



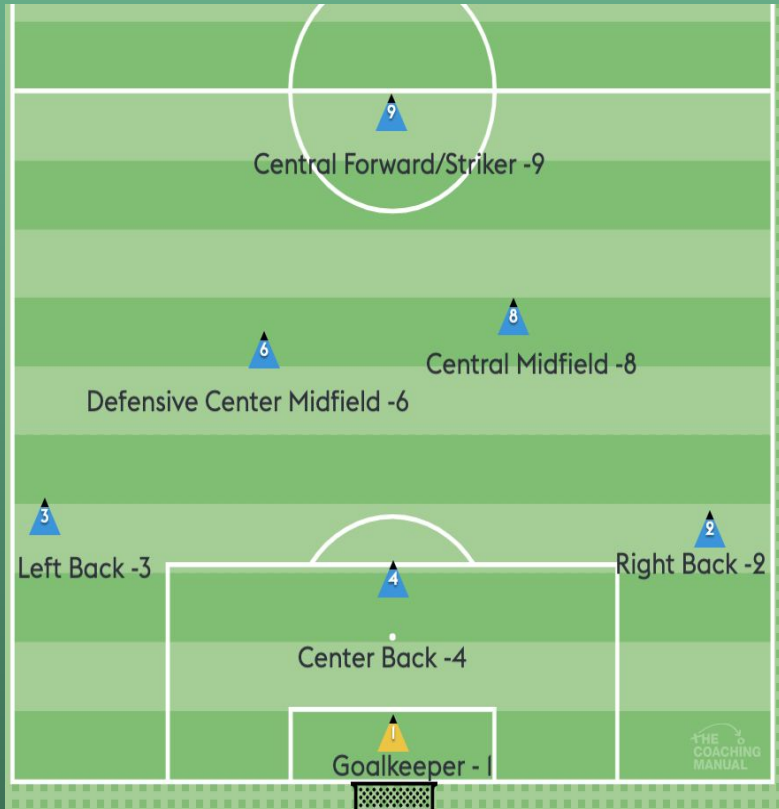
Harbor Premier Coaching Curriculum

June 2023 - December 2023
7 v 7 Program

7 v 7 Information

- Teams should play in a 1-3-2-1 or a 1-2-3-1 Formation
- Each player will rotate through each position during the season
- Emphasis is on enjoyment, learning and individual development NOT tactical or winning the game at any cost
- Players should have game day objectives based on the previous weeks practices and session themes

7 v 7 Information



Player Characteristics and Numbering System

#1 GOALKEEPER

+ Collecting, handling & serving with hands & feet.

+ Receiving aerial service (all angles, distances)

+ Tackle, regain possession one v one

+ Command, direct team during re-starts

+ Organize, direct team actions in own half

+ Transition to attack- possess or penetrate

+ Power, acceleration and explosive movement

+ Aerial mobility maximize height and reach

+ Maximal Speed of Reaction

+ Alert and focused, constant assessment of play

+ Lead- confident, decisive mentality

+ Resilient- re-focus on targets, objectives

Player Characteristics and Numbering System

#2, 3 OUTSIDE BACKS

- + Collecting the ball efficiently, serve, run fwd.
- + Full passing range, crosses from flank channel
- + Tackle, intercept, regain possession of ball

- + Recognize, execute penetration on flanks
- + Organize and direct #7, #11 in defending role
- + Central channel balance, cover for #4, #5

- + Speed endurance- repeated explosive runs
- + Acceleration- change speed response to ball
- + Endurance, box-box range for the full match

- + Confident competitor in one-one isolation
- + Confident in attacking and defending roles
- + Alert, immediate response in transition

#4, 5 CENTER BACKS

- + Marking, tracking, intercepting and tackling
- + Heading, 1-touch passing on aerial serves
- + Passing to penetrate (all service types)

- + Decide, execute- mark opponent or mark space
- + Build-out, possession, tempo in central channel
- + Organize, direct outside backs and c. midfielders

- + Aerial- max. use of height, explosive movement
- + Rx Speed- adjust to ball, opponent movement
- + Agility- change direction in response to cues

- + Decisive leader- command and direct teammates
- + Control and composure under pressure
- + Focus- assess and prepare when ball is away

