

Soccer Session for Hold up play



Soccer Graphics



I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

Use code AFL-RMTD for 5% off

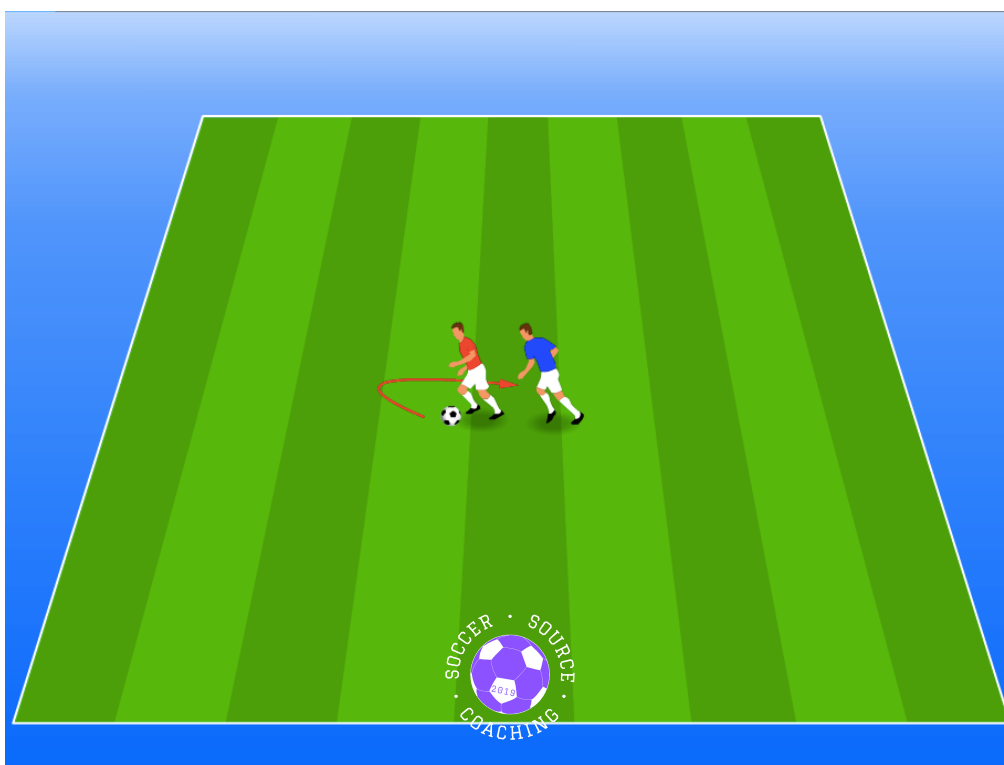
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The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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Hold up Play warm-up

Time: 15 minutes

Set up:

10 x 15-yard area
1 soccer ball per pair
1 defender and attacker

Instructions:

Create your area and get your players into pairs with one soccer ball. One player will be the attacker with the ball and the other will be the defender.

The attacker will start with their back to the defender and their goal is to try and turn so that they are facing the defender while still in control of the soccer ball.

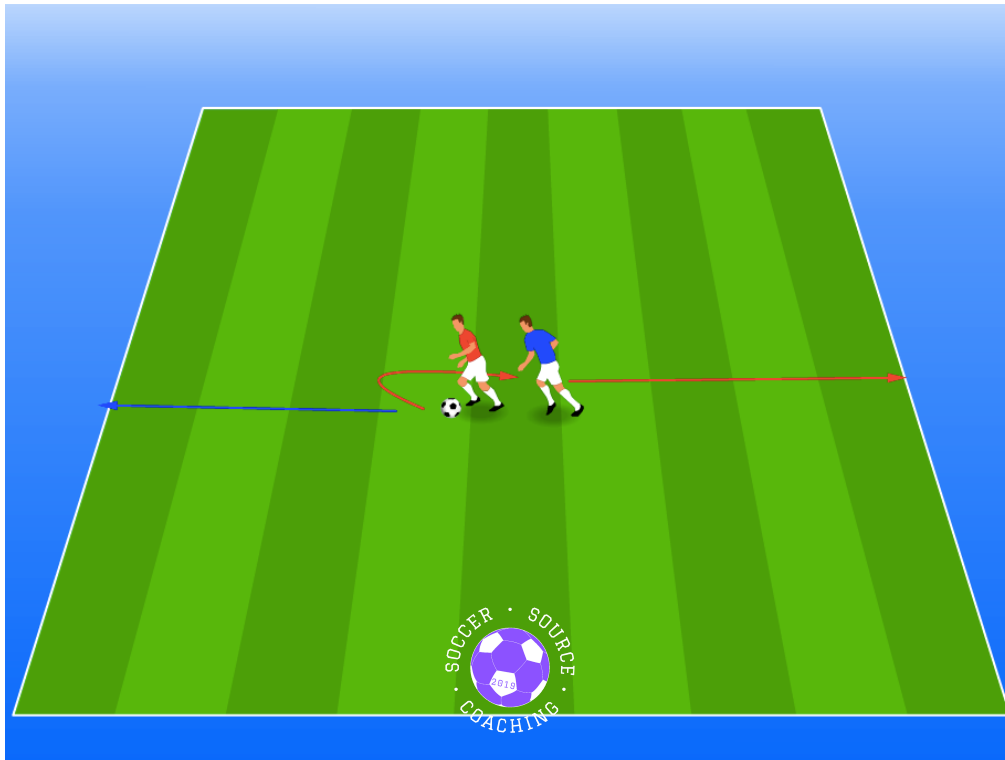
The attacker will have 10 seconds to do so with the defender counting to 10. If the attacker is able to do this they will get 3 points if the defender manages to drop the attacker from turning they will get 1 point.

