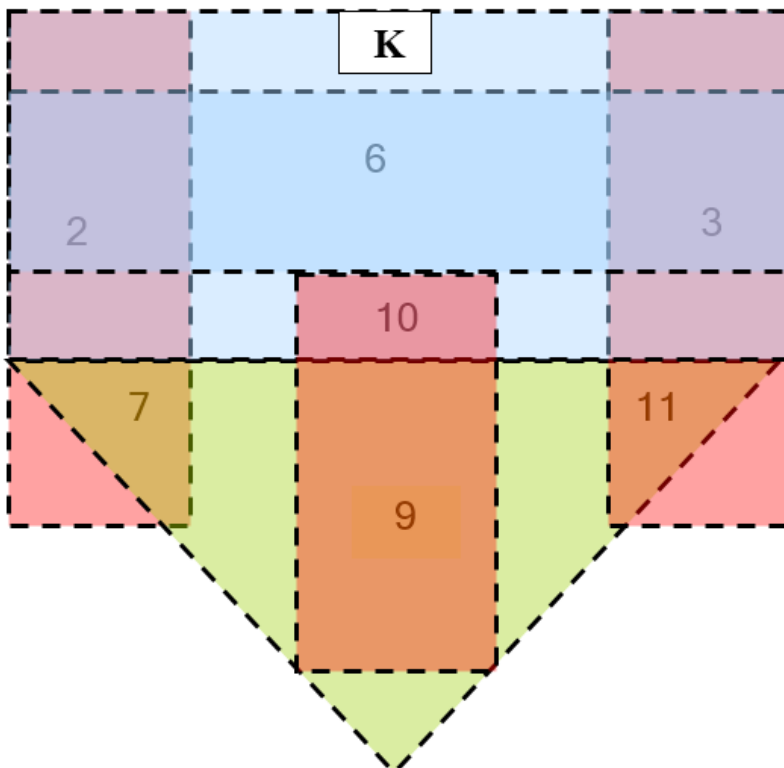


SMALL SIDED GAMES: 8 V 8 DEVELOPMENT

Organization:

- The team will be organised with 3 defenders who zone mark and understand marking and covering (2,3 and 6)
- All defenders will have the ability to break forward into midfield (including 6)
- There will be 1 anchor / attacking midfield player (10)
- There will be 2 players centrally who are athletic, can attack and defend and know how to rotate and give balance to the team (9 and 10)
- These 2 players have the ability to shape up in any way to account for special individuals whilst in no way affecting the teams attacking potential
- There will be 3 forwards who all have the speed, power, and 1v1 ability to win the team matches (7, 9 and 11)
- They will give the team width and have flexibility to interchange with each other and the attacking midfield player (7,9 10 and 11)

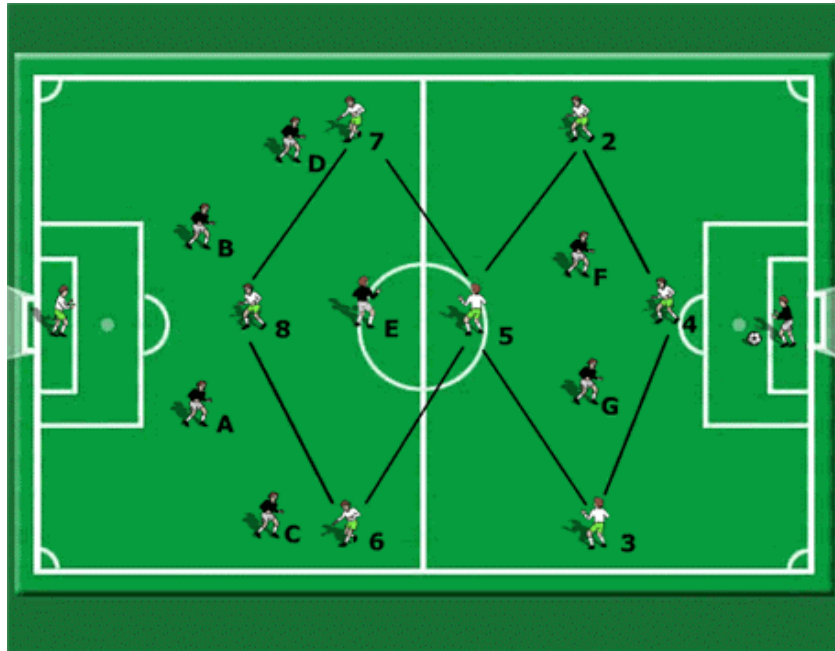
Preferred Formation 3-3-1



Positional Relationships within Units

- The Keeper and the back 3
- Back Three 2, 6 and 3
- 2 and 7
- 3 and 11
- 6 and 10
- 9 and 10
- 7, 9, 10 and 11
- So many relationships are important in this system of play.

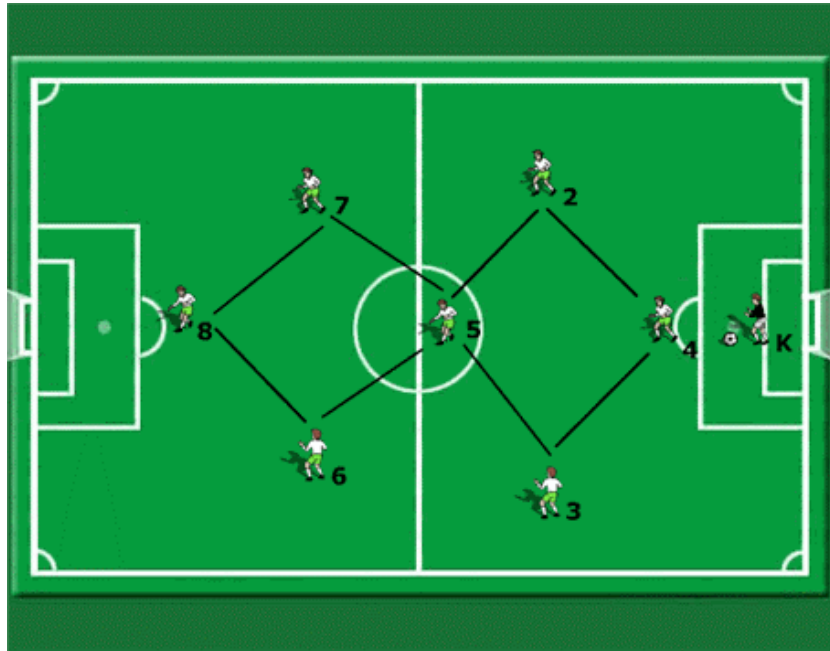
The 8 v 8 Double Diamond System Of Play



A 1-2-1-2-1 system of play, all players are in diagonal support positions to each other. Can be seen as a 3-3-1 defensively and a 3-1-3 offensively.

Playing against a regular 2-3-2 most opponents use.

Game 53: Developing An 8 v 8 Team Shape For U10's Going To U11

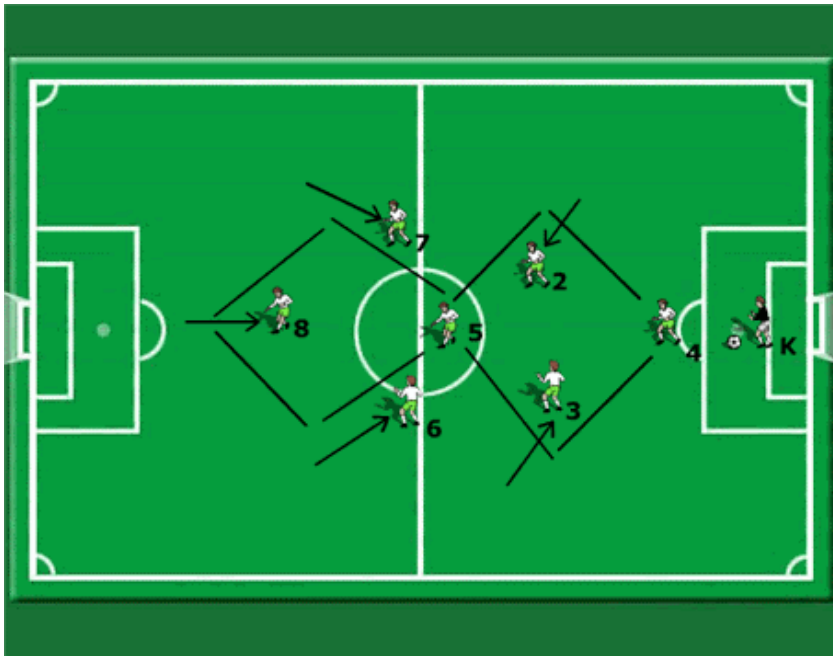


Bring another team in to work with on this if you want a full game situation.

Using two diamonds with player (5) being the central link between them both. This set up ensures we get great width at the back and at the front.

Attacking we are a 3-1-3 (or more specifically 3-1-2-1) and defending we are a 3-3-1. (6) And (7) need to transition quickly to make this work. This moves nicely into preparing for a 4-3-3 at 11 v 11 and getting the players ready to play with great width in the team both up front and at the back. (5) Has to be a good player and set it all up.

