

# OREGON FUTBOL ACADEMY



# 7V7 PRACTICE PLANS

**ALL PRACTICE PLANS ARE PART OF THE U.S. SOCCER GRASSROOTS COACHING PROGRAM.  
FOR MORE INFORMATION, VISIT [WWW.USSOCCER.COM](http://WWW.USSOCCER.COM).**

**CONTENTS**

---

Weekly Practice Schedule..... 2

Guided Questions for Intentional Free Play..... 3

Week 1—Attacking: Scoring Goals (1v1 on Two Goals with Goalkeepers) ..... 4

Week 2—Attacking: Scoring Goals (2v1 on One Goal with Goalkeeper) ..... 5

Week 3—Defending: Preventing the Opponent from Scoring (1v1 in the Middle) ..... 6

Week 4—Defending: Preventing the Opponent from Scoring (3v2 on One Goal with GK) ..... 7

Week 5—Attacking: Building Up in Our Own Half (2v1 Forward Passing) ..... 8

Week 6—Attacking: Building Up in Our Own Half (7v5 on One Goal and Two Goal Lines) ..... 9

Week 7—Defending: Preventing the Opponent from Building Up in Our Own Half (1v2) ..... 10

Week 8—Defending: Preventing the Opponent from Building Up in Our Own Half (3v3) ..... 11

Alternate Activity—Defending: Preventing the Opponent from Building Up In Their Half (A) ..... 12

Alternate Activity—Defending: Preventing the Opponent from Building Up In Their Half (B) ..... 13

## WEEKLY PRACTICE SCHEDULE

---

### INTENTIONAL PLAY, 10 MINUTES

When you arrive at the field, set up 2 goals and pinnies. Start playing 1v1 with your kid, and as more players show up, have them join a team. As you are playing, take breaks every few minutes and ask some of the guided questions on the next page.

### DYNAMIC STRETCHES, 5 MINUTES

- Jog forward
- Jog backward
- Side shuffle right
- Side shuffle left
- Walking lunges
- Alternating kicks
- High knees
- Bottom kickers
- Frog jumps
- Toe taps on ball
- Juggle ball

### CORE ACTIVITY, 15 MINUTES

Instructions for each week's activity are provided on the following pages. You will use the same core activity for both practices each week. There are two alternate activities to choose from if one of the scheduled activities is not a good fit for your team or if you'd like to explore a new concept.

### SKILLS DRILLS, 10 MINUTES

- Kick-off  
*Pass to a player on your team*
- Throw-ins  
*Two hands, over your head, feet planted, behind the line*
- Goal kicks  
*Kick to sides*
- Corner kicks  
*Kick to middle*
- Dribble  
*Keep the ball close*
- Passing  
*Flat surfaces of foot—inside, outside, laces*
- Shots on goal
- Give and go  
*Pass, then run to goal*

### SCRIMMAGE, 20 MINUTES

- Defending: *Focus on kicking the ball away from center, dribbling/passing up the sideline*
- Attacking: *Focus on spreading out, dribble/pass up the sideline, then go toward the center to receive a pass and take a shot*
- Positions: *Where to stand at kick-off, throw-ins, goal kicks, corner kicks, diamond formation*
- Attitude: *Encourage good sportsmanship, positive attitude, and kind words*

## GUIDED QUESTIONS FOR INTENTIONAL FREE PLAY

---

1. When the attackers' keeper helps build the attack, what kind of situation does that create? (The defenders are outnumbered)
2. Defenders, what's your top priority when you're outnumbered? (To protect the goal)
3. How do you do that? (Quickly get behind the ball, block the direct path to the goal, force attackers outside, and block shots)
4. Attackers, where should you show for the pass from the goalkeeper? (On the wings)
5. Why? (So we can get away from the defenders and take the ball forward)
6. What if the defenders mark you on the wings? (I need to move to get away from the defenders and get to where I can see as much of the field as possible)
7. How can you build the attack? (Pass or dribble forward)
8. What's the advantage of involving the keeper? (It gives us an extra player)
9. How can you keep the opponent away from your goal? (Block the path to it; stop attackers, and force them away from the goal)
10. How can you help each other defend? (The closest defender stops the ball carrier while the other defender provides cover)
11. How close should the cover be? (Close enough to step to the ball if the other defender gets beat off the dribble, but also close enough to cut off the pass to the other attacker)
12. What's your job when you're the defender closest to the ball? (Protect the goal, steal the ball, stop the ball carrier)
13. What do the other defenders need to do? (Follow the ball and cover the defender closest to it)
14. How can you win the ball quickly after a goal? (Instead of dropping way back, form a compact block in the middle of the field and defend from there)
15. What's the advantage of disrupting their building up quickly? (It keeps opponents away from our goal, and if we win the ball back, we're already inside their half, in position to score a quick goal)
16. What are some cues to steal the ball? (When the attacker's head is down or takes a bad touch)
17. What do the other defenders need to do? (Get compact to close openings)
18. How do we deal with the opponent when they spread out and create passing options? (Continue to protect the goal by staying compact/together to keep the openings closed)

