

## 7 v 7 Win By One



**The Set-up:** as pictured

**The Game:** 2 teams of equal numbers play vs. one another on a field approximately half the full field. (you can adjust the space according to your numbers).

If white scores a goal, they no longer try to attack the opposition's goal, instead they try to keep possession of the ball. The red team now no longer has to worry about

defending their goal, instead they pressure the ball all over the field in an attempt to win the ball back and score. The goalkeeper for Red should now act as an extra field player. When Red does score to equalize the game, both teams resume playing a normal game to goal. When one team scores, they keep possession, while the other team hunts to get the ball back and score.

### **Focus:**

- Can we maintain possession "kill off the game" when we have a lead?
- Can we press or "hunt" for the ball in groups to win it back when trailing?

**Note:** In the picture 2 coaches are positioned in a way that they could call off-sides. This is a rule that should be enforced, in training, as players get older.

**If you enjoy this exercise Coach Donahue recommends:**

### **Possible Warm-up:**

SCI Full Team Warm-up  
Ajax Passing Circuit

### **Possible Previous Activity:**

4v2 becomes 4v6  
Gate Game (Possession) Combined