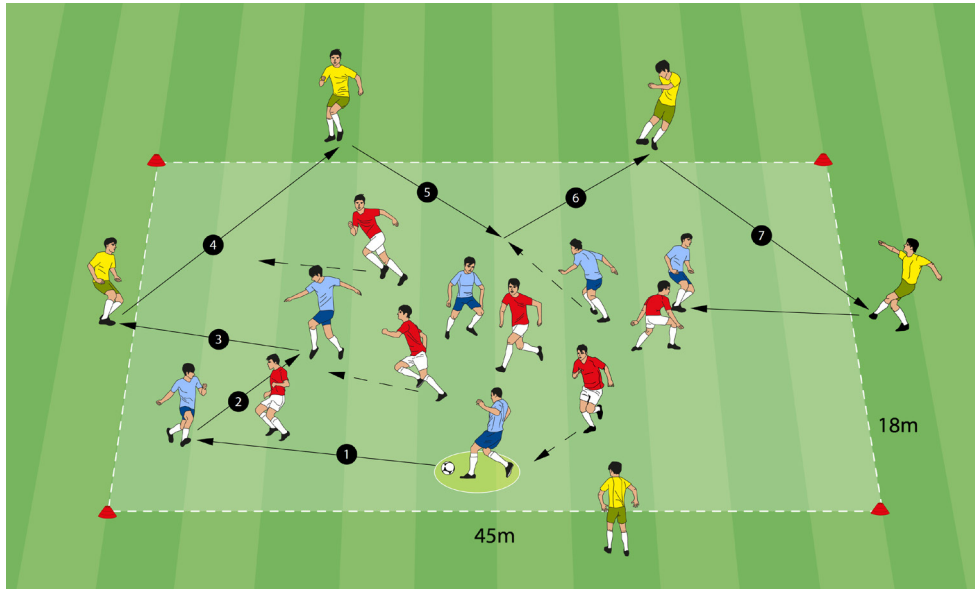
### COACHING POINTS

- Ball circulation, fanning out, finding gaps and passes into the depth. Closing off passing lanes

### VARIATION

- In the end zones, the team in majority and the neutrals play with 2 contacts only.

## 6 + 5N vs 6



### ORGANIZATION & PROCEDURE

2 teams (red and blue) with 6 players each and 5 neutral players (yellow). Field size: 45x18m. 3 rounds with a play time of 4' each. Total duration: 15'

1. The 5 neutrals are distributed around the pitch, where they can always be included as wall players by the team in ball possession. Passes between neutrals are permitted, but a player in the field must be passed to first before another pass can be played between 2 neutrals.
2. Team in majority and neutrals with a contact limitation of max. 2 contacts.
3. 15 passes in a row = 1 point!
4. In the event of ball out or a contact error by the team in majority, as well as when the ball is won by the chasing team and at least 2 players have been on the ball in succession, the other team now plays with the neutrals to keep the ball.

### COACHING POINTS

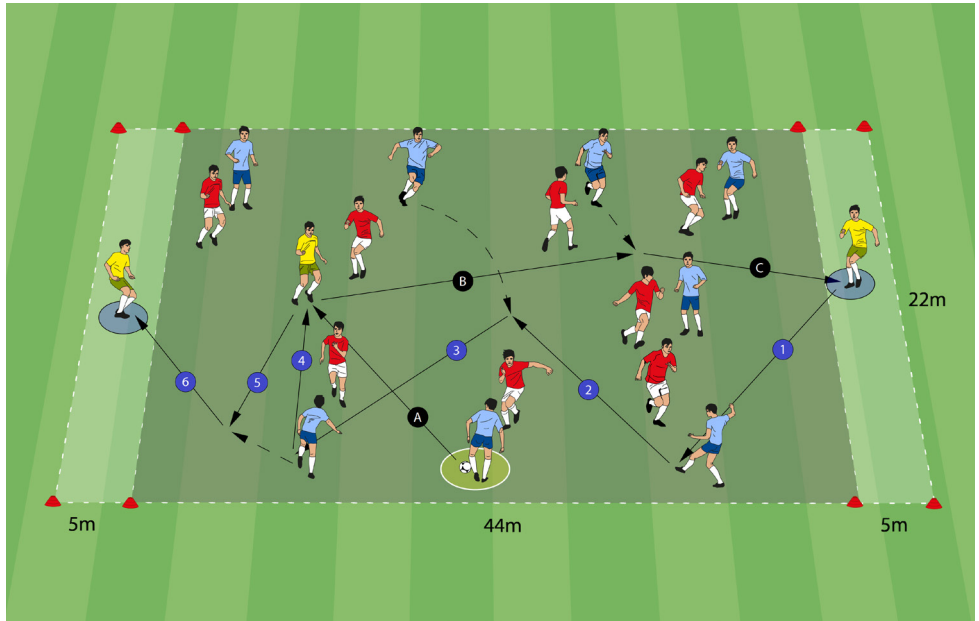
- Team in majority immediately starts the counterpressing after losing the ball
- Open playing position, all-round vision and playing out of tight spaces