Player Characteristics and Numbering System

#6, 8 CENTER MIDFIELDER

- + Marking, tracking, intercepting and tackling
- + Collect, turn, re-direct to all regions of field (360)
- + Passing to penetrate (all service types)

- + Primary option for build out and possession
- + Defensive control centrally in front of backs
- + Penetrate- movement, passing or running w/ ball

- + Mobility- multi-directional, box-box, centrally
- + Speed endurance- intermittent, intense actions
- + Explosive movement- max. acceleration

- + Energized- maximal effort to connect the team
- + Game Awareness- control tempo & speed of play
- + Self-less- effort to connect all parts of the team

#10 ATTACK C. MIDFIELDER

- + Collect and turn under pressure.
- + Passing- penetration and goal-scoring chances
- + Dribbling or striking to score goals.

- + Mobility- create separation from opponent
- + Create scoring opportunities for teammates
- + Transition- join 1st line of defending pressure

- + Explosive movement- separation from opponent
- + Acceleration- change direction or change speed
- + Strength-shoot from distance, challenge for ball

- + 360 degree awareness- mental focus
- + Ambitious attacking mentality
- + Perception- focus on multiple, complex cues

Player Characteristics and Numbering System

#7, 11 WINGERS

- + Flank service at high pace w/ either foot
- + Running with the ball, high pace (penetration)
- + Ball preparation, dribbling and ball manipulation

- + Transition- react, recover as 1st flank defender
- + Mobility to create team crossing opportunities
- + Mobility, timing of runs for central goal scoring

- + Speed endurance, high pace, frequent transition
- + Acceleration- with and without the ball
- + Agility- efficiency in changing direction

- + Ambitious penetrating attitude
- + Patience- prepared to max opportunities w/ ball
- + Focus- constant attention to game cues w/o ball

#9 CENTER FORWARD

- + Scoring- one-touch on demand (head and feet)
- + Receive, secure ball under pressure
- + Able to turn and face the goal (Penetrate)

- + Mobility, timing to optimize scoring chances
- + Recognize, attack the spaces behind the defense
- + Pressure, contain opponents' build out

- + Speed Endurance- repetitive explosive runs
- + Strength- compete for possession
- + Explosive movement- compete for aerial service

- + Persistence- remain in advanced position
- + Aggressive attitude to compete for the ball
- + Alert, anticipate positive opportunities

Training Session Details

SESSION 1

- **Me And My Ball**
Players will work on individual techniques with the ball both on their own and with partners. Exercises to be done at speed to add pressure and competition
- **1 v 1 Battles**
Players will compete in a series of 1 v 1 games with different technical outcomes so that we are able to use techniques under pressure
- **Under and Overloaded Technical Games**
Players will add decision making to the technique and while going to goal
- **Small sided games**
Players will play small sided to goals so that they can compete, play and have fun.

SESSION 2

- **Me and My Ball**
Players will work on individual techniques with the ball both on their own and with partners. Exercises to be done at speed to add pressure and competition
- **Under and Overloaded Technical Games**
Players will add decision making to the technique and while going to goal
- **Creating The Bigger Picture**
Players will start to add more ball striking techniques in while being under the pressure of small sided games and environments

7 v 7 Training Weekly Curriculum

Week Beginning	Weekly Topic	What To Cover
June 5th	Pre Season	Technical work, Small sided games (3 v 3 and 4 v 4)
June 12th	Pre Season	Technical work, Small sided games (3 v 3 and 4 v 4)
June 19th	Pre Season	Team Organization, Large Sided Games (7 v 7)
June 26th	Rangers Camp	N/A
July 3rd	Off	Off
July 10th	Pre Season	Technical work, Small sided games (3 v 3 and 4 v 4)
July 17th	Pre Season	Team Organization, Large Sided Games (7 v 7)

7 v 7 Training Weekly Curriculum

Week Beginning	Weekly Topic	What To Cover
July 24th	Pre Season	Technical work, Small sided games (3 v 3 and 4 v 4)
July 31st	Pre Season	Team Organization, Large Sided Games (7 v 7)
August 7th	Pre Season	Team Organization, Large Sided Games (7 v 7)
August 14th	OFF	OFF
August 21st	Control and Connect	Passing, moving and angles of receiving
August 28th	Winning the Ball Back	Defending, Pressing, Compactness
September 4th	Decision making on the ball	When to Dribble, Pass or Shoot