## WEEK 1—ATTACKING: SCORING GOALS (1V1 ON TWO GOALS WITH GOALKEEPERS)

Mark out two 24x24-yard fields, each with two goals with goalkeepers. Divide players into four teams of three and assign two to each field. Teams play 1v1 + GKs. Play 30 second rounds. After each round, the goalkeeper moves onto the field, the field players go off, and the extra players rotate into the goals.

### GUIDED QUESTIONS

- 1) How do you beat a defender 1v1? (Dribble quickly toward his/her front foot and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side)
- 2) What fakes do you know? (Shooting fake, step-over, lunge step, etc.)
- 3) What do you need to do after you fake? (Accelerate past the defender as fast as possible and shoot)
- 4) How much room do you need to shoot? (The size of the ball)

### VARIATIONS

- 1) To make the activity less challenging, use a 16x24 yard field.
- 2) To make the activity more challenging, use a 24x16 yard field.



## WEEK 2—ATTACKING: SCORING GOALS (2V1 ON ONE GOAL WITH GOALKEEPER)

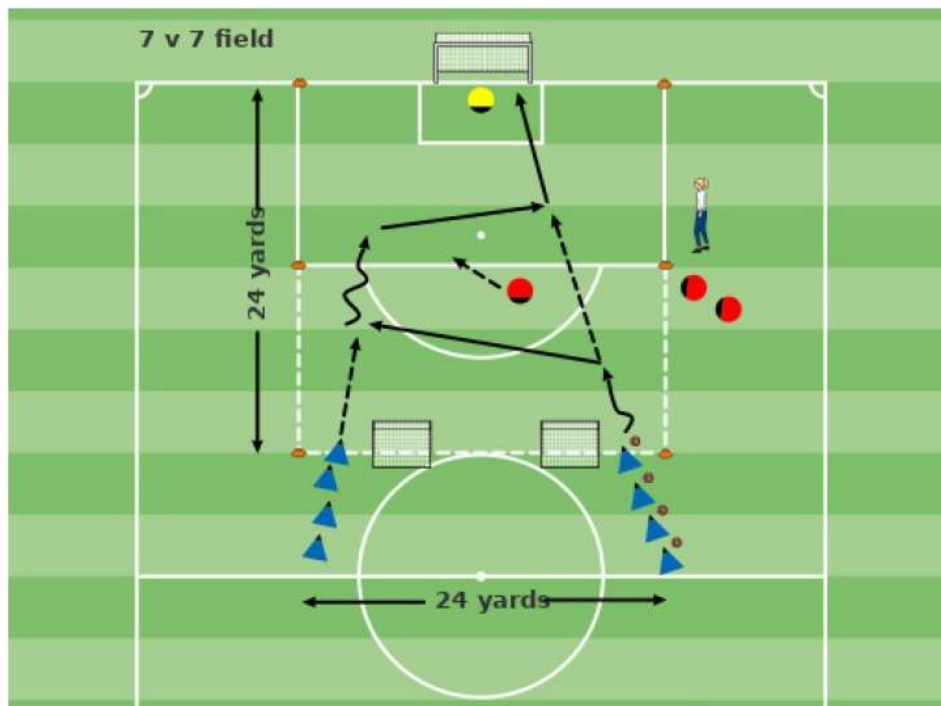
Mark out a 22x24 yard field with one goal with goalkeeper and two mini goals. Assign attackers (blue) and defenders (red) to starting positions as shown. Players play 2v1 until a goal is scored. The defender tries to win the ball and score on the mini goals. Afterward, the next defender starts. Rotate players through positions.

