

SFA Team Shaping

Soccer Sevens

In-Service Training

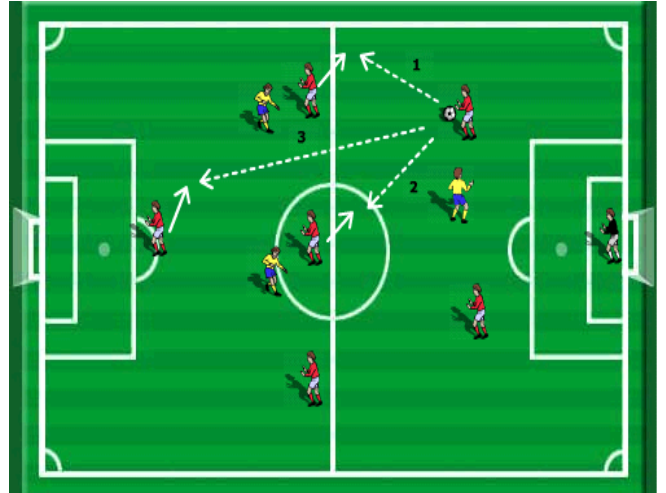
Option 1 Defenders Attacking

1/ Defender makes angled run wide and plays ball to wide player.

2/ Defender makes angled run wide and plays angled pass to wide player.

3/ Defender makes angled run wide and plays ball to striker.

Repeat from opposite side of park.



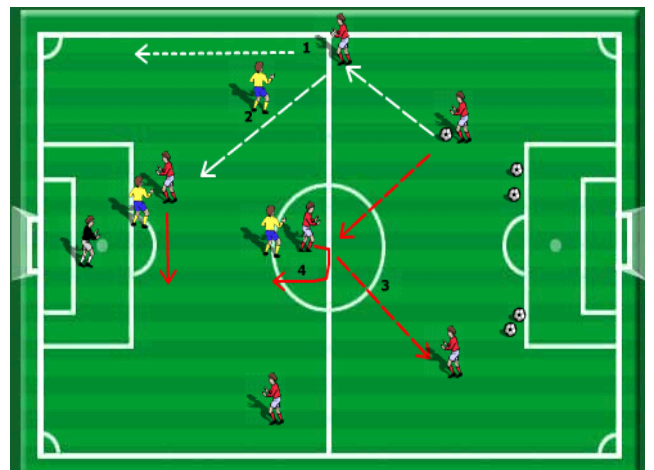
Option 2 Midfield Attacking

1/ Wide midfield player makes angled run wide to receive ball from defender. 1st option take on defender – 2nd option play ball in to striker.

Repeat from opposite side of park.

2/ Central midfielder makes angled run to receive ball from defender. 1st option play pass out other side – 2nd option turn and play ball in to striker.

Repeat from opposite side of park.

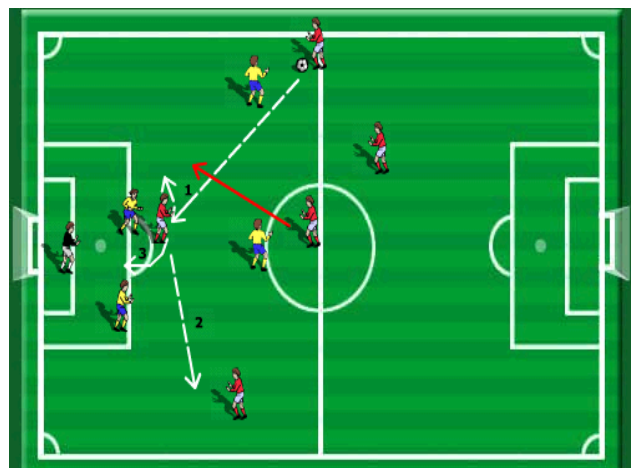


Option 3 Striker Attacking

1/ Striker makes angled run and receives ball from wide player. 1st option turn defender and have shot at goal.

2nd option play in supporting midfielder player.

3rd option play ball out other side to wide midfielder player.





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Patterns of Play

Finish shaping session off with different patterns of play as directed by coach.

Progress to rotation 1 - 2 - 3 - 4 as illustrated in diagram.