7 v 7 Training Weekly Curriculum

Week Beginning	Weekly Topic	What To Cover
September 11th	Attacking Space	Counter Attack, Running with the ball
September 18th	Shooting and Finishing	Crosses, Passes and 1 v 1s
September 25th	Control and Connect	Passing, moving and angles of receiving
October 2nd	Winning the Ball Back	Defending, Pressing, Compactness
October 9th	Decision making on the ball	When to Dribble, Pass or Shoot
October 16th	Attacking Space	Counter Attack, Running with the ball
October 23rd	Shooting and Finishing	Crosses, Passes and 1 v 1s
October 30th	Control and Connect	Passing, moving and angles of receiving

7 v 7 Training Weekly Curriculum

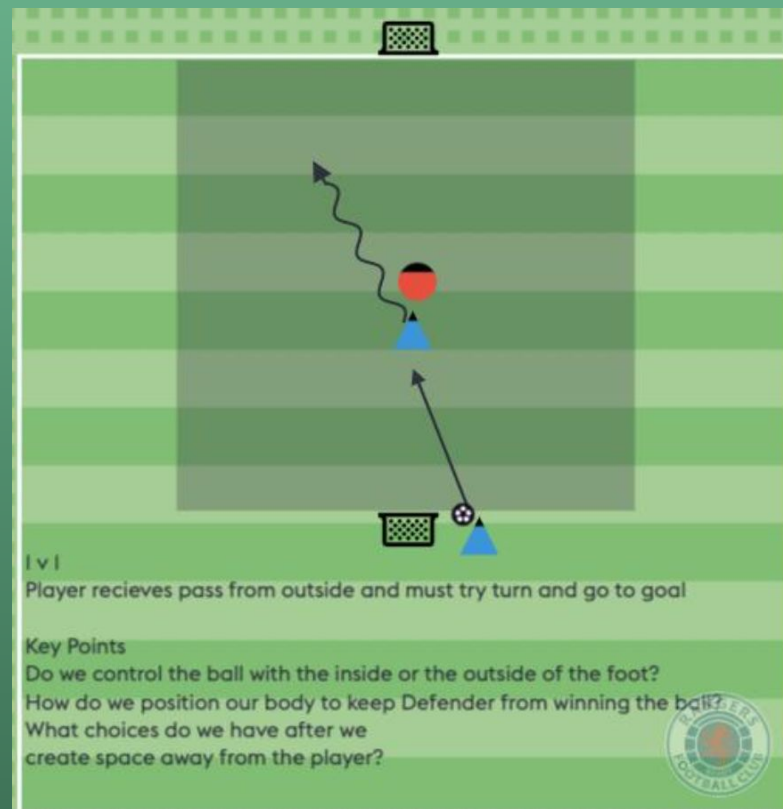

Week Beginning	Weekly Topic	What To Cover
November 6th	Winning the Ball Back	Defending, Pressing, Compactness
November 13th	Decision making on the ball	When to Dribble, Pass or Shoot
November 20th	Attacking Space	Counter Attack, Running with the ball
November 27th	Shooting and Finishing	Crosses, Passes and 1 v 1s
December 4th	Control and Connect	Passing, moving and angles of receiving
December 11th	Winning the Ball Back	Defending, Pressing, Compactness
December 18th	OFF	OFF
December 25th	OFF	OFF

7 v 7 Example Session 1 - Control and Connect




Start Activity Unopposed (No Black Defenders) and Practice 2 of our Harbor Core turns in the middle of the box

Players in the middle must pass and receive ball from outside players.
Once the Player in the middle receives the ball again, they must travel through Grey box.
dribble past Defenders (In Black)
If Black players win the ball they can dribble out of grey box



1 v 1
Player receives pass from outside and must try turn and go to goal

Key Points
Do we control the ball with the inside or the outside of the foot?
How do we position our body to keep Defender from winning the ball?
What choices do we have after we create space away from the player?