### GUIDED QUESTIONS

- 1) What should you do when you have the ball? (Dribble forward to engage the defender)
- 2) Why? (To make the defender choose to step to the ball or my teammate)
- 3) What do you need to watch out for when you're passing? (The position of the defender and my teammates position for offside).
- 4) What do you do if the defender steps to your teammate? (Dribble forward into the opening and shoot)

### VARIATIONS

- 1) To make the activity less challenging, play 3v1. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.
- 2) To make the activity more challenging, play 3v2. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.



## WEEK 3—DEFENDING: PREVENTING THE OPPONENT FROM SCORING (1V1 IN THE MIDDLE)

Mark out two fields as shown. Assign attackers and defenders to starting positions as shown. Play begins when the first attacker receives the ball. The first defender runs out from the endline, following the ball, and tries to stop the attacker from scoring. Play continues until a goal is scored by either player.

### GUIDED QUESTIONS

- 1) Defenders, what's your top priority in this situation? (To protect the goal)
- 2) How do you do that? (Run out to the ball, stop the attacker as soon as possible and try to force them away from the goal)
- 3) Why is it dangerous to get too close to the attacker too soon? (They could play the ball past us)
- 4) How do you keep that from happening? (Take long steps to get there and short steps as you get closer)

### VARIATIONS

- 1) To make the activity less challenging, players line up on the wing.
- 2) To make the activity more challenging, the first defender runs in from the wing.





## WEEK 4—DEFENDING: PREVENTING THE OPPONENT FROM SCORING (3V2 ON ONE GOAL WITH GK)

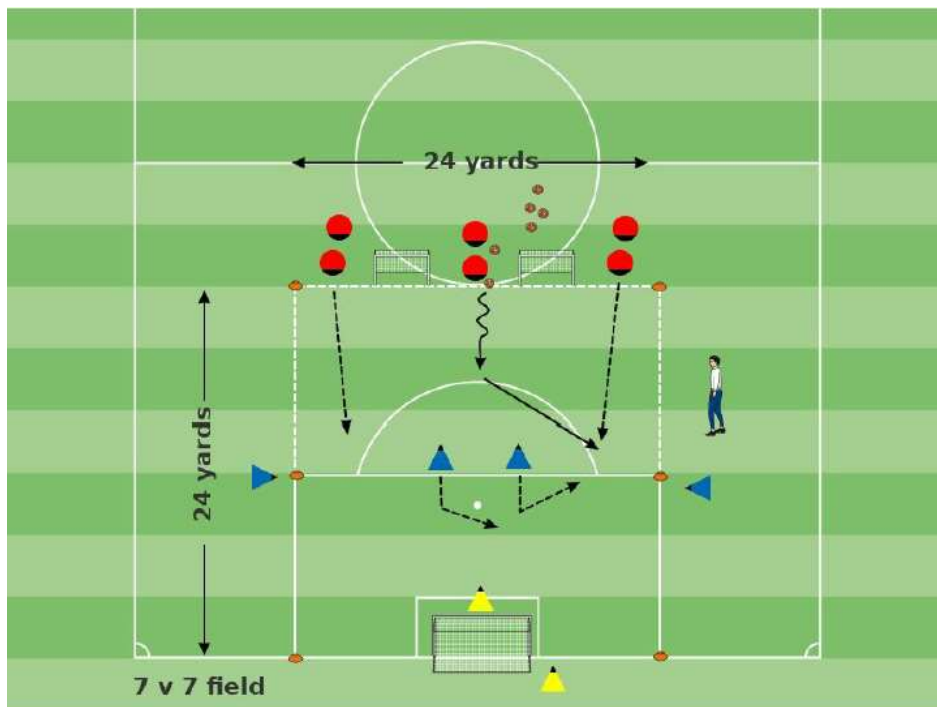
Mark out a 24x24-yard field with one goal with goalkeeper and two mini goals. Assign attackers (red) and defenders (blue) to starting positions as shown. Teams play 3v2. The defenders start out on the 18-yard-line. If they win the ball, they counterattack on the mini goals.

### GUIDED QUESTIONS

- 1) Defenders, what is your top priority in this exercise? (To protect the goal)
- 2) How do you do that? (Block the direct path to the goal, force attackers outside, move to follow the ball and block shots)
- 3) How do you do a block tackle? (Use the same foot as attacker dribbling the ball, keep heel down and toe up with ankle locked)

### VARIATIONS

- 1) To make the activity less challenging, teams play 2v2.
- 2) To make the activity more challenging, defenders start out much closer to the attackers, and the field is extended to about 32 yards wide.