### VARIATION

- Passes between neutrals are not permitted



## 8+3N vs 8 – from neutral to neutral



### ORGANIZATION & PROCEDURE

2 teams (red and blue) with 8 players each and 3 neutral players (yellow). Field size: 54x22m divided into a middle zone (44x22m) and 2 end zones (5x22m). 3 rounds with a play time of 4' each. Total duration: 15'

1. Blue and a N play a 9 vs 8 in the middle zone against red.
2. There is also a neutral in each of the two end zones. These players remain in their zones.
3. The aim is to pass into one of the two end zones ("arm" action) and then get into the other end zone after at least 5 passes. If the ball is lost, red now plays with the neutrals.
4. With contact limitation (max. 3 contacts) and only flat passes allowed.

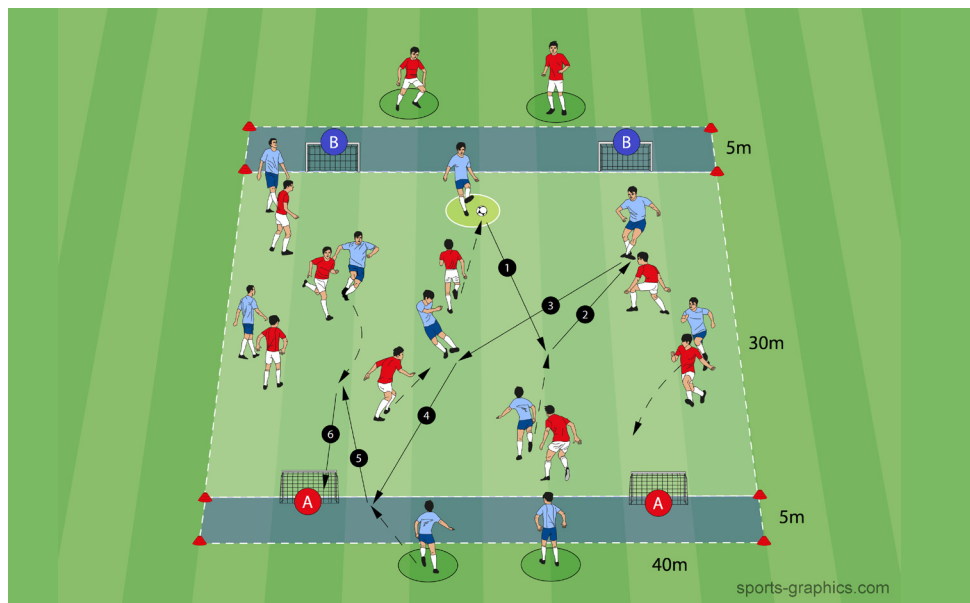
### COACHING POINTS

- Team in majority immediately starts counterpressing after losing the ball
- Open playing position, all-round vision and ball circulation

### VARIATIONS

- Free game (without contact limit) for red and blue
- Fly balls are allowed

## 8+2 vs 8+2 with taboo zones behind the mini goals



### ORGANIZATION & PROCEDURE

2 teams (red and blue) with 9 players each and a neutral player (yellow). Field size: 40x30 with 4 mini goals on the long sides. There is also a 5m-taboo zone behind each of the long sides. 5 rounds with a play time of 3½' each. Total duration: 20'

1. 8 vs 8 in the middle zone and two wall players per team, who were positioned behind the offensive taboo zone.
2. The wall players may enter the taboo zones for a max. of 5" to be played to but must leave again soon.
3. Free play in the middle zone. Wall player and the neutral with a max. of 2 contacts.
4. Goals score only after a successful clap by a wall player from inside the taboo zone.

### COACHING POINTS

- Patient style of play and a "good" eye for the depth

### VARIATIONS

- Wall player have to play directly
- At least 6 passes must be played before a wall player can be played to