8 v 8 Team Shape



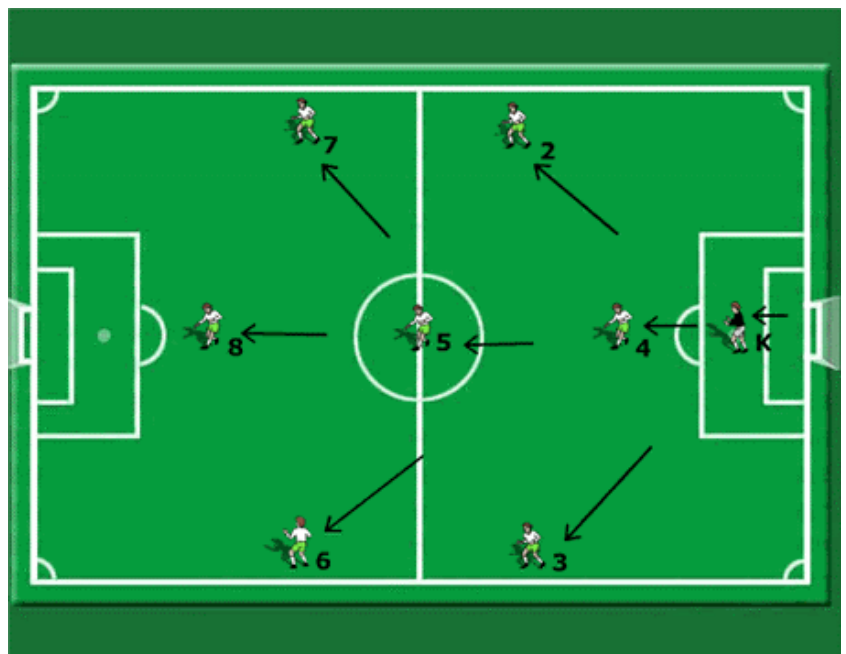
Defensive team shape dropping to a 3-3-1. (6) and (7) must transition quickly when we get possession and become attacking wingers. They must create space by going as wide as they can. To practice the attacking and defensive set ups of this system, have them play a shadow attacking play, then throw another ball in that represents an opponent with a ball. Ask the closest player (in this case 6) to the ball to pressure it and have the rest of the team take their shape around this player.

In possession the team spreads out as wide as possible.

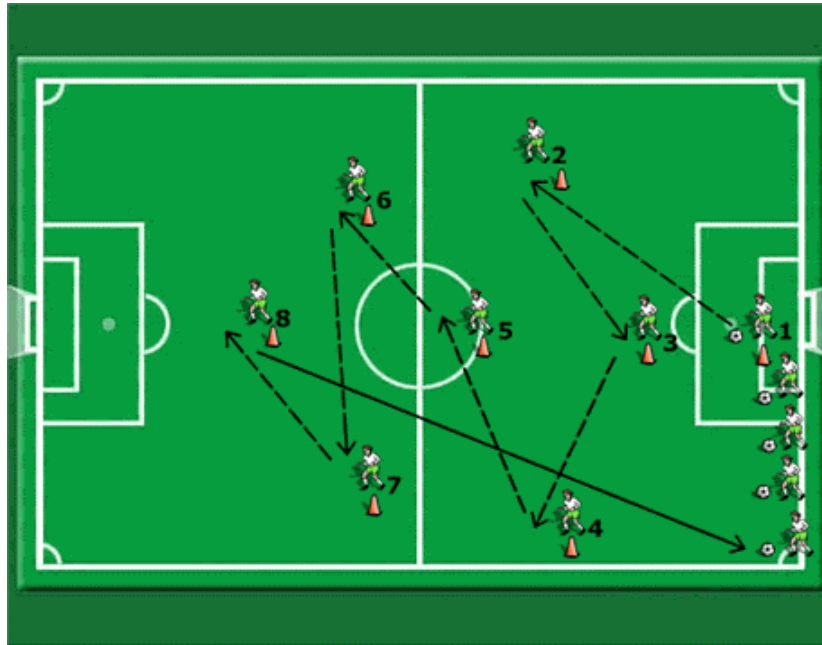
Introduce defenders to the session where appropriate when the players are ready to do this.

Use a small number to begin, 8 v 3, then 8 v 4 up to an 8 v 8 game.

Keep it passive defending to begin until they start to get success in the movement.

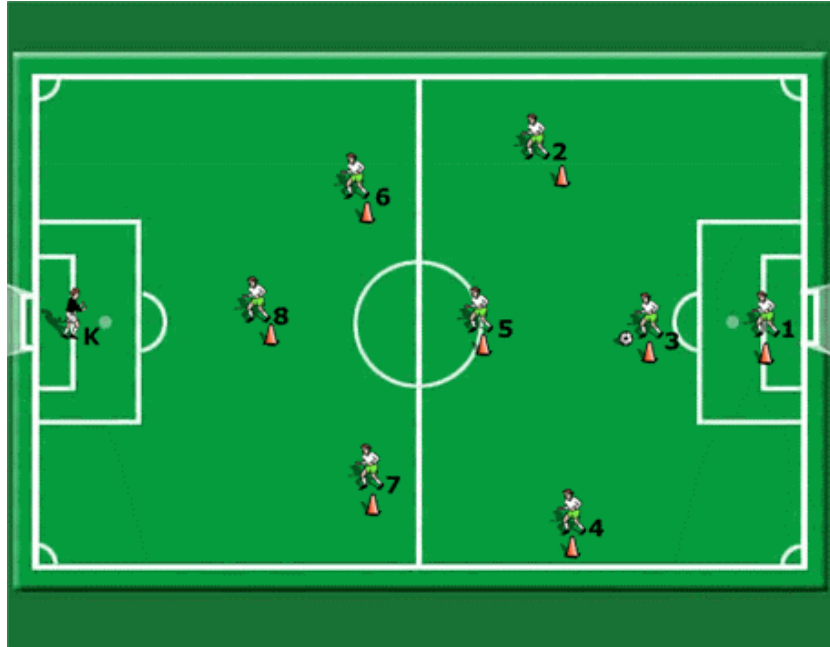


Game 54: Rehearsal Team Shape Method



1. Each player has a ball and runs with it around the circuit to begin so we get dribbling and running with the ball into the session as a starting point. Then, Pass and follow in the team shape. You can do this for any team size, 6 v 6, 8 v 8 or 11 v 11.
2. Change the routines.
3. Several balls going at once and everyone moving.
4. **Develop:** Have players check to the ball to receive.
5. **Develop:** Have players check away to check back to the ball.
6. Play one and two touch.
7. This is getting the players to check and receive the pass. Check away to come back into the space created.
8. Follow the pass, lots of repetition. Two touch plays, receive and move the ball into space with a turn with one touch and pass with the second touch. Try to play one touch.
9. Pass to the back foot of the player or behind them to move them. Player receiving can point to where they want the pass to go.
10. **Develop:** Give and go, 1-2 with the player passing to you.
11. Pass with the outside of the front foot.
12. Now playing give and go's, to develop the play and get lots of touches for all the players.
13. So (1) passes to (2) who checks to an angle to receive, (2) passes back to (1) who has checked off at another angle to receive, who passes into the path of (2) running towards (3) to pass to (3) and the cycle continues AT EACH STATION.
14. Players pass and run to the next position.
15. Several balls should be going at once and everyone is moving.
16. Try different shapes with the players.

Shadow Play Rehearsal

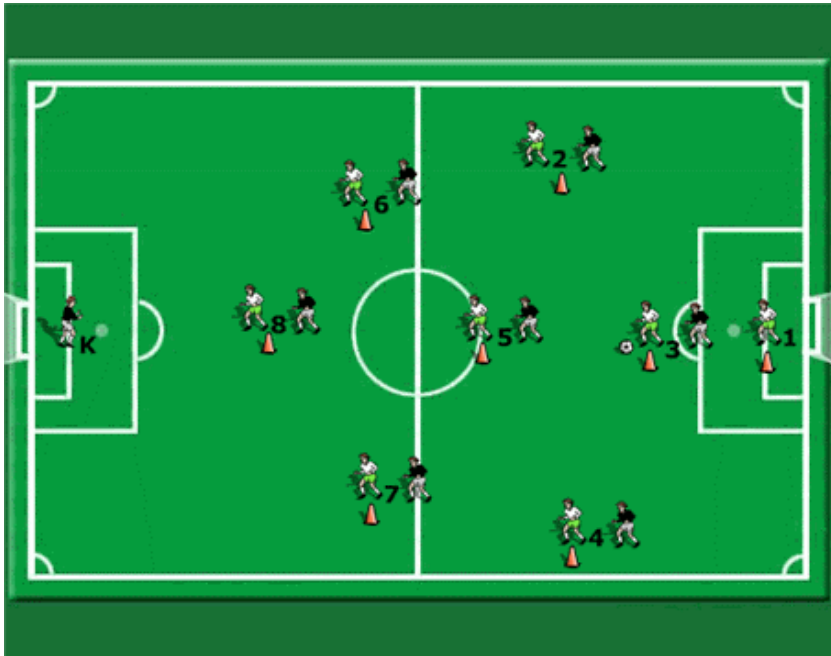


Using a numbering system to determine who passes to whom in a shadow play. This is continued REHEARSAL of movements.

Start with an angled pass from (3) to (5) who makes an angled support position sideways on and so getting their body between the ball and the imaginary defender.

Routine can be (3) to (5) to (2) to (6), who checks inside with the ball then passing to overlapping (2) and a cross to (8) and (7) in the box and a finish on goal. Vary the routine.

Looking to make angled passes all over the field but in a set routine.