## WEEK 5—ATTACKING: BUILDING UP IN OUR OWN HALF (2V1 FORWARD PASSING)

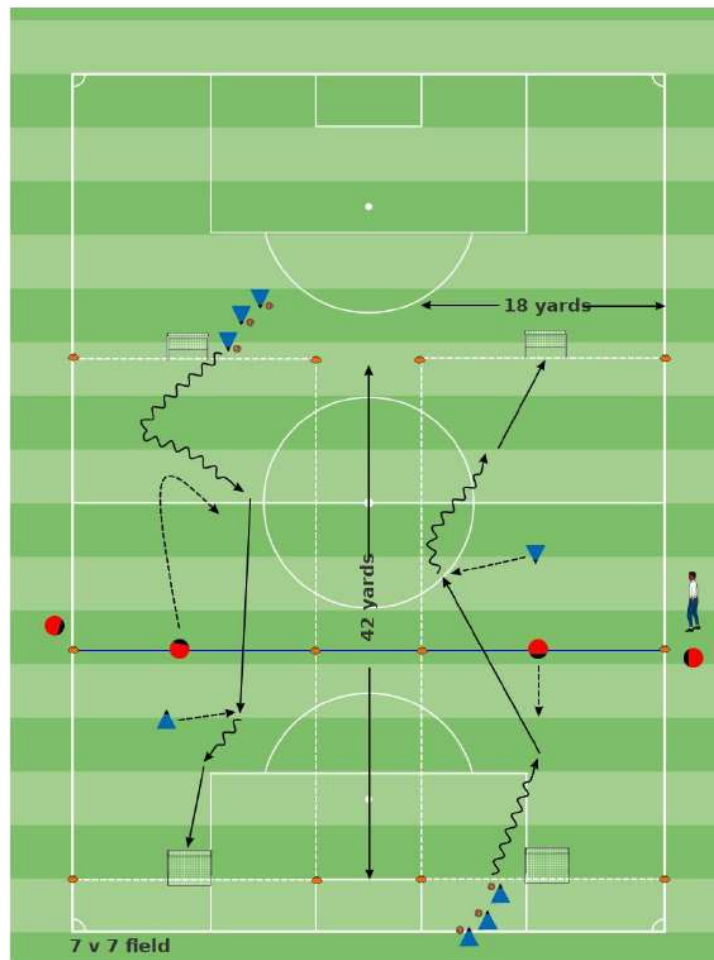
Mark out two 42x18-yard fields, each with build-out lines and two mini goals. Choose 8 attackers (blue) and four defenders (red) and position them as shown. The first attacker on each field dribbles forward and tries to get the ball past the defender to the second attacker. Play continues until a goal is scored. The players rotate.

### GUIDED QUESTIONS

- 1) Where is the defender in this exercise? (Between the attackers)
- 2) So what does the attacker behind the build-out line need to do to be open? (Move left or right to get away from the defender)
- 3) What does the ball carrier need to do before passing? (Look up to see where the receiver is and make eye contact)
- 4) What part of the foot should you use for a short pass? (Inside with heel down/toe up)

### VARIATIONS

- 1) To make the activity less challenging, the defender has to stay inside a 5-yard zone in the center.
- 2) To make the activity more challenging, the fields are just 12-yards wide.