Coaching points:

Body position should be side-on to protect the ball
Control the soccer ball with your front foot
Use skills and body feints to help give you some time and space to turn

Questions that can lead to coaching points:

What position should our body be in to protect the ball?
What foot should we be using to control the soccer ball?
How can we create time and space for ourselves to turn?



[Click here for the video](#)

Hold up Play technical activity

Time: 15 minutes

Set up:

10 x 15-yard area
1 soccer ball per pair
1 defender and attacker

Instructions:

Keep the setup the same, however, players will start in the middle of the area.

The way that the attackers will score this time is if they dribble past the line that they are facing away from where they will get 3 points if they successfully do this.

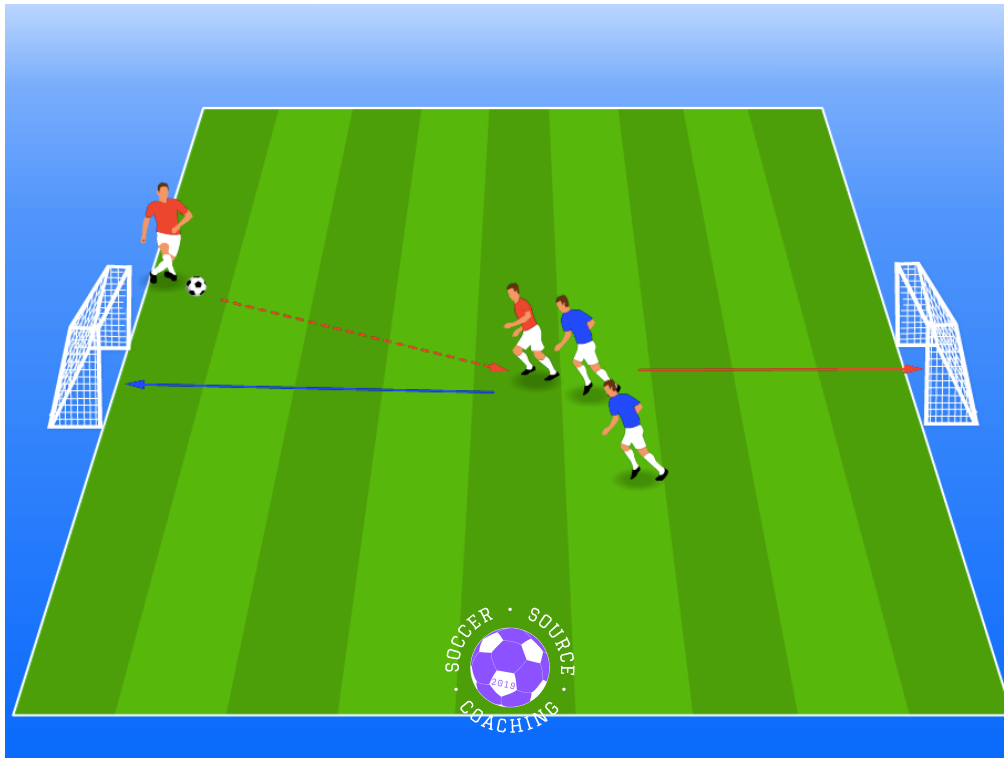
If the defender wins the ball back they will dribble past the line that they are facing for a total of 1 point.