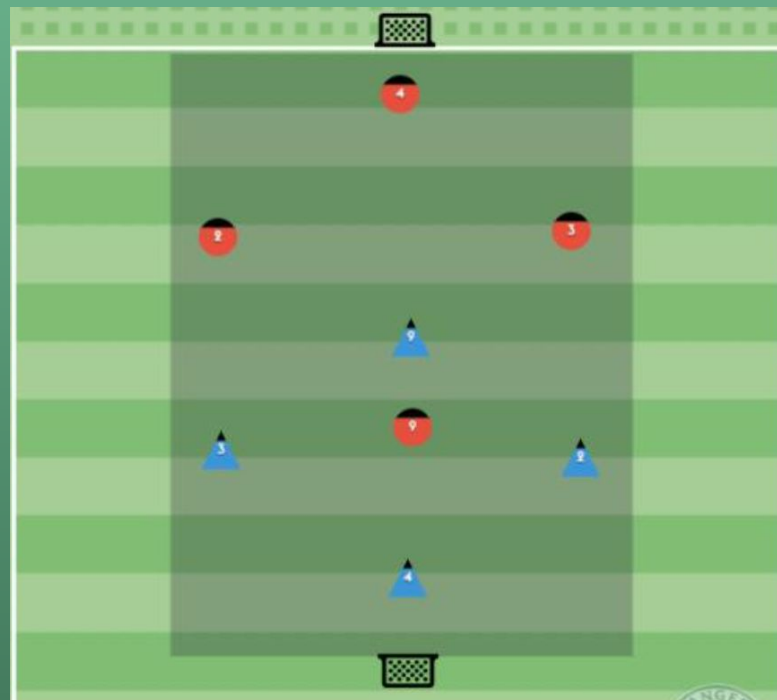


7 v 7 Example Session 1 - Control and Connect




1 v 1 or 2 v 1
Ball gets played into Attacker
Attacker Can either turn and try score 1 v 1 for 2 points or play back and play 2v 1 for 1 point

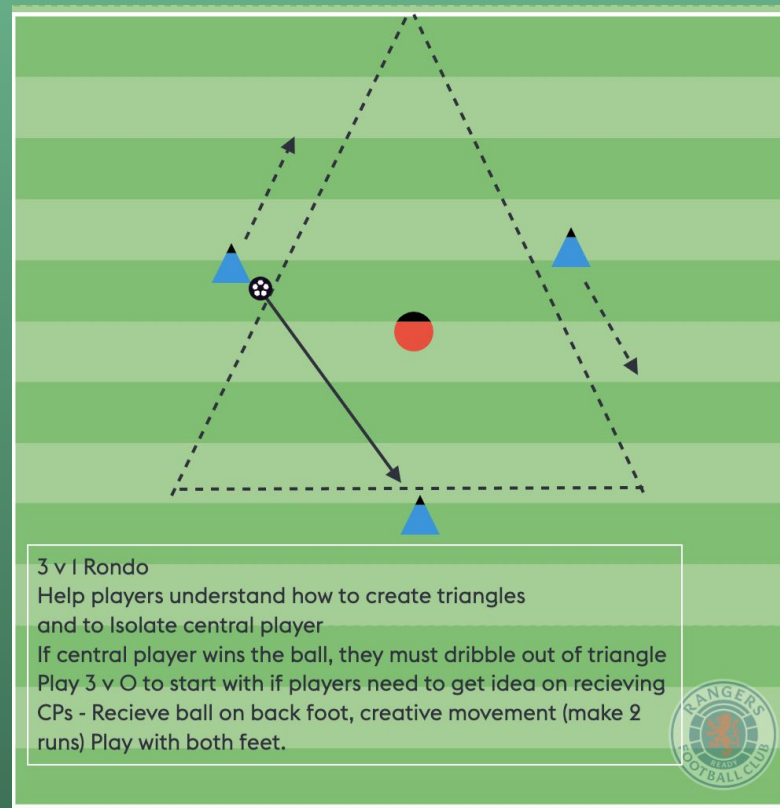
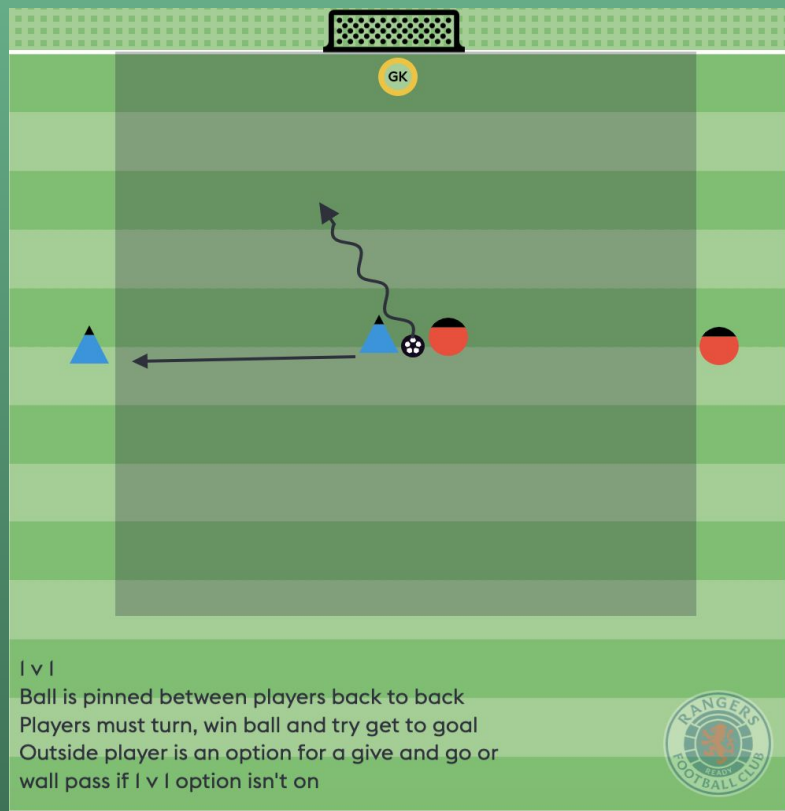
Key Points -
Use Physical and Visual cues on if you can turn
If pass does get played backwards can you spin away and open body shape



