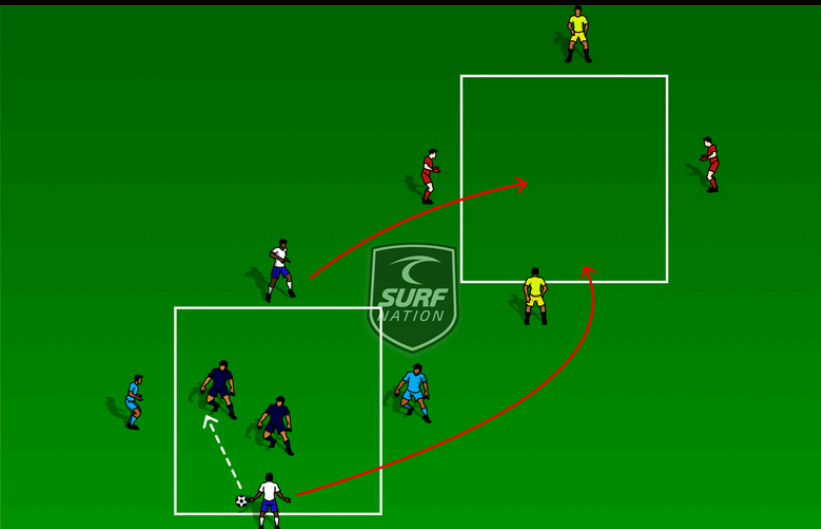


Objectives: Scanning and identification of space in 3-2-1 team structure.

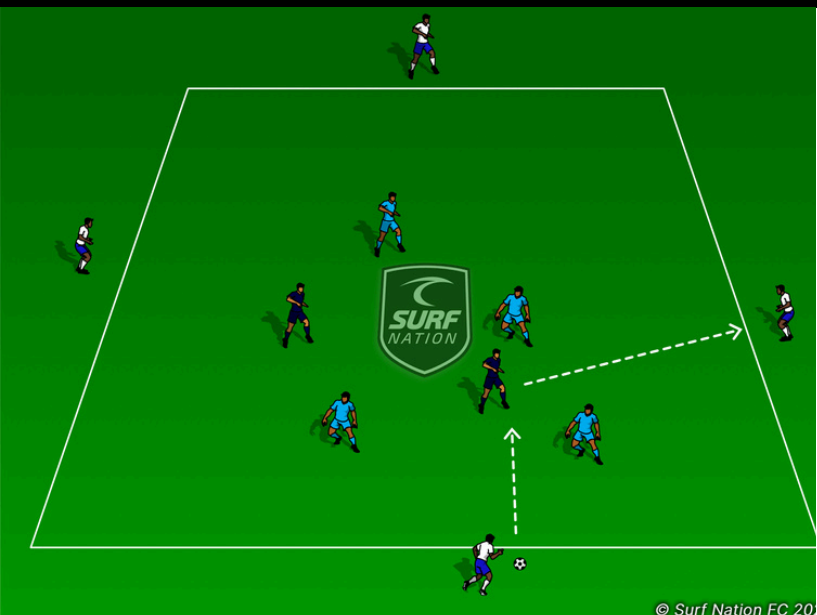
## PART ONE: ACTIVATION GAME



### 4V2 TRANSITIONAL RONDO

- Set up two 10x10 or 12x12 (depending on ability) grids set at an angle from each other.
- Organize 10 players into teams of two, with teammates in the same grid.
- One grid starts as a 4v2, the other is 4v0. Both grids have a ball.
- Play starts in the 4v2 grid as a traditional rondo, with players encouraged to scan and make decisions before they receive the ball. The 4v0 grid passes between themselves.
- Once possession is lost in the 4v2, the player that lost possession and their teammate must sprint to the 4v0 grid, where it then becomes a new 4v2. The other grid quickly sets up their shape and begins passing. Play continuously at a high tempo.
- Play 3 rounds of 3-5 minutes.

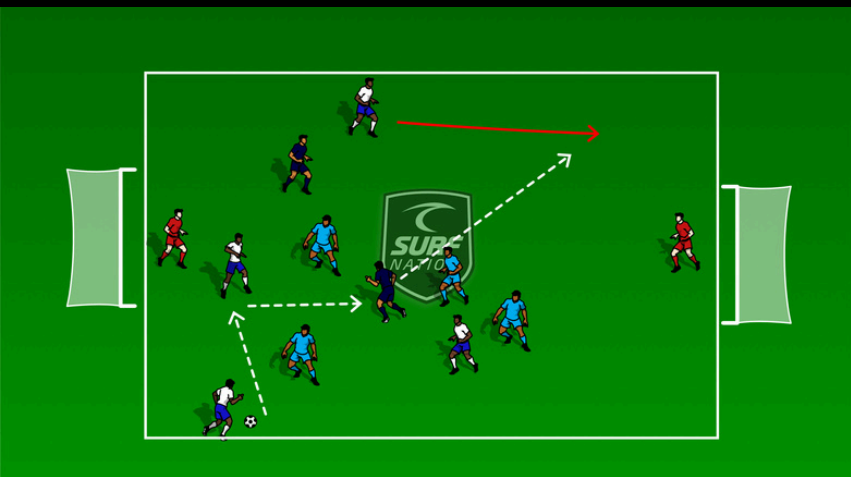
## PART TWO: POSITION PLAY GAME



### 4V4+2 POSITION GAME

- This game mimics the structure of the 3-2-1 formation in 7-a-side. Reinforce this with your team as you repeat this session.
- Set up a 20x25 grid (or bigger depending on ability).
- Organize two teams of four plus two neutral midfielders.
- The team in possession is positioned on the outside, and utilizes the two neutrals.
- Play 4-5 rounds of 5 minute intervals, switching the teams and neutrals as needed.
- Coaching points: help the players to form triangles and the proper distance and angles with their team and the neutrals. Help the midfielders with their relationship between each other and constantly scanning for new spaces and angles.
- Progression: add a transitional element by requiring the team that loses possession to all meet in the middle and touch hands before switching to defend.
- If the defenders are too successful, have them pair up and hold hands.

## PART 3: TRAINING GAME



### 5V5 (W/ GKS) + 2 NEUTRALS TRAINING GAME

- Set up a 25x30 grid (or bigger depending on level) with full-size 7v7 goals.
- Organized two teams of 5 in a diamond (two deep, two wide). These represent the CB, ST, and wingers in the 7v7 game.
- Both teams utilize the 2 neutral center midfielders, so in possession you have the same shape as the game (3-2-1) and a resulting 7v5 in attack.
- Coaching points: encourage the players to keep their width and depth in possession - and the creation of diamonds and triangles within the shape.