## WEEK 6—ATTACKING: BUILDING UP IN OUR OWN HALF (7V5 ON ONE GOAL AND TWO GOAL LINES)

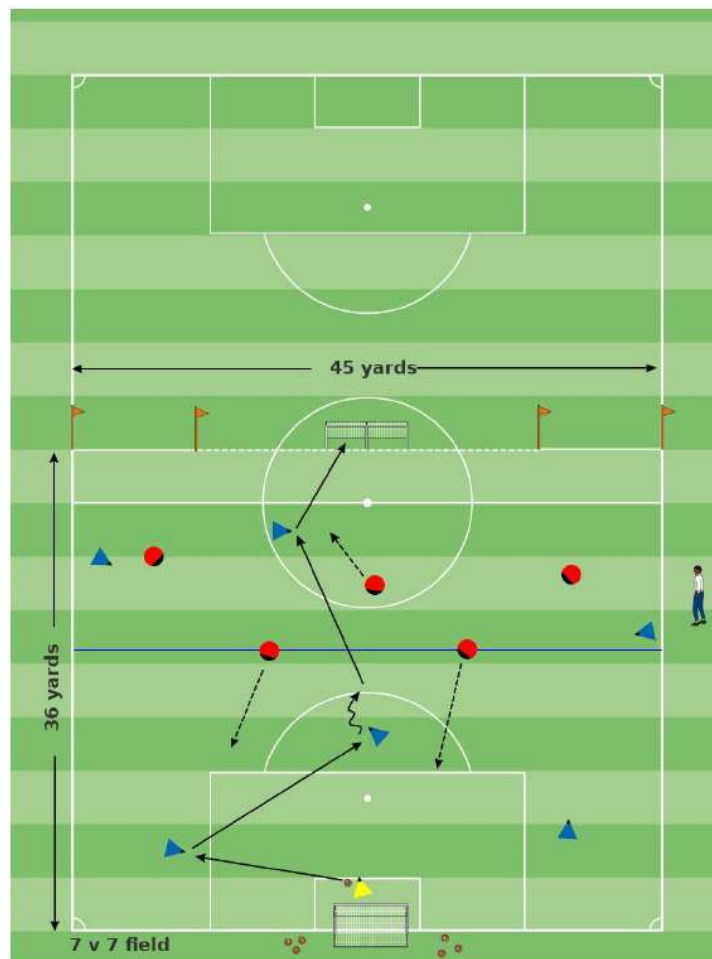
Mark out a 36x45 yard field as shown. Choose 7 blue attackers and 5 red defenders. Formations are 1-2-3-1 (blue) against 3-2 (red). Blue attacks on the goal in the middle or the goal lines on the wings. Red tries to win the ball and score on blue's goal. Play is restarted by blue's goalkeeper after interruptions.

### GUIDED QUESTIONS

- 1) Attackers, how can you make the best use of the field? (By spreading out evenly and staying as far apart as possible)
- 2) How do you build the attack? (By playing safe passes to move the ball forward from the defense)
- 3) Where should you plant your foot face? (Towards the target)
- 4) What do you do when the opponent is keeping you from moving forward? (Switch to the other side)
- 5) Once you've built the attack, what do you do next? (Move forward and support the forwards)

### VARIATIONS

- 1) To make the activity less challenging, red's goal has a goalkeeper.
- 2) To make the activity more challenging, red only defends the two goal lines.



## WEEK 7—DEFENDING: PREVENTING THE OPPONENT FROM BUILDING UP IN OUR OWN HALF (1V2)

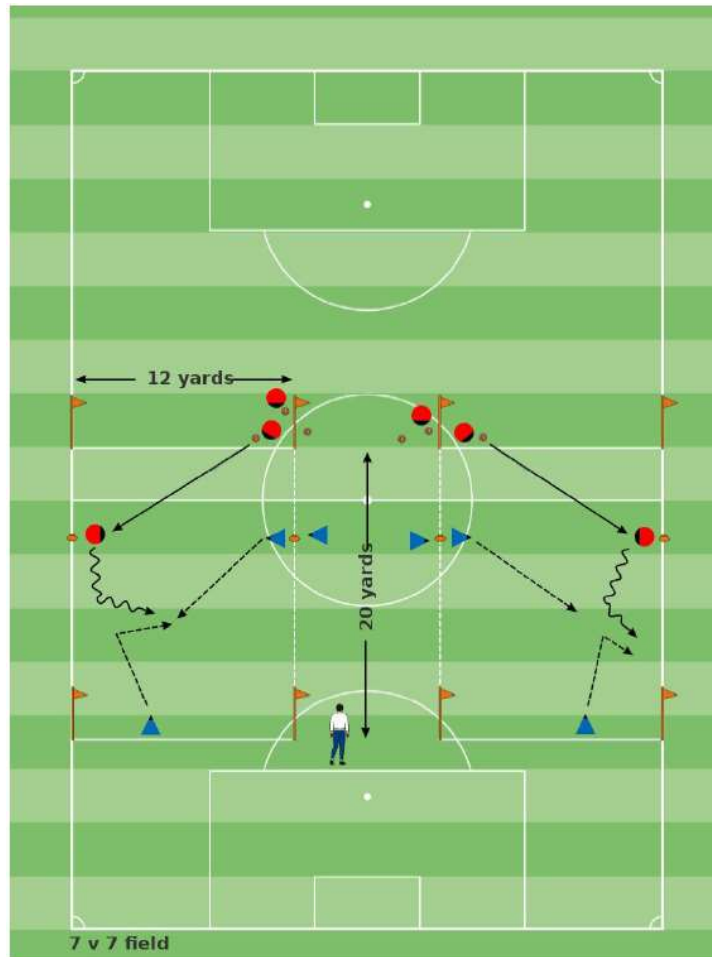
Mark out two 20x12-yard fields. Assign attackers and defenders to starting positions as shown. Play begins with a pass to the first attacker. Players play 1v2 on the endlines (dribble across to score).