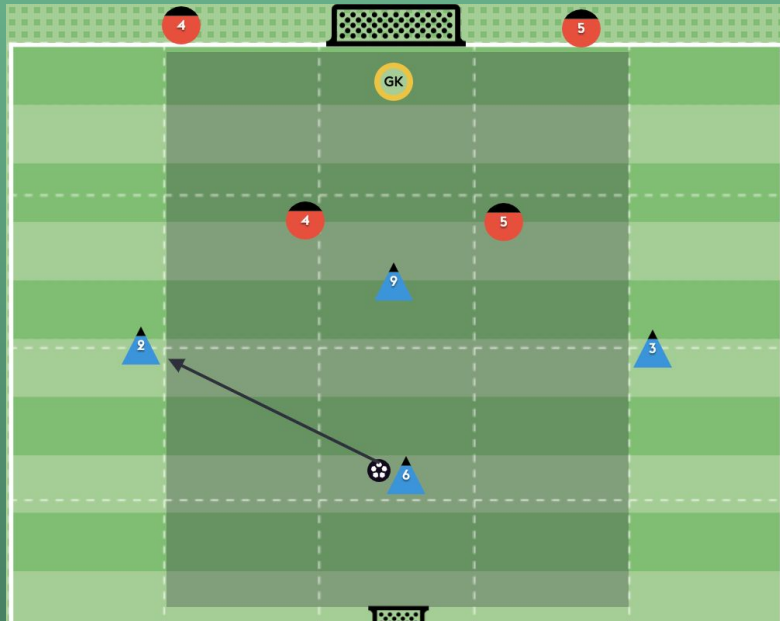
4 v 4 final game to finish



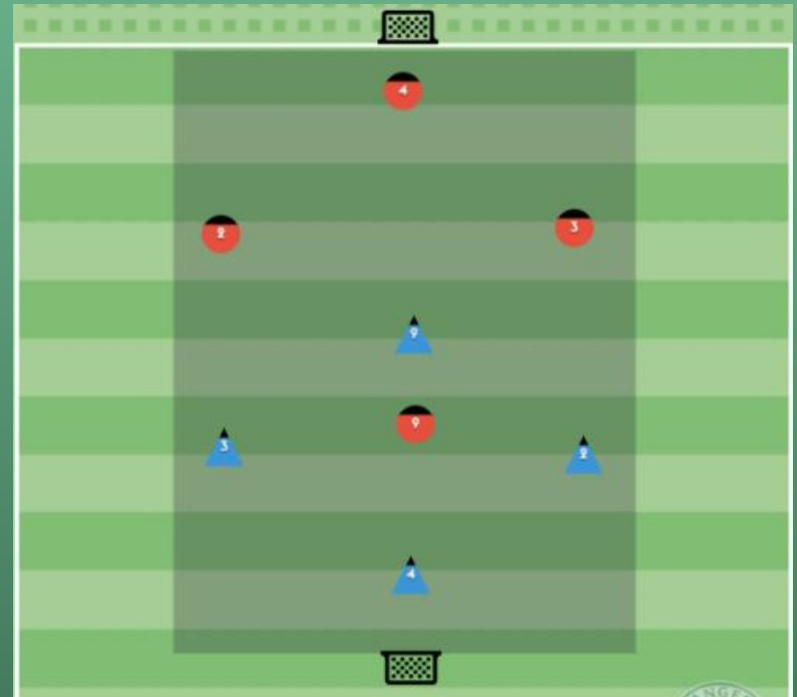

7 v 7 Example Session 2 - Control and Connect




7 v 7 Example Session 2 - Control and Connect



4 v 2 (Can also play 5 v 3 to progress) Rondo to goal. Blue shoot on GK, Red score in small goal
Encourage players to make triangles around Players to mimic last activity
Rotate red and blue outside players every 3/4 rotations so players can get a run of playing time.



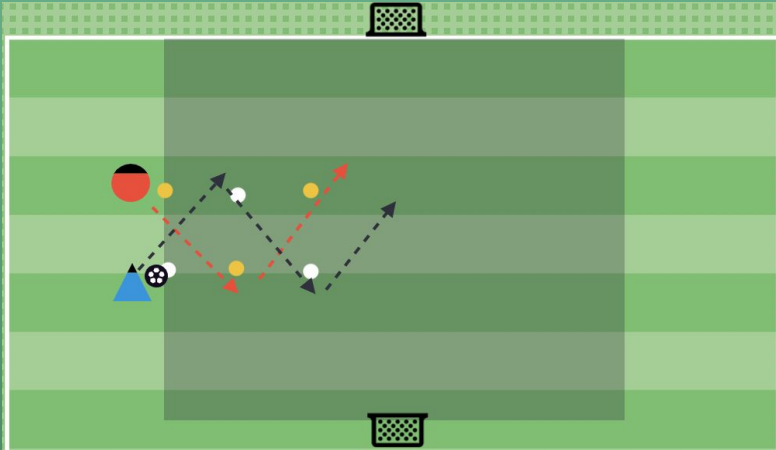
4 v 4 final game to finish