Coaching points:

Use skills and body feints to give yourself some space to turn and face the defender
When facing the defender use a skill or a body feint combined with a change of direction and speed to get past the defender

Questions that can lead to coaching points:

How can you get in a position where you are facing the defender?
Once you are facing the defender what can you do next?



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Hold up play Soccer progression

Time: 20 minutes

Set up:

10 x 15-yard area
 2 goals
 1 soccer ball
 2 defenders 2 attackers

Instructions:

Set up your area and goals on either side of the area with 2 defenders and 2 attackers. 1 of the attackers will start in the middle with the 2 defenders. the other attacker will pass the ball into their teammates' feet who will be under pressure from the defender.

As soon as the ball is played to the striker the ball will become live, if the attacking team scores a goal within the phase of play where the attacker is able to turn on the ball and face the defender the goal will be worth 3 goals.

If they score a goal without this happening it will be worth 1 goal.

If the defending team wins the ball and scores in the opposite goal they will get 1 point.

At the end of the phase whether a goal is scored or the ball goes out of bounds it will always restart with the attackers.

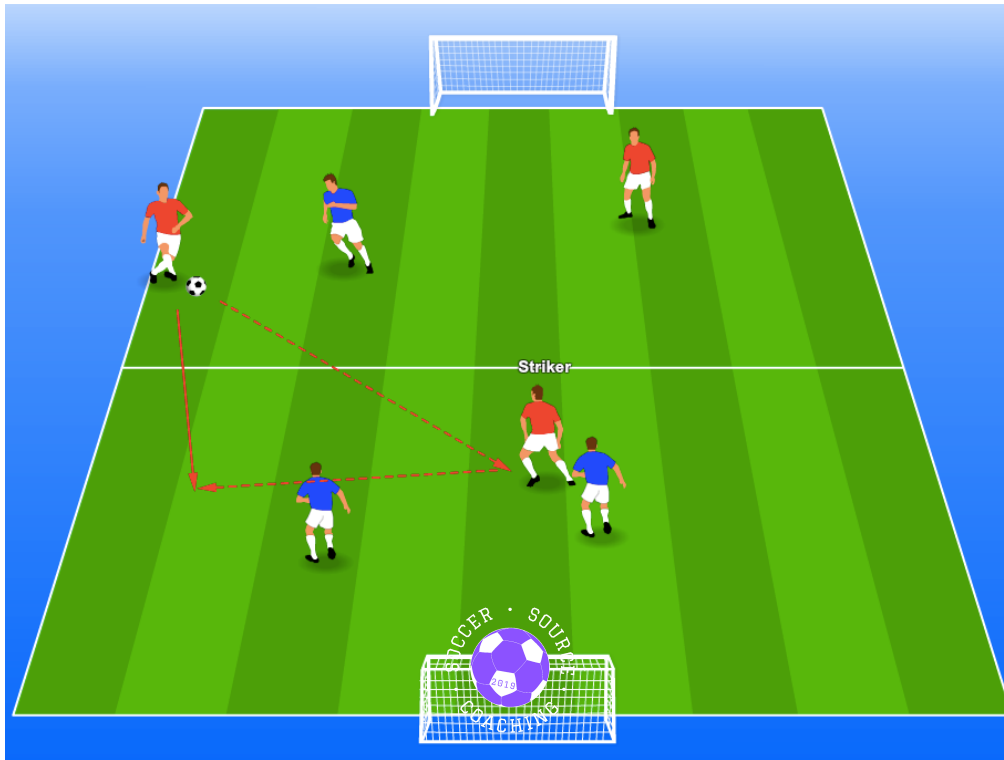
Every 5 phases of play the defenders and attackers will swap around.

Coaching points:

Protect the ball with a side-on-body stance and control it with the front foot
 If you do not have the ball how can you support your teammate on the ball
 If you cannot play forwards rebuild to start the attack again

Questions that can lead to coaching points:

How should you be holding up the ball?
 Where can you go to help the player with the ball?
 Do you always have to go forward?



[Click here for the video](#)

Hold up play conditioned game

Time: 20 mins

Set up:

15 x 20-yard area divided into halves

2 goals

2 teams

Instructions:

Set up your area and divide it in half with the lines down the middle and goals on either side. In each half, there will be 2 defenders and 1 attacker and they must stay in their areas. A player can only cross the line once they play the ball to their attacker in the opposite half.

This will create a 2v2

The scoring system will be the same in a normal game.

Coaching points:

Reinforce previous coaching points

Focus on individual coaching points