### GUIDED QUESTIONS

- 1) What's the job of the defender closest to the ball? (To apply pressure and to stop or slow down the attack)
- 2) What does the second defender do? (Drop back, cover the first defender)
- 3) How close should the cover be? (Close enough to step to the ball if the other defender gets beat off the dribble)

### VARIATIONS

- 1) To make the activity less challenging, both defenders start out on the endline.
- 2) To make the activity more challenging, the second defender starts from the other endline and the first attacker dribbles onto the field.



## WEEK 8—DEFENDING: PREVENTING THE OPPONENT FROM BUILDING UP IN OUR OWN HALF (3V3)

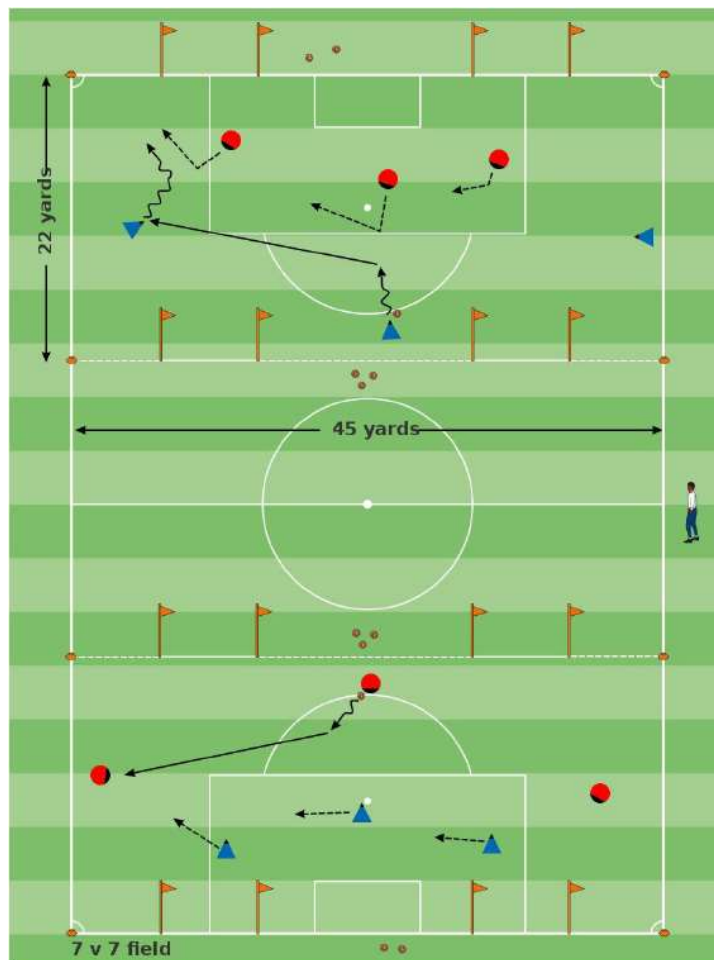
Mark out two 22x45-yard fields, each with two 10-yard goal lines on each endline. Divide players into four teams of three. Teams play 3v3 on goal lines (pass on the ground to score).

### GUIDED QUESTIONS

- 1) How can you keep the opponent from breaking through on the wing and scoring? (Get compact on the side where the ball is at)
- 2) How should you position yourselves to do that? (Move with the ball)
- 3) What's your job when you're the defender closest to the ball? (Stop the ball carrier)
- 4) When do you step to pressure the ball? (When the attacker's head is down or takes a bad touch)

### VARIATIONS

- 1) To make the activity less challenging, use just one 18-yard goal line in the middle of each endline, and players have to dribble across it to score.
- 2) To make the activity more challenging, players have to dribble across the endlines to score.