Coaching Points and Game Day Objectives For Players - Control and Connecting

- Position yourself with open hips so that you can see the whole field
- Pass the ball backwards when you cannot play forward
- After every pass your team makes, move to a different position
- When passing, try to think of what is now and what happens next
- Try to understand when to control and play and when to play with one touch

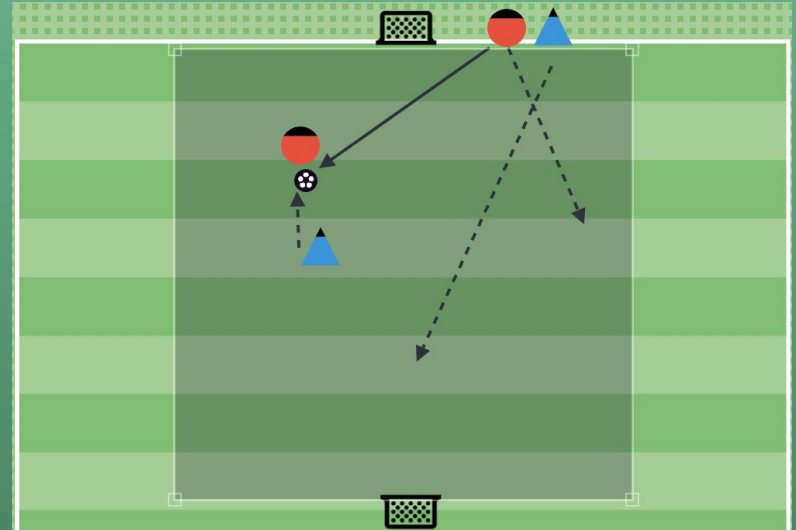
7 v 7 Example Session - Winning the ball Back



Blue Player Zigzags around the white cones and tries to score.

Red Player Zigzags around the orange cones and must recover to delay the forward going to goal and deny the space inbetween them and the goal

Red player can leave cone when blue player gets to first cone, use own judgement if that s enough time between Blue starting and Red Starting

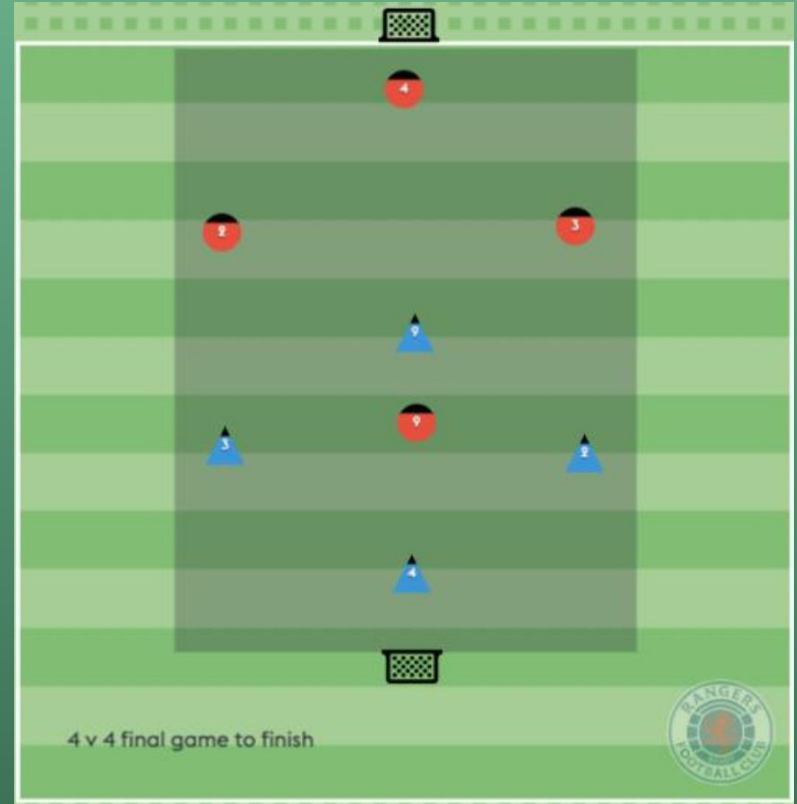
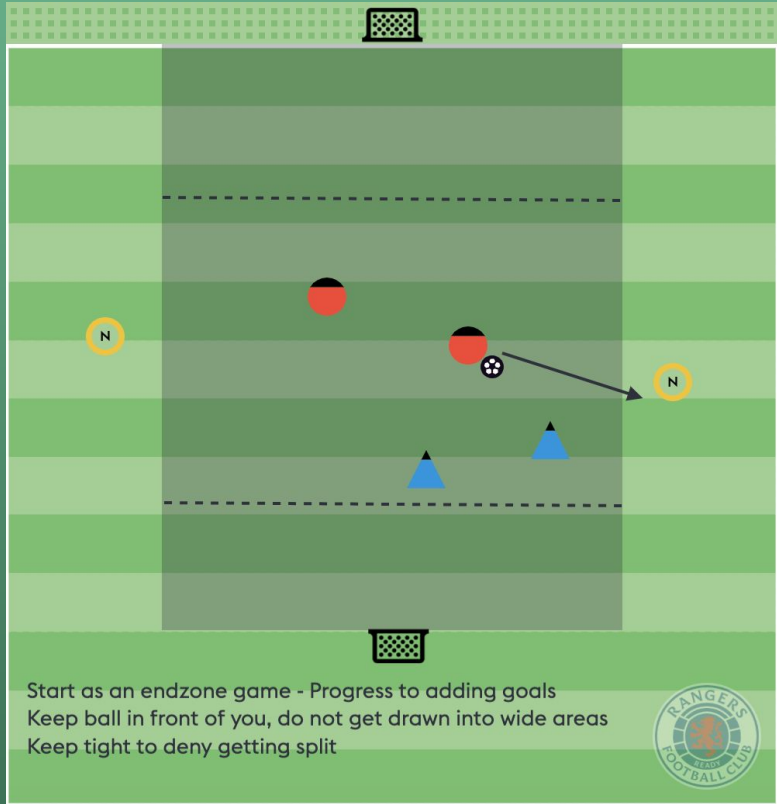


Blue Player adds pressure to red player recieving the ball by delaying him moving forward

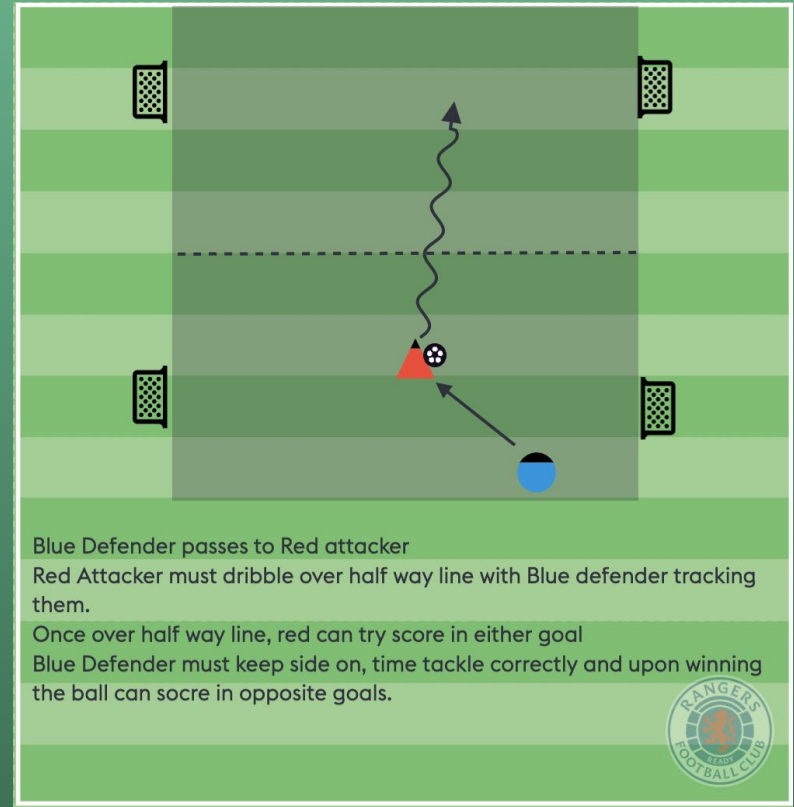
Blue recovery Player must sprint back behind pressure player adding cover and denying the space inbetween the player and the goal



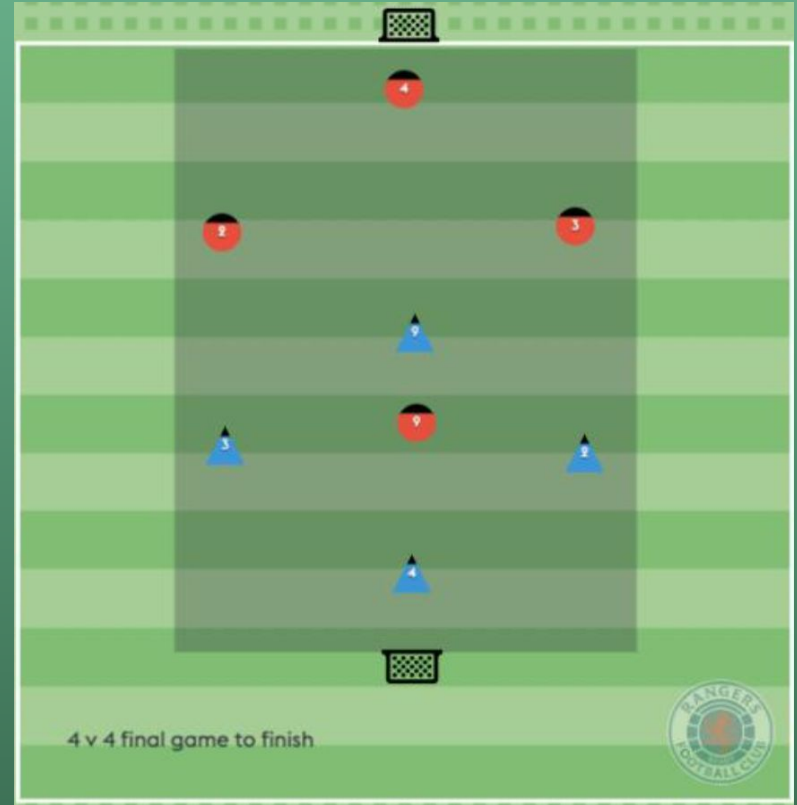
