

GRASSROOTS: BASIC ORGANISATION OF 7v7 AND 9v9

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BASIC ORGANISATION 7v7 AND 9v9

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- At this age level, the idea of playing systems is not important at all, and the players' activity can be summed up as avoiding chasing the ball in swarms.
- However, the coach-educator can develop the bases of an organised game through the different formats played:
 - Selection of a formation (see in the next slide) and a coherent style of play
 - Players' positions
 - Organisation of the formation



7v7 – BASIC ORGANISATION

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Basic Organisation

- Success in 7-a-side is linked not only to the technique, but also to the organisation, which must be simple and understood by all players
- With the training games, the coach can also develop the basics on the tactical side:
 - Selection of formation
 - Players' positions
 - Organisation of the formation



Team in possession of the ball

- Move forward
- Lose markers
- Support/backup
- Passes, dribbling, shots

Team does not have possession of the ball

- Fall back while facing the ball
- Covering (slow down the opponents' progress)
- Marking
- Interceptions
- Duels

9v9 – BASIC ORGANISATION

Basic organisation

- 3 lines: balance, better use of the space
- Play on the wings or through the middle
- Development of attacking play, more shots