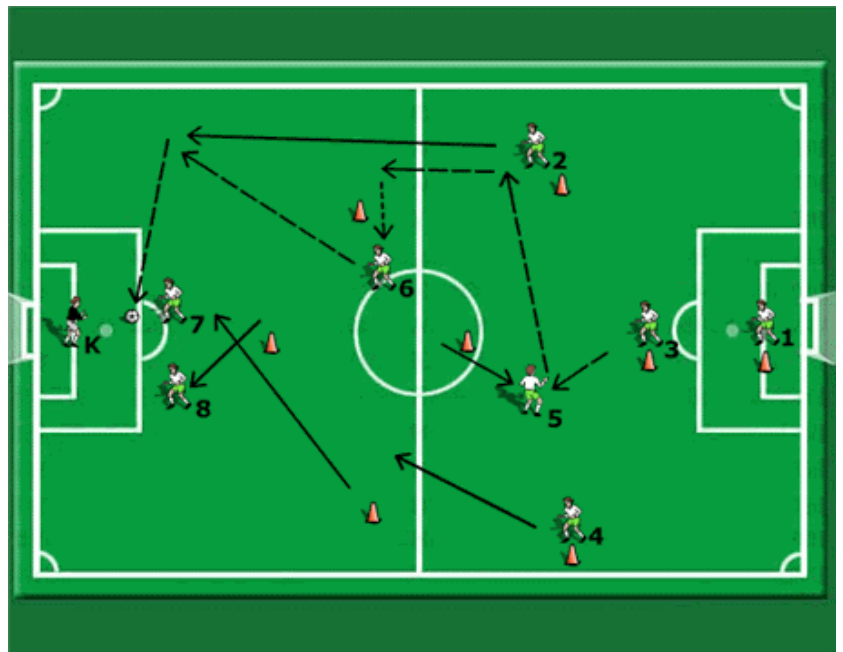
Have two players for each position then as one team has gone and finished the next team go as the first team recovers back so there is no waiting around.

Routines can be varied to include all players, to change direction, to go from one side of the field to the other and so on. (7) And (11) need to be involved a lot in the buildup as they act as both midfield players and strikers supporting (9) and are involved with overlapping play.

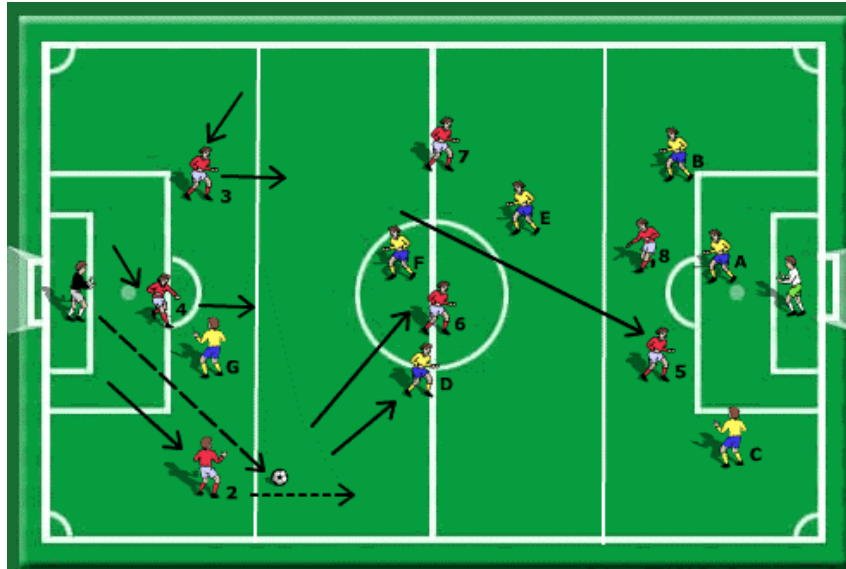
The recovering team gets in the way of the other team and so they can act as a passive opposition.

First routine and finish on goal. All the team moves forward as the attack progresses. Quick one and two touch play is advised.

Next routine can be (3) to (4), to (2) to (6), (2) overlaps and receives the pass to cross for (7) and (8) who crossover in the box to receive. The timing of the runs is important to make this work.



Game 55: Using Transition Games To Maintain Shape And Balance Throughout The Team In 8 v 8



Transitions Between Thirds

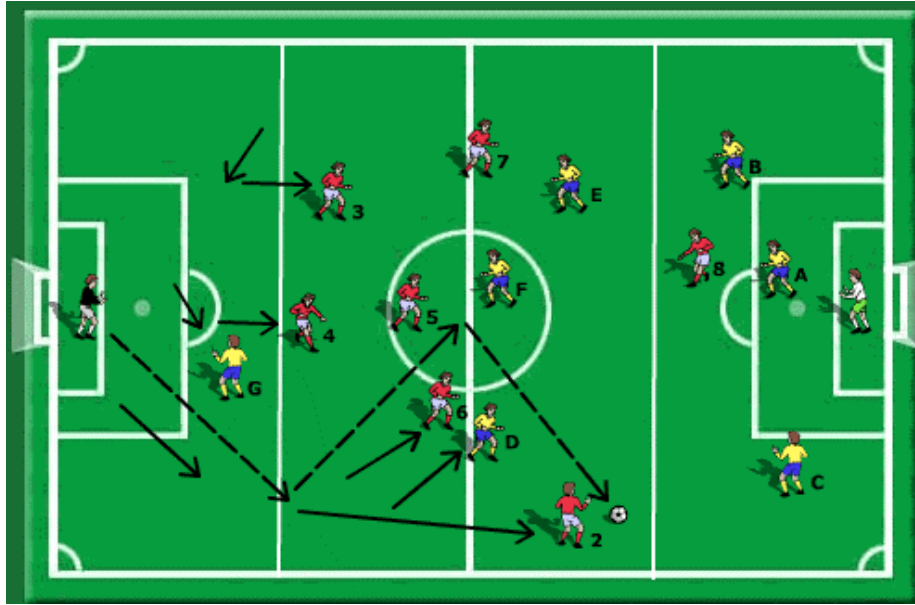
Now we are transitioning between thirds and as a defender changes the balance in midfield from a 3 v 3 into a 4 v 3, a midfielder then moves into the attacking third to change the balance from a 1 v 3 into a 2 v 3.

(6) Clears the space for (2) to bring the ball forward. (4) And (3) cover across behind the field to support and be in a good position to cover should the move break down. This is clearing the space in front of the ball and filling in behind the ball

(5) Makes a run into the attacking third to be another target for (2) to pass to.

If the player can't go forward and has to play it back ensure the players behind the ball get in positions where they are free to receive it and able to support the player on the ball.

Overlap Play



Here a full back makes an overlap run to provide an option for (5) to pass to. (2) Passes to (5), (6) clears the space wide to run into for (2) by taking defender (D) inside, and (2) runs onto the return pass from (5). This is a particular movement that can be practiced and developed in this set up as the run is difficult for the opposition to identify and counter.

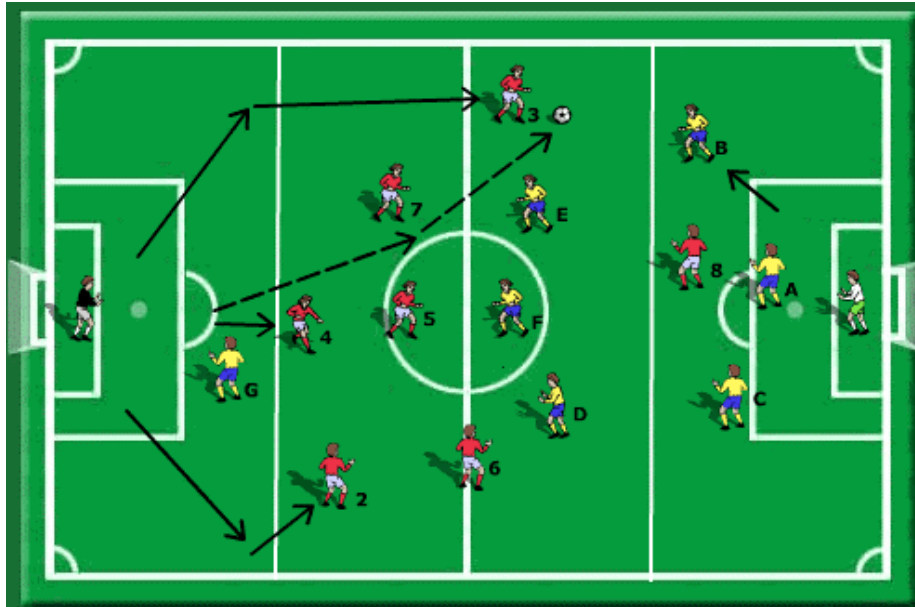
The overlap can occur also from the middle third into the attacking third.

Wide defenders need to be constantly encouraged to get into good wide receiving positions to take the ball forward into attacking areas of the field.

The fact that (F) can't track the runner into the middle third yet during this progression helps highlight the importance of this kind of attacking run from a wide area.

Likewise, (5) may change the point of attack and (3) can make the overlap run from the other side and on the blind side of striker (G) and / or link with (7) and create a 2 v 1 against defender (E).

Introducing Offside



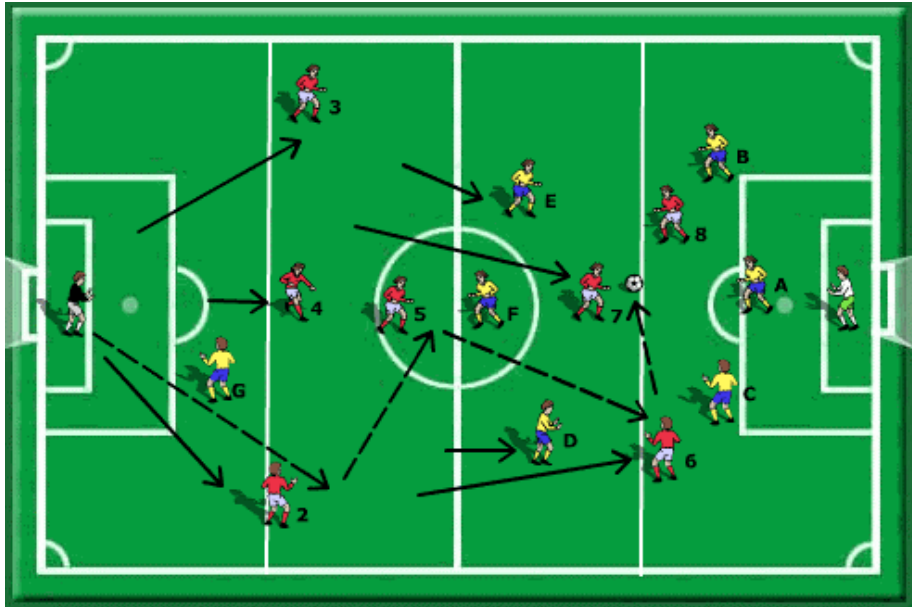
Develop – Have offside from the defensive third of the field. (4) Passes the ball forward and (4), (2) and the keeper push up. Striker (G) is left offside.

Player (4) passes the ball into the middle zone to (7), (3) moves up from the defensive zone to the middle zone to support. This type of transition movement is important because it allows players to move freely between the zones knowing they will have a team mate covering for them.

In terms of the opposition this rapid movement and transition makes it difficult for them to pick players up, to read what your team is doing.

This means defenders aren't just defenders, midfielders aren't just midfielders and attackers aren't just attackers they work to help each other through the three units of the team and are free to mix the game up. This is total soccer played to encourage the free movement of players throughout the teams.

Overload In Attack To Maintain Possession

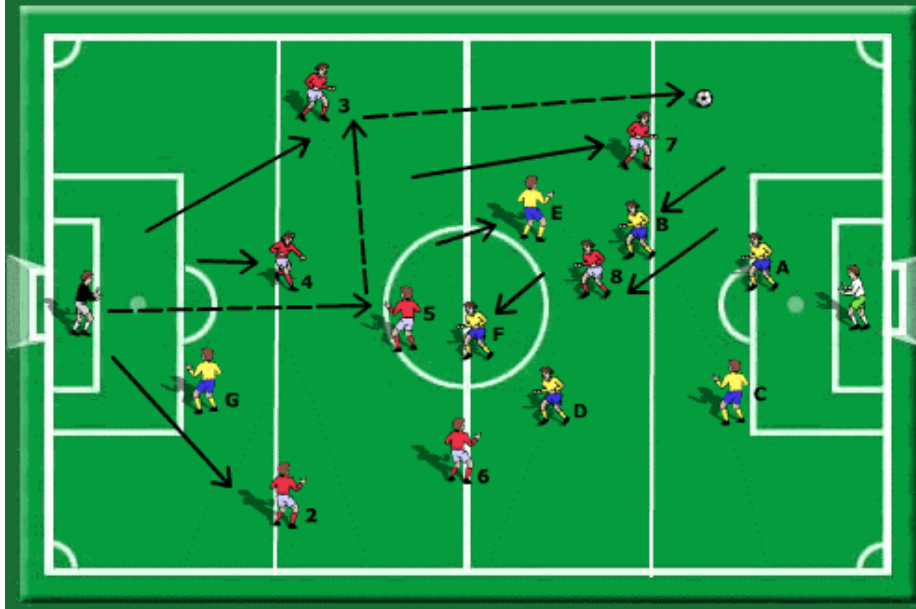


Here (2) passes to (5) who plays the ball to (6) making a forward run off the ball, and (7) makes a second run off the ball to support in the attacking third. You can practice this session with different numbers of players to get the same effect building up to an 11 v 11 game.

Transitions can depend on the stage of the game; if your team is chasing the game to score being a goal down then (6) or (7) would probably stay in the attacking third, not immediately return to help (5) in the middle third but keep an overload in the attacking third situation there; but the basis of the session is to show how to maintain a balanced shape in your team.

Practice movement (switching) of strikers and midfield players to move defenders around (especially if they man mark), so play isn't in straight lines all the time. For example in another situation (8) and (7) may switch sides to create space for one another (see over).

Switching Positions

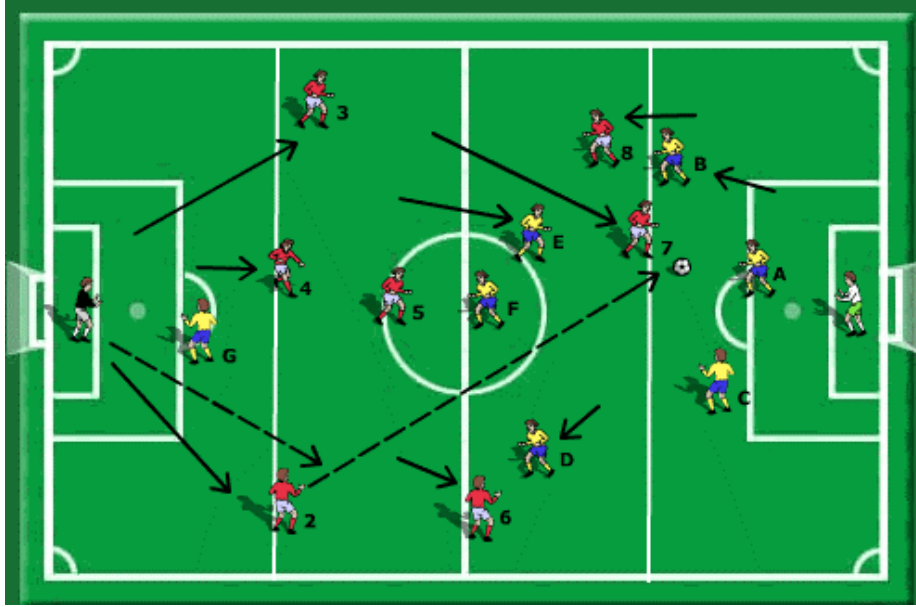


Keeper plays a pass to center midfielder (5) who plays a ball off to overlapping fullback (3). Here (8) checks inside creating space for (7) to run in to receive the channel pass from (3).

(7)'s movement should be late and fast to get away from (E) If (7) goes too early he / she closes down their own space and allows (E) to track and get there early to stop the move.

Another option could be (5) making a diagonal forward run into the space created by (8)'s movement. (5)'s run from center midfield could be harder to pick up and is from an angle not in a straight line as (7)'s run. In this situation (8) could also make a run away from where the ball is going to take (B) away from the area (3) is playing the ball into.

Transitions Between Thirds For Defending Team Also



Progression – Have players able to transition back into zones from the attacking third to the midfield third, the midfield third to the defensive third. Defenders still cannot move between zones.

A situation can be a striker moves back into the midfield third (to receive to feet or free space for someone else to move into) and a midfielder moves forward into the attacking third.

Develop – Allow defending players (as above) to track attacking players into the other zones. When this happens the above situation means the defender follows the striker going short creating space behind for another striker to move into or a midfielder to break forward into (in this case 7). Ultimately open the game up so the players have no boundaries to use for focus and see if they can work out how to keep that balance and shape on an open field of play.

Game 56: Working With Four Zones



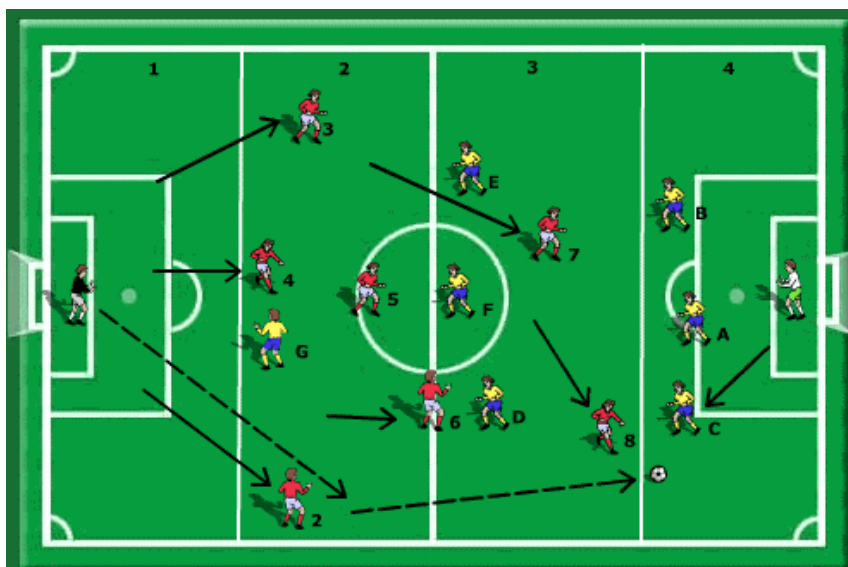
60 x 40

We have essentially four - thirds to play in. The players can only play in three of the four thirds at any one time.

This ensures movement up and down the field maintaining distances between units.

Players cannot enter zone 4 until the ball goes into zone 4.

The ball has been played into zone 4. Here the numbers team has moved forward out of zone 1 and into zone 2 and the whole team has moved forward one zone. This helps them maintain distances between the units and does not allow the team to get too spread out either attacking wise or defensively.