## ALTERNATE ACTIVITY—DEFENDING: PREVENTING THE OPPONENT FROM BUILDING UP IN THEIR HALF (A)

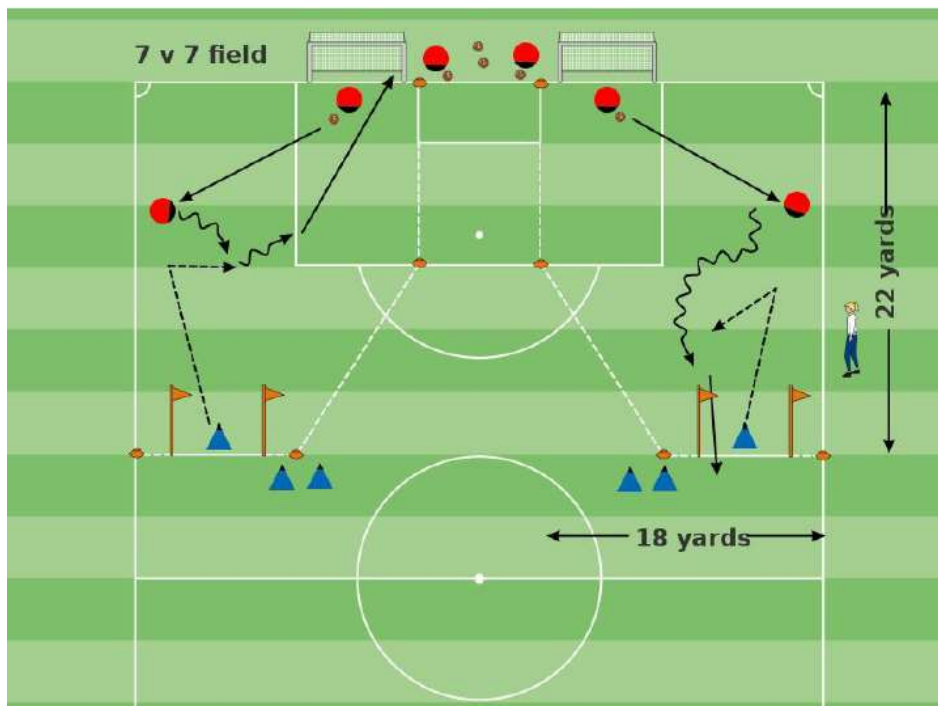
Mark out two fields as shown. Three attackers (red) and three defenders (blue) play on each field. Each 1v1 begins with a pass from the goalkeeper. As soon as the pass is played, the defender runs out from behind the goal (build-out) line and tries to win the ball and counterattack on the standard goal. Players rotate after each round.

### GUIDED QUESTIONS

- 1) Defenders, how should you react to the goalkeeper's opening pass? (Run forward, get close to the attacker and immediately start pressuring the ball)
- 2) Why is it dangerous to get too close to the attacker too soon? (They could play the ball past us)
- 3) How do you keep that from happening? (Move while the ball is moving on the pass. Stop the attacker and take them 1v1)

### VARIATIONS

- 1) To make the activity less challenging, the attacker has to dribble across the goal line to score.
- 2) To make the activity more challenging, the goal lines are extended to 10 yards.



## ALTERNATE ACTIVITY—DEFENDING: PREVENTING THE OPPONENT FROM BUILDING UP IN THEIR HALF (B)

Mark out a 36x45-yard field and include the build out line. 6 blues (2-3-1) attack large goal vs. 6 reds (1-2-3) to two small goals. Mostly begin from red goal kick, but vary the restarts (from GK hands, throw-ins, play blue team attack, etc.)

### GUIDED QUESTIONS

- 1) Who should pressure the opponent with the ball? (The closest defender)
- 2) When do you step to steal the ball? (When the attacker's head is down, takes a bad touch, or makes a soft pass)
- 3) How do you step to steal the ball? (Fast approach/long steps while the ball is moving, and then slow arrival/short steps when close)
- 4) Why do the other defenders need to get compact and stay connected? (To keep openings closed and keep them closed by moving together)

### VARIATIONS

- 1) To make the activity less challenging, just one 15-yard goal line in the middle. Be sure to vary restarts from the red team.
- 2) To make the activity more challenging, use an end zone instead of goal lines for the red team to score, and red must dribble into it or pass to the coach there to score. Be sure to vary the restarts so that the red team uses different options to try to build up.

