

For 6 - 13 Players

FLEXIBLE TRAINING SESSIONS 3

65 Perfect Positional Games

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

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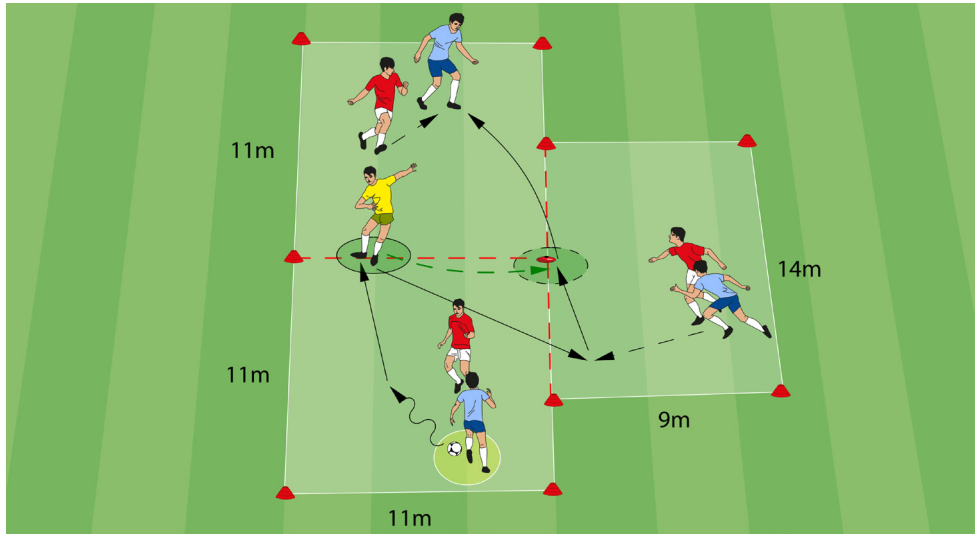
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1 vs 1+Neutral in 3 fields



ORGANIZATION & PROCEDURE

2 teams (red and blue) with 3 players each and a neutral player (yellow). Field size: 11 x 22m divided into 2 fields of equal size (11 x 11m). In addition, another 9 x 14m field next to it on one wide side. 3 rounds with a play time of 4' each. Total duration: 15'

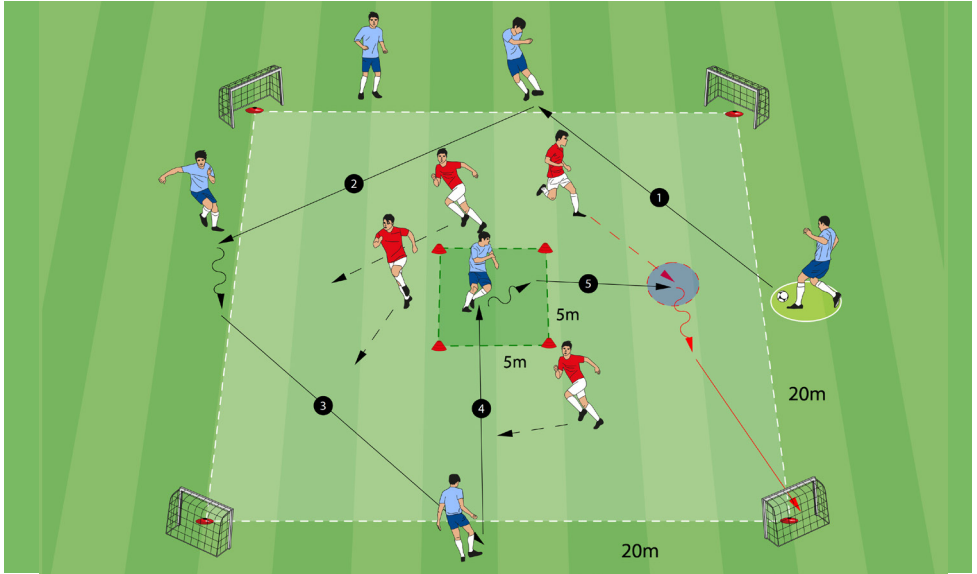
- 1.
2. Distribute one player from each team to the 3 fields, so that there is a 1 vs 1 per field.
3. The neutral acts as a wall player on the boundary lines (red) and can move freely there.
4. However, the neutral may not enter the fields and acts with a max. of 2 contacts.
5. In the active field a 1 vs 1+N is played accordingly.
6. Passes or shifts to another field are possible at any time.
7. Play without contact limitation for red and blue.
8. 8 passes in a row= 1 point!
9. Change the field assignments after each break.

COACHING POINTS

- Pre-orientation of the players
- All-round view of the player on the boundary lines

VARIATION

- Play with contact limitation (max. 3 contacts)