Progressional Development From Start To Finish

Set up is as follows; the field is arranged in thirds; defending, midfield and attacking thirds. In the setup we have here we have a 3 v 1, a 3 v 3 and a 3 v 1. If you have problems getting the movement going from the back in a 4 v 3 then have a 3 v 1 at each end to begin (to make it easier to find space) and have a 3 v 3 in the middle.

- 1. STAY IN OWN THIRD** - Players stay in their own thirds to get a feel for how to maintain shape and how to use width in attack. Spread out in possession in a 3 v 1 overload at the back in the defending third to create a situation where the players are available to receive the ball in space and pass it forward.
- 2. TRANSITION BETWEEN THIRDS** - Players are allowed to transition between thirds but only one at a time. The defending team cannot move between thirds to track the attacking players. When the attacking team loses possession they then become defenders and must immediately drop back into the third they started in. The reason for dropping back and not trying to win it back there and then is because we are working on offensive play and want both teams to have the opportunity to build up play. Can run the ball in, pass it in, or pass it in to a runner from your own third.
- 3. OVERLAP PLAY FROM WIDE DEFENDERS** - This particular type of movement is a very important one to develop in this session and the opportunities presented to do so will be numerous.
- 4. OFFSIDE FROM THE DEFENDING THIRD** - Introduce offside in the final thirds at both ends of the field. This encourages teams to move up as the ball is played forward.
- 5. OVERLOAD IN ATTACK MAINTAINING POSSESSION** - Here we have worked the ball into the attacking third and we leave an overload in this third to regain possession should it be lost. This may depend on the game situation where we are chasing the game being a goal down and have to take chances.
- 6. SWITCHING POSITIONS** - Work on movement of midfielders and strikers in terms of play not always being in straight lines. For example movement across the field where two midfielders may switch positions or likewise up front where strikers can switch about thus moving defenders around.
- 7. TRANSITION BACKWARDS BETWEEN THIRDS** - Allow players to transition between thirds coming back as the initial movement, for example a striker may drop back into the middle third to receive. A midfielder may push on into the space the striker created by the movement.

8. TRANSITIONS OF DEFENDING PLAYERS - Allow defenders to track players into the other thirds they venture into. Now all players can move between thirds but still have it only one at a time. This helps highlight how to create space for someone else by the movement of players; a striker comes short, pulls a defender with them and space is created in the area they came from for another striker or a midfielder to move into to receive the pass.

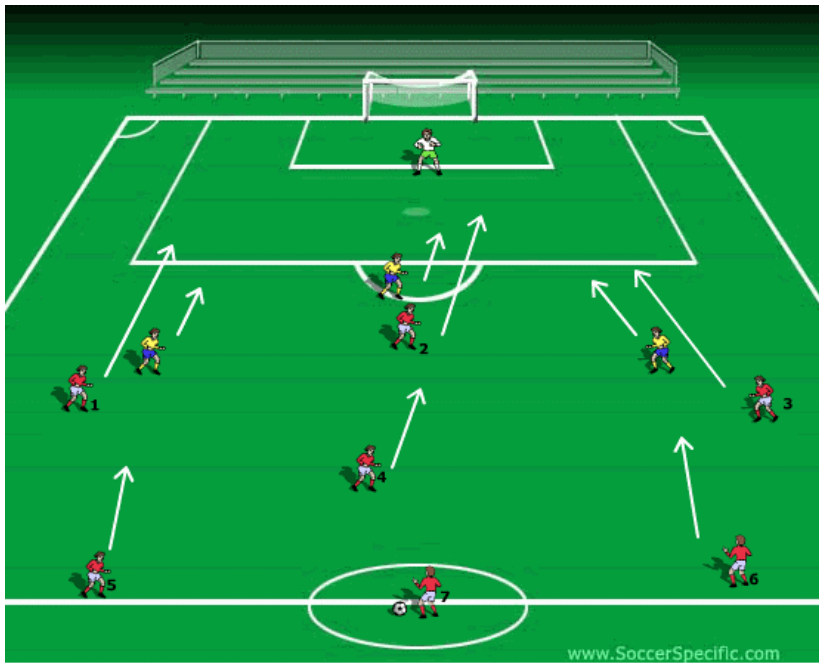
9. FREE PLAY - Open the game up. See if players can maintain their shape without the help of the thirds, if they can transition between units but also keep their balance.

10. NUMBER OF TOUCHES RESTRICTION - Introduce a three, two then one touch restriction to see if the players can work more quickly and still gain success. This speeds up their decision making in the game. When it is one touch, condition it so they can take more than one touch (a pass may be so heavy they need two touches) but emphasize they use one touch if it is on to do so. This keeps it realistic.

11. Develop the idea and have four zones instead of three so the team has to move up a zone and be in a maximum of three zones at any one time. This ensures positive compact movement up and down the field.

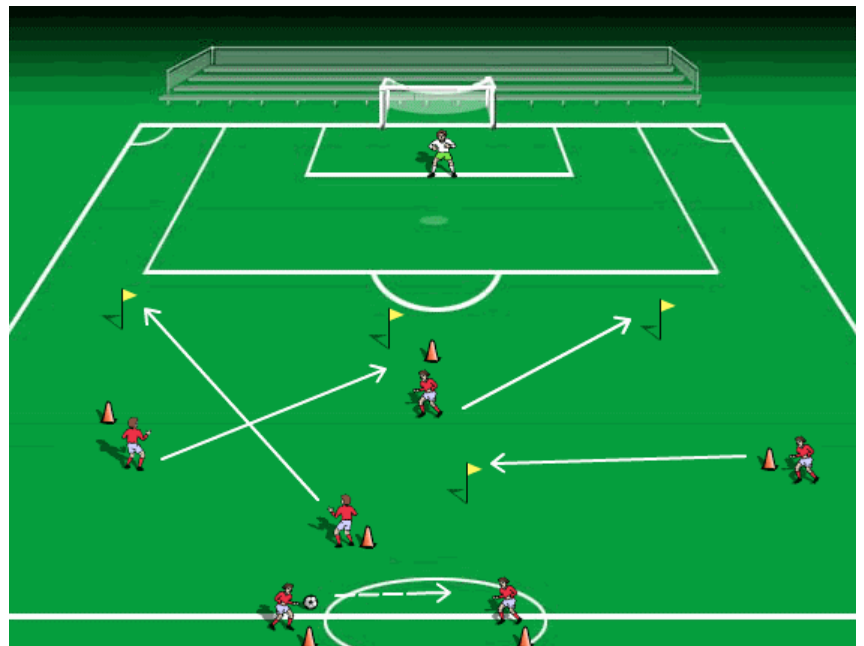
12. CONCLUSION - We have developed the clinic from working in thirds and introduced many progressions to work up to letting the game go free and observing if the players can incorporate into the free game situation, all they have learnt. I would recommend using this clinic on a regular basis and set it up for the scrimmage that is usually done at the end of a coaching clinic session.

A Very Simple Introduction To The Movement Of The Strikers And The Team Overall At 8 v 8

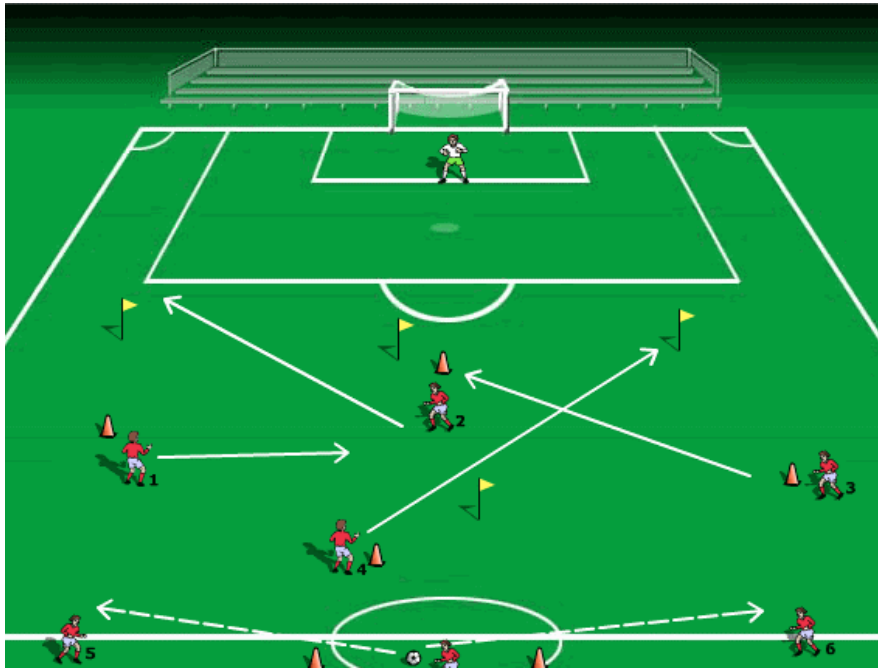


Currently we often all run in straight lines, SO IT IS EASY for opponents to mark us.

This movement takes time to teach and learn with the younger players so we may not do as well in the short term; but you need to have the vision (and Patience) to see the long term benefits.



This is a lot to digest so just do two players at a time rather than a 4 player movement (SEE BELOW).



5 or 6 on the ball have several options of a pass.

Do 1 and 2 as a rotation first.

Get that established then do 3 and 4 next.

You can also involve 6 and 3 and 5 and 1.

3 cuts inside and 6 overlaps, and 1 cuts inside and 5 overlaps.



Develop: Next stage would be 1 staying wide to occupy a defender and 5 cuts inside in the attacking half. Then do the same on the other side of the field with 3 and 6.

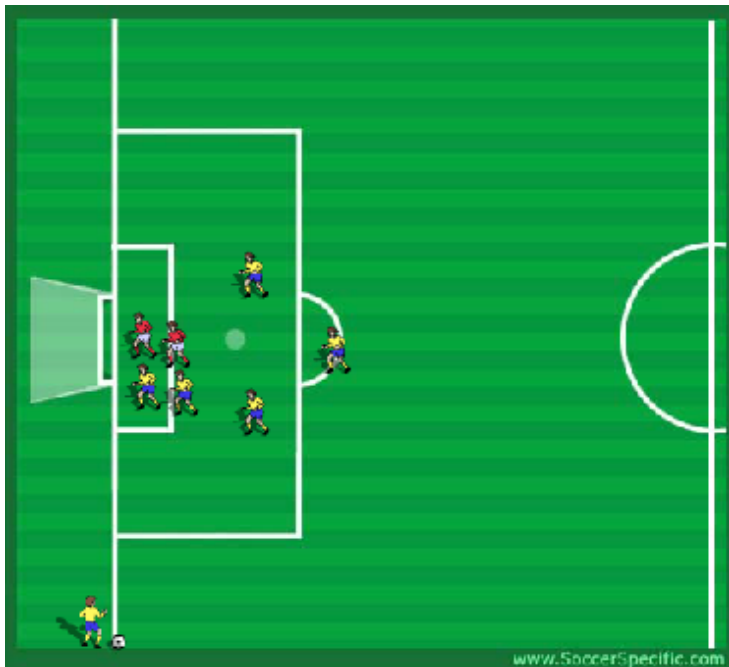
1 cuts inside to clear the space for 2.

A defender added to show how they will man mark and follow the player.

So potential rotations per the numbers above:

- A. 3 and 4 (wide right and central midfielder)
- B. 1 and 2 (wide left and central striker)
- C. 2 and 3 (central striker and wide right)
- D. 1 and 5 (wide left fullback and wide left midfielder / striker)
- E. 6 and 3 (wide right fullback and wide right midfielder / striker)
- F. 7 and 4 (bringing the ball out from the central defensive area, and 4 covers for 7)

Very Simple Set Plays Ideas For The 8 v 8



Our Corners

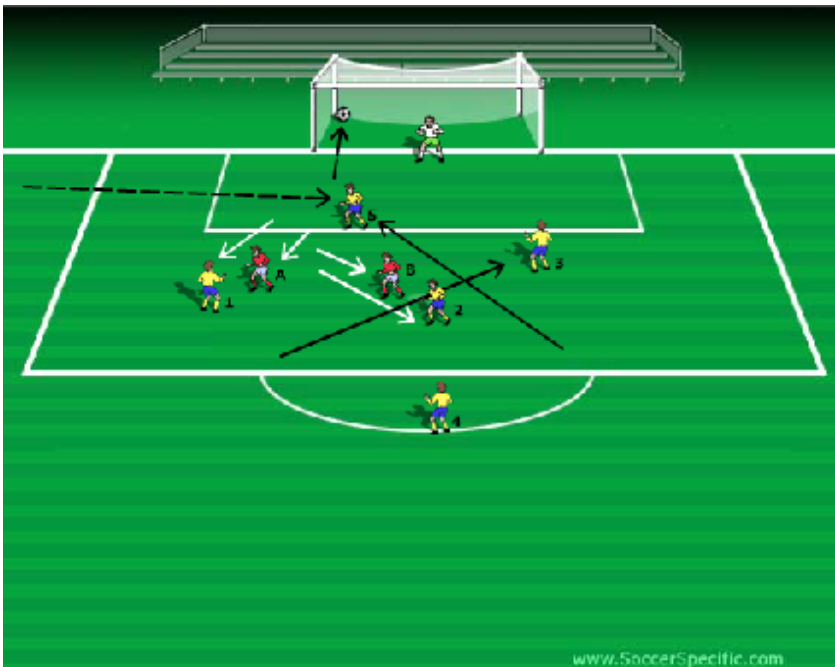
Two players fill the space in front of the goal.

Opponent's defenders mark them.

We need to clear this space with these two players moving away.

Defenders A and B will man mark so will follow the movements of attackers 1 and 2 which will clear the space at the near post.



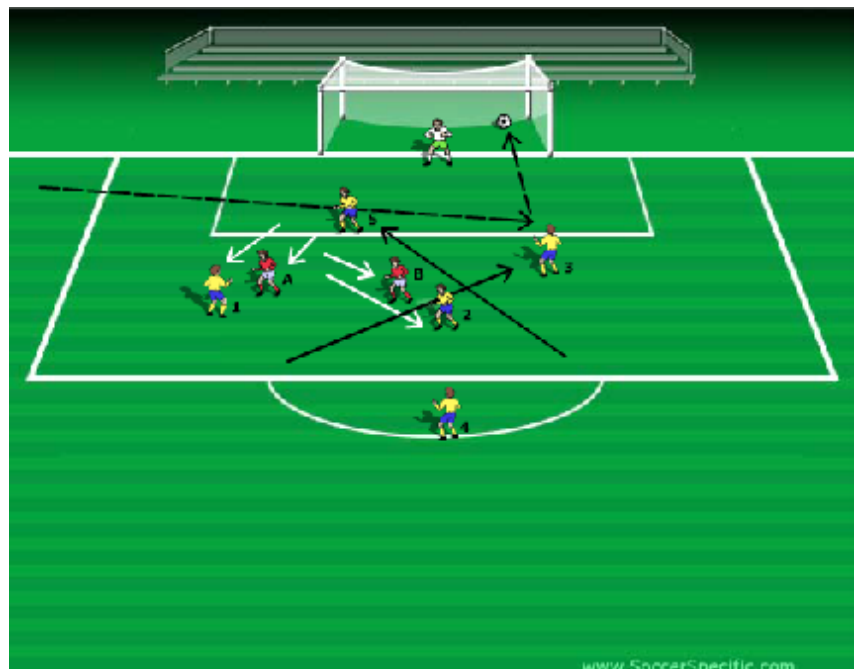


1 and 2 clear the space and 5 attacks the near post from the far post.

3 attacks the far post from the near post in case the ball travels to that position.

Due to the angles of the runs 3 and 5 will not be easy to pick up and stop.

Here the ball goes to the far post and 3 scores.



Free Kicks Central

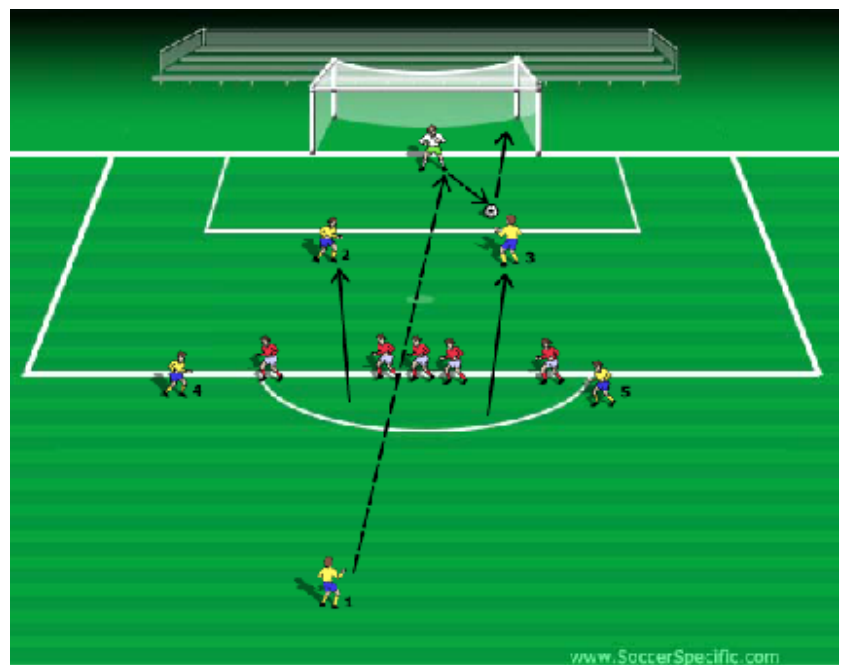


Free kicks in front of goal, this will apply also to free kicks wide of the goal.

The shooter should always make sure they hit the target with the shot to make the keeper work. Less power and more accuracy if necessary.

Players 2 and 3 will follow the shot in making sure they do not go offside incase it comes off back the keeper or the goal frame. 4 and 5 can follow in also.

2 and 3 follow in the keeper drops the shot and 3 scores with the rebound.

