



## 04/U14 - Possession to Advance - Play in Gaps between lines

**Category:** Tactical: Attacking principles  
**Difficulty:** Moderate

Am-Club: Rio Rapids Soccer Club  
Chris Hurst, Albuquerque, United States of America

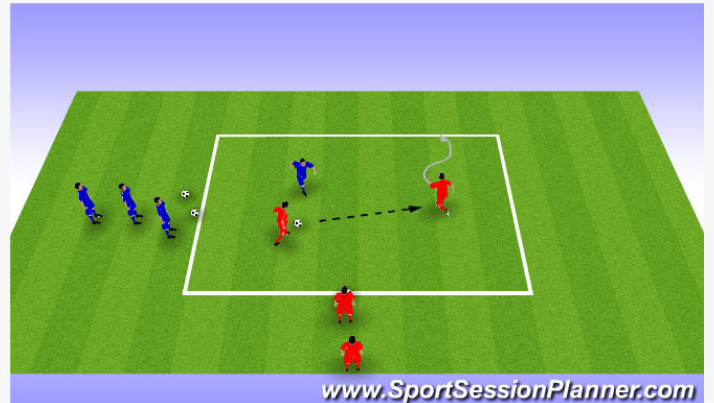
### 2v1 Transition (10 mins)

**DESCRIPTION/ORGANIZATION:**

Red team has ball 2v1 to end line opposite them.  
Blue team try to win ball and dribble out of area on any side.  
If blue team does this, they become team with 2 players vs 1 red going to line opposite their players.  
If either team scores while they have 2, next red comes on. Player who did not score the point for red stays on to creat 2v1.  
Defender stays on until they win the ball.

**COACHING POINTS:**

3 ways to win

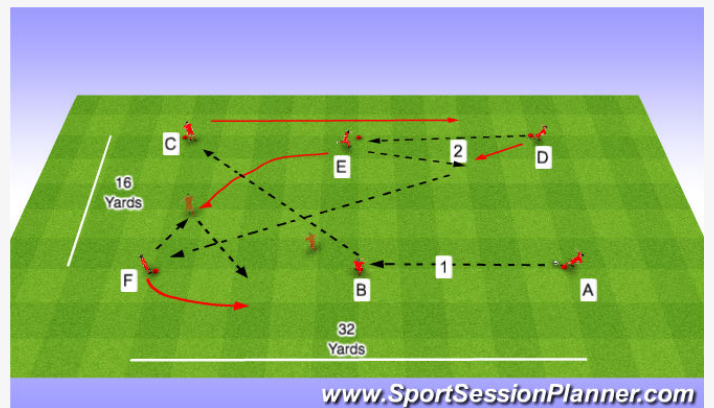


### H Exercise - Passing & Receiving (20 mins)

**DESCRIPTION/ORGANIZATION:**

Pass and follow pass

- 1) A to B, B turns and plays to C. C dribbles back to start at opposite side
- 2) D to E, E sets for D. D plays long pass to F. F sets to E, complete wall pass and F dribbles back to start at opposite side



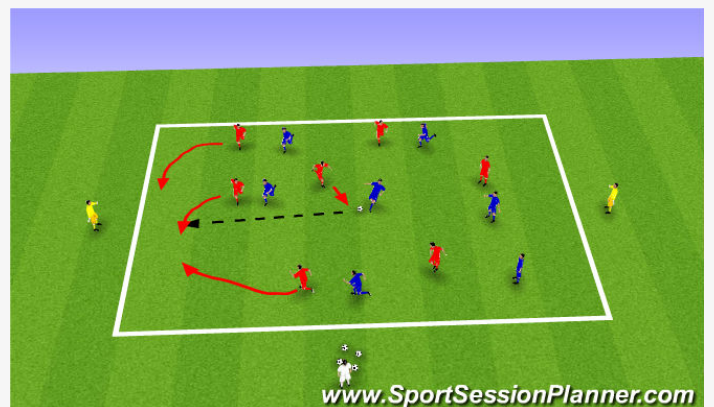
### 7v7 + Targets (20 mins)

**DESCRIPTION/ORGANIZATION:**

7v7 to Targets on 40x50 yrd grid  
New ball comes in from coach  
\*2 touch limit

**COACHING POINTS:**

Play forwards quickly  
Recognize what other team is giving you (can you play target early/or play thru lines)



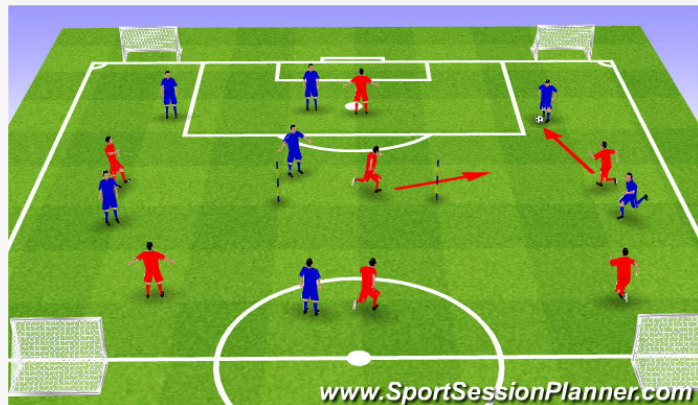
## 7v7 4 goal game+ middle goal (20 mins)

### DESCRIPTION/ORGANIZATION:

7v7 Directional 4 goal Game

1 point for dribble or pass thru middle goal (either team)

3 points for goal in outside goals



## 7v7 +GK's Scrimmage (15 mins)

### DESCRIPTION/ORGANIZATION:

Final game. Keepers can not punt ball.

2 touch limit

COACHING POINTS:

