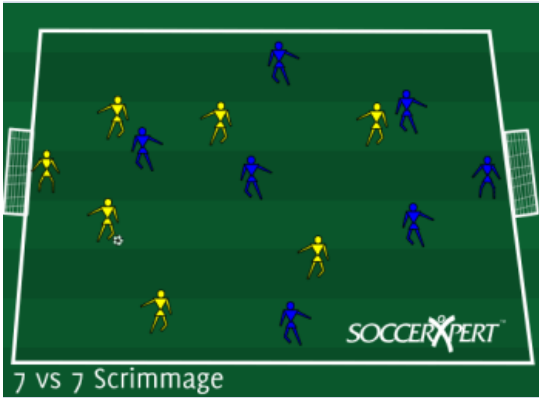




Drill Quick Glance

Age: 9+	Field: 40x60
Players: 14	Time: 20-30 mins.
Difficulty: Medium	Focus: Game-like
Keeper: Yes	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

7v7 Scrimmage

Objective:
A 7v7 scrimmage is a great way to end most of your training sessions. The 7 vs 7 allows players to focus on team tactics in realistic training situations and respond to problems presented in the full-sided game.

Setup

1. Create a field approximately 60 X 40 yards.
2. Two full-size goals on each end-line.
3. Split the teams evenly into 7 vs 7. Six field players per team and a goalkeeper in each goal.
4. For younger players with fewer field players, reduce the size of the field and number of players.

Instructions

1. Play a small sided game with match conditions.
2. All game rules apply. Throw ins, corner kicks, goal kicks, etc.

Coaching Points

- Let the game be the teacher.
- Correct team shape.
- Speed of play.

Variations

- Add minor restrictions to focus on a specific topic.