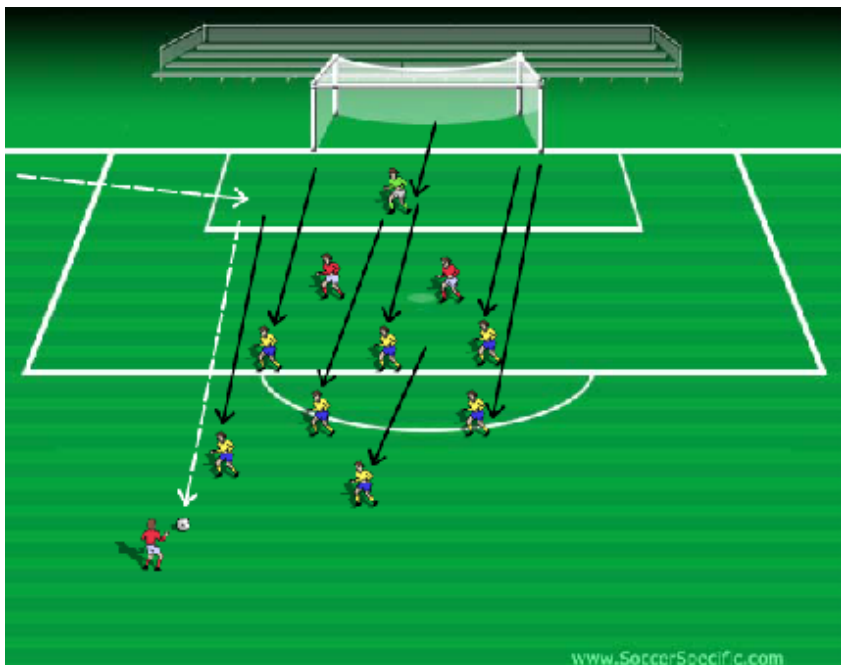


Defending Against Corners



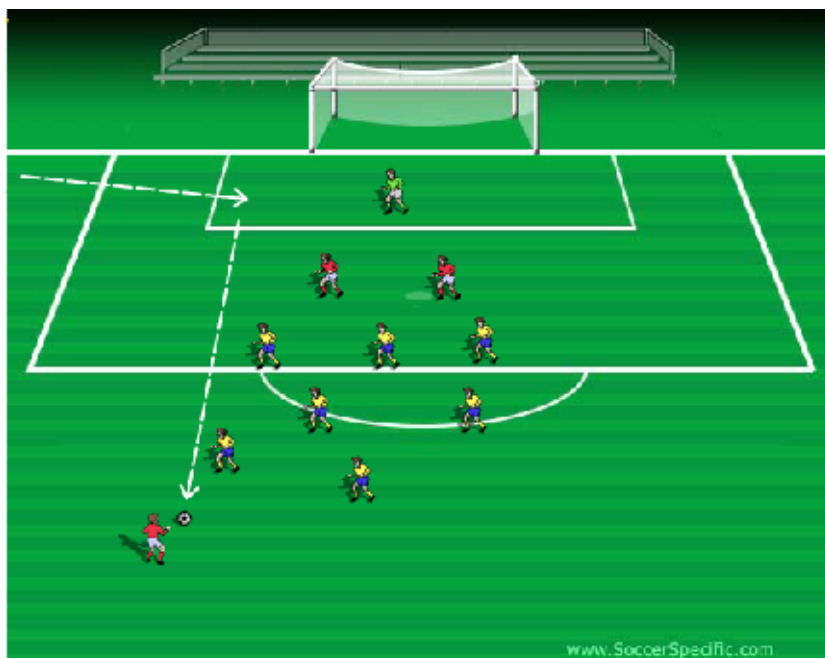
Zonal Marking: every player is back to defend the goal; alternatively, we can leave a player up at the half way line in case we can get a counter attack from this.

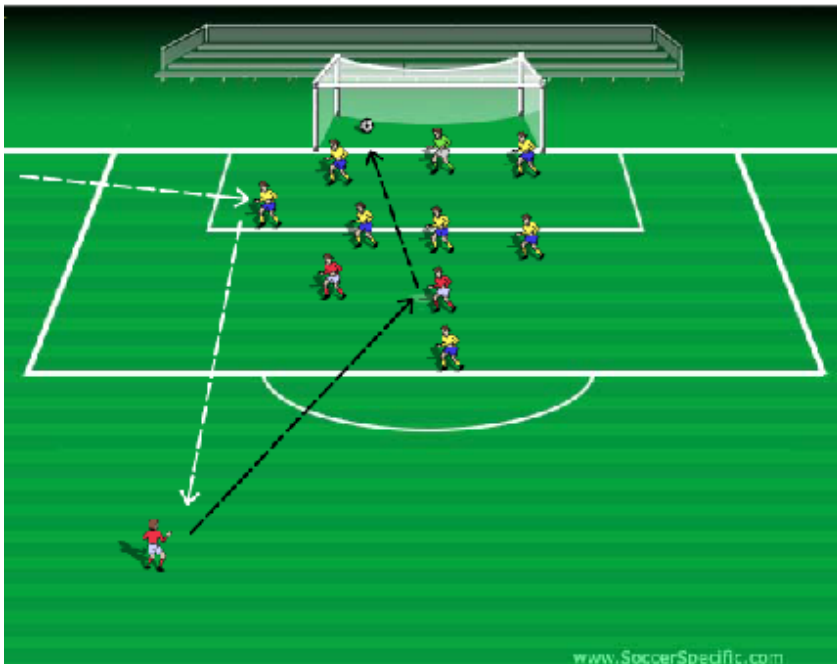
Pushing Out Leaving Opponents Offside



We win the header and clear the ball; every player immediately pushes up quickly; first to pressure the ball; and second to leave opponents offside.

Opponents are clearly offside so if the ball is played back in we get the offside free kick.





When We Do Not Push Up

Opponents are onside and score.

We do not push up quickly so we let opponents shoot back at goal and cause our own problems by not getting out and play opponents onside.

Hence why this pushing up is so important.

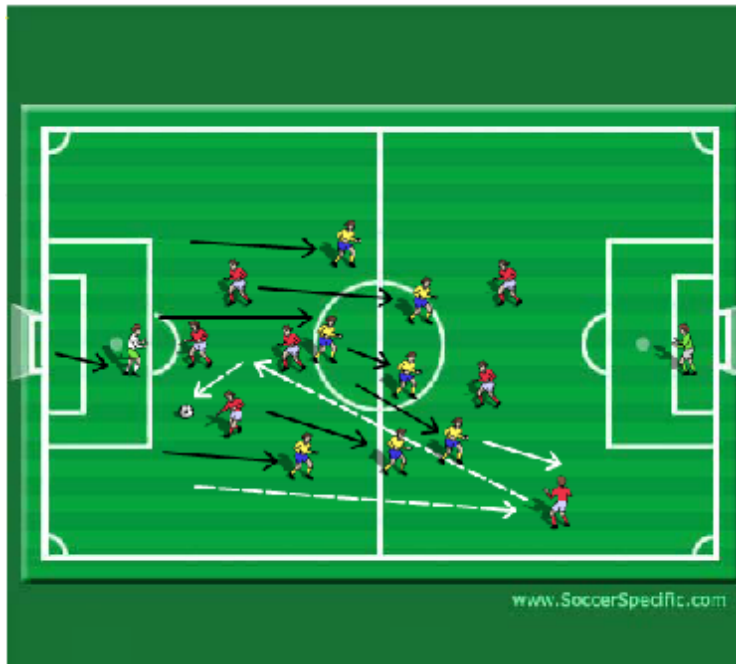
The Importance Of Pushing Out

We clear the ball, their defender drops back to collect the ball and then plays it forward.

We do not push out so all the opponents are onside.

This causes our team a lot of problems.

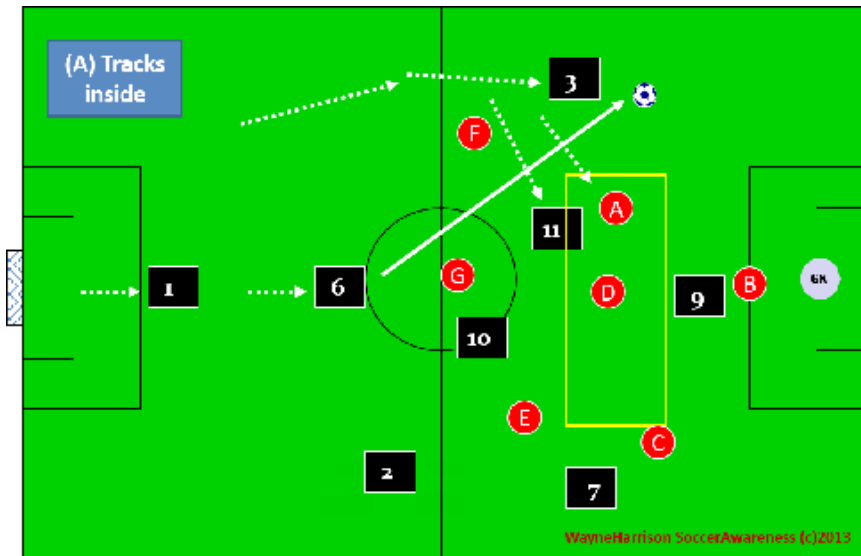




We push out “as the ball is travelling” and as the opponent drops back to collect the ball.

This gives us the time to push up and leave opponents offside when the ball is played back in.

Hence why the shout of UP must be acted upon.