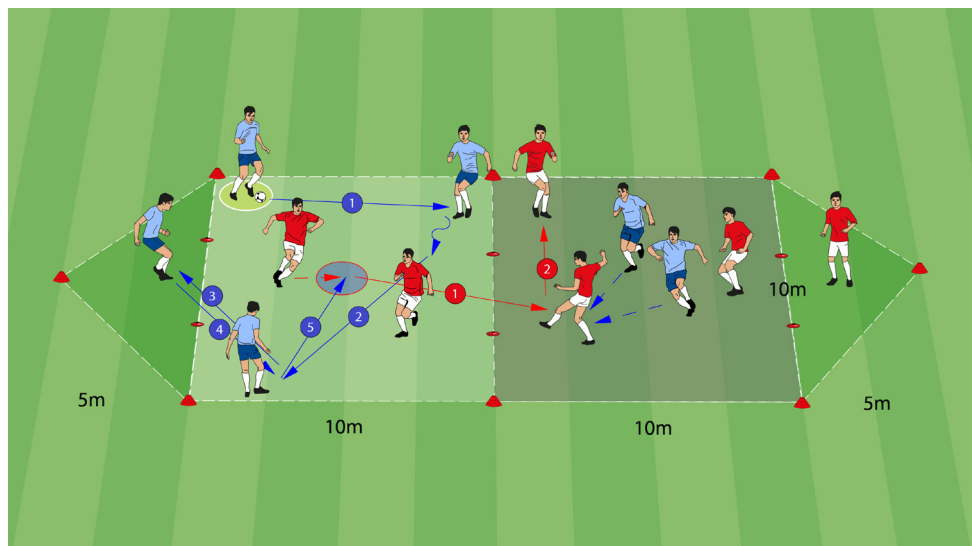
2 teams (blue and red). Blue with 6 players and Red with 4 players. Field size: 20 x 20m with an additional 5 x 5m field in the center. There is a mini goal at each corner of the large field. 4 rounds with a play time of 3' each. Total duration: 15'

1. Blue has one player in the inner square; all the other players are distributed around the outer square.
2. The 4 red players (hunters) spread in the space in between and may not enter the inner square.
3. Blue passes with a max. of 2 contacts.
4. As soon as the center player is played to and passes to a winger across one of the 3 lines where the ball did not come from, this counts 1 point!
5. Red tries to prevent passes to the center or to the outside by cleverly moving into the spaces needed.
6. As soon as red gains ball possession, they counterattack on one of the 4 mini goals.
7. Blue then immediately goes into counterpressing.

- Patient style of play with pressure passes.

- Play with 4 red hunters and only 4 blue players
- If a point is scored, the previous center player changes position with the passer.

3+1 vs 2 with jokers



ORGANIZATION & PROCEDURE

2 teams (red and blue) with 6 players each. Field size: 20 x 10m divided into two fields of equal size (10 x 10m). In addition, a 5 x 10m-triangle at the small ends. 2 rounds with a play time of 6' each. Total duration: 15'

1. Each team plays a 3 vs 2 without contact limitation on one of the two 10 x 10m-fields.
2. Another player (the joker) of the team in majority is positioned as a wall player in the adjacent triangle. This player only acts in this area and may not be attacked. The joker has a max. of 2 contacts.
3. As soon as the shorthanded team gains ball possession, they immediately play into the other half of the field so that they can try to keep the ball themselves.
4. The wall players open the sequence when the ball was out of bounds.
5. 10 passes in a row = 1 point.

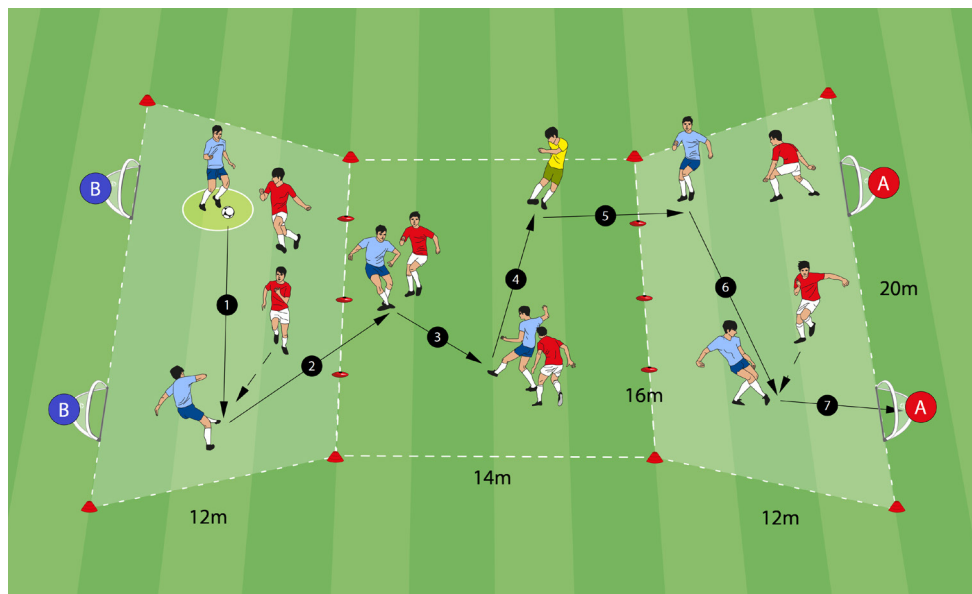
COACHING POINTS

- Immediately start counterpressing after losing the ball

VARIATIONS

- Change of fields after winning the ball only if both chasers have been on the ball at least once.
- Play with a max. of 3 contacts.

6 +N vs 6 in a hourglass with 3 zones



ORGANIZATION & PROCEDURE

2 teams (red and blue) with 6 players each and a neutral player (yellow). Field size: 38 x 20m with two 12m-end zones and a 14m-middle zone (indented by 4m). 4 mini goals behind the end zones. 2 rounds with a play time of 8' each. Total duration: 20'

1. Blue vs Red in a 6 plus neutral vs 6 on four mini goals.
2. 2 players per team act in the end zones.
3. In the middle zone, both teams play with 2 players plus the neutral.
4. The players stay in their zones.
5. Play without contact restrictions and without offside.
6. If a goal is scored, this team retains ball possession and starts again from the back.

COACHING POINTS

- Patient playing style
- Determination in the offensive end zone

VARIATIONS

- The middle zone must not be overcome
- Play with contact limitation (3 contacts)