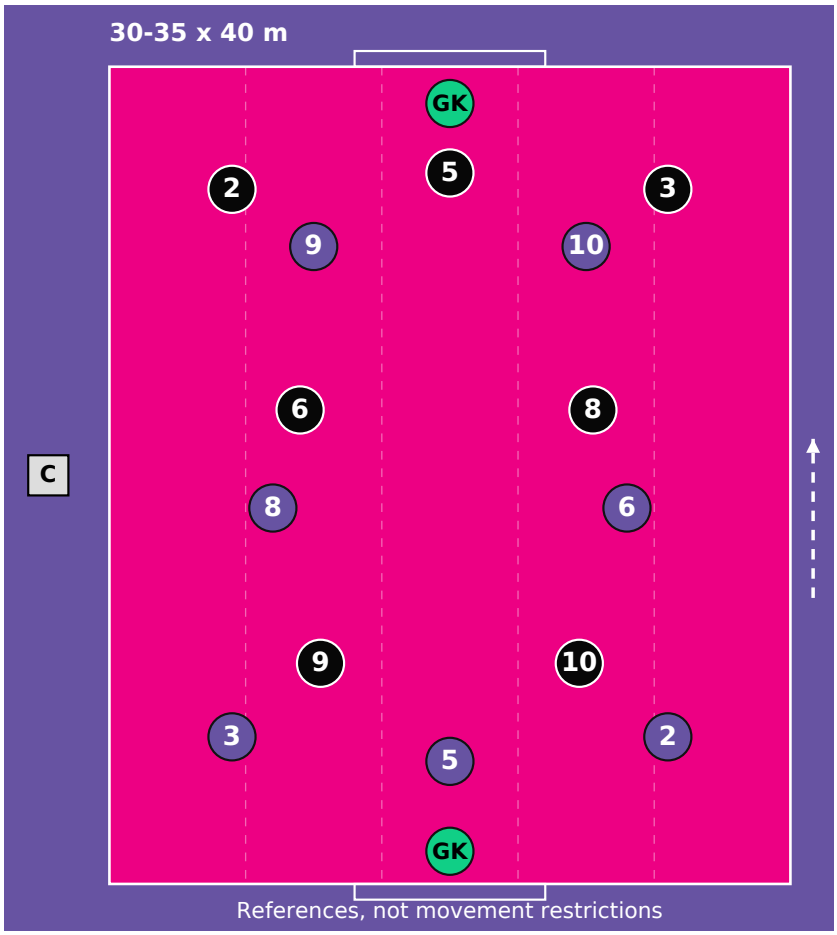
Representative game - Transfer

Small-sided game (SSG) | 20 min | 67-87 min

7v7 + 2 goalkeepers; 7v6 + 2 with 15 | 30-35 x 40 m



Purple: coached team. Black: opposition. White: common player. Green GK: goalkeeper. Square C: coach.

Coached team attacks up; opposition attacks down. Common players support whichever team has the ball.

• Duration: 20 minutes

• Practice Type: Representative Game

• Reference: 4-4-2 relationships; use 7v7 + 2 GKs with 16 players, or 7v6 + 2 GKs with 15.

• Structure: Block 1: coached game 8-10 min. Block 2: free game 10-12 min. Use the same five-lane references, then remove most conditions.

Block 1 - coached game: Minimal conditions. Look for transfer of Build to Attack Around into positional football.

• CB/GK: recognise when to play through, around, over or carry; secure balance behind the ball.

• 6/8: support underneath, create the overload, receive forward and connect to the inside return.

• FBs: provide width, timing and the outside route; support balance if the ball travels inside.

• 7/11: hold width, fix the defender, combine, move inside and threaten beyond.

- 9/10: pin, connect, attack the inside return and create space for one another.
- Team: maintain balance behind the ball while supporting forward progression and inside access.

Managed opposition: Protect central space; prevent easy inside access; force outside without overcommitting; protect the inside return; transition positively on regain.

Block 2 - free game: Remove bonus scoring and most conditions. Play football. Coach mainly through observation and concise concurrent information.

Transfer test: Do players still create the wide overload, go around and get back inside once the practice stops explicitly rewarding it?