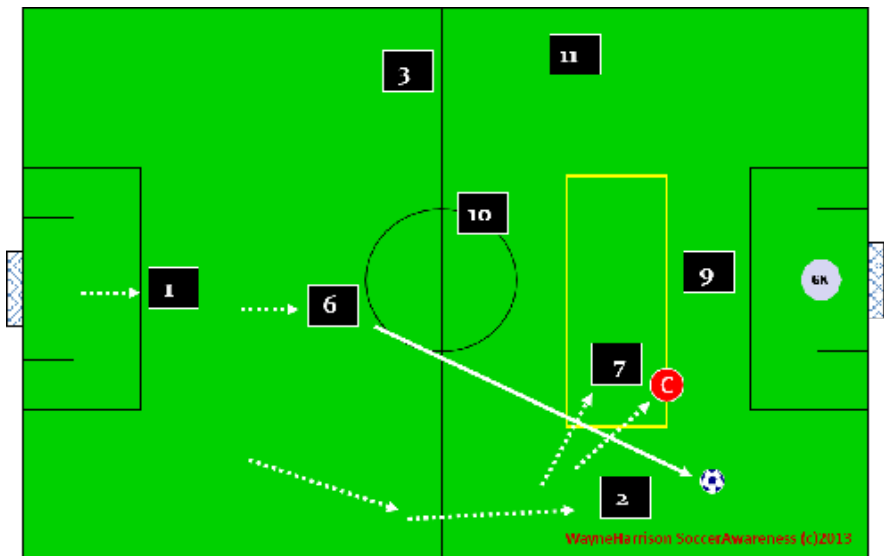


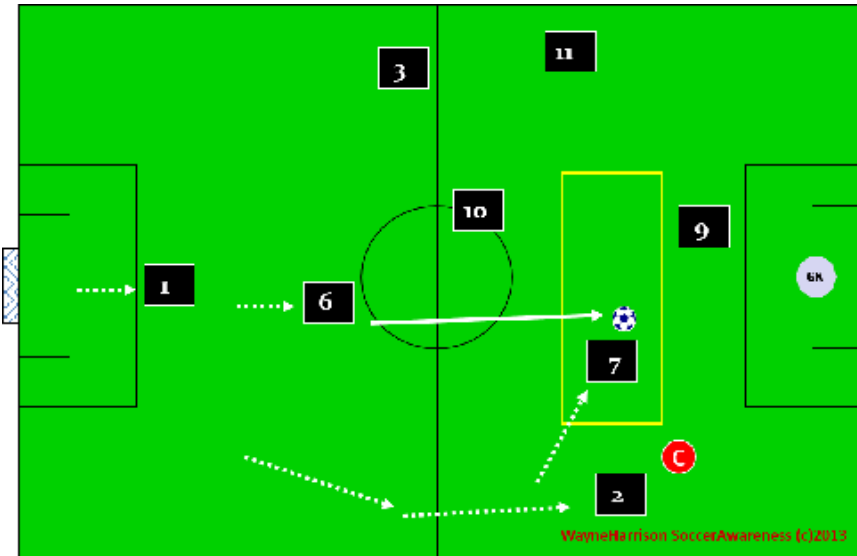
Combinations Movements to Teach

Start simply with this two player rotation. (11) cuts inside, this is the CUE for (3) to overlap. Opponent players here lettered in Red.

Simple Combinations Movements to Teach

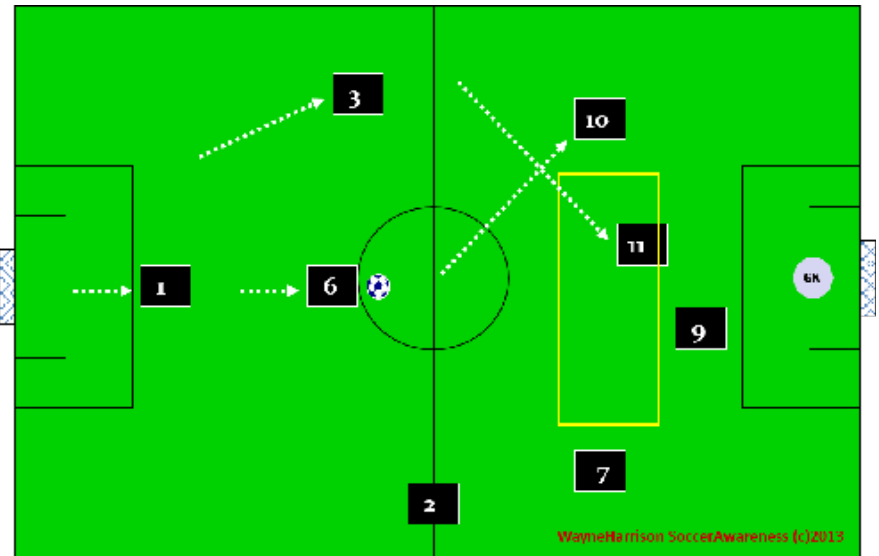
Now (7) cuts inside clearing the space for (2) to overlap. (6) plays the ball into the space (7) has created for (2).

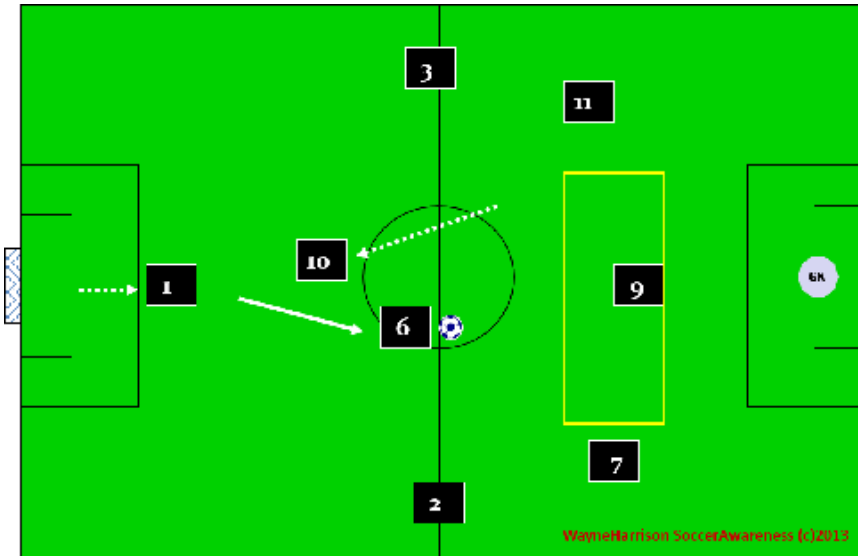




Now (7) cuts inside clearing the space for (2) to overlap. Defender (C) stays wide to mark (2) so (6) passes to (7).

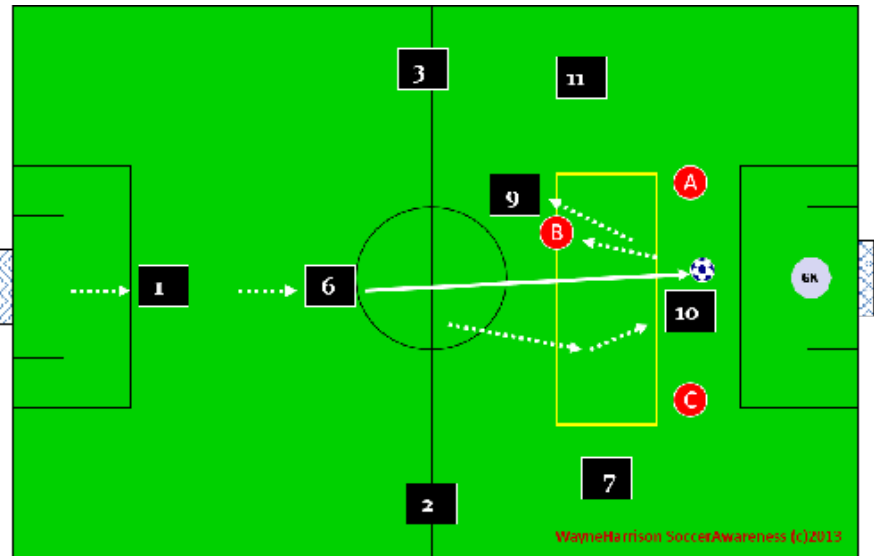
Now central midfielder (10) and wide left striker / midfielder (11) rotate.



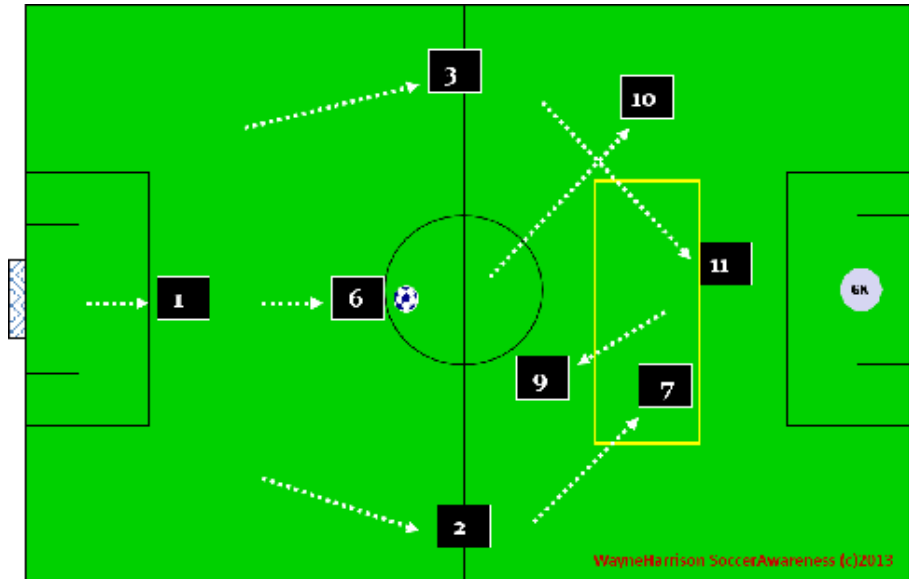


Now center back (6) brings the ball out of defense and central midfielder (10) drops in to cover. Fullbacks (2) or (3) could also drop in to cover (6).

Now central striker (9) comes short and central midfielder (10) goes long and (6) plays the ball to (10) into the space created by (9) bringing defender (B) out of it.



More Complex Combinations Movements to Teach



More complex; perhaps starting at U10 for older 8 v 8 players. Very easy to teach in training in a shadow play, the secret is when players can identify it on the field “for themselves” when and where to do it in the game situation. Here we have 4 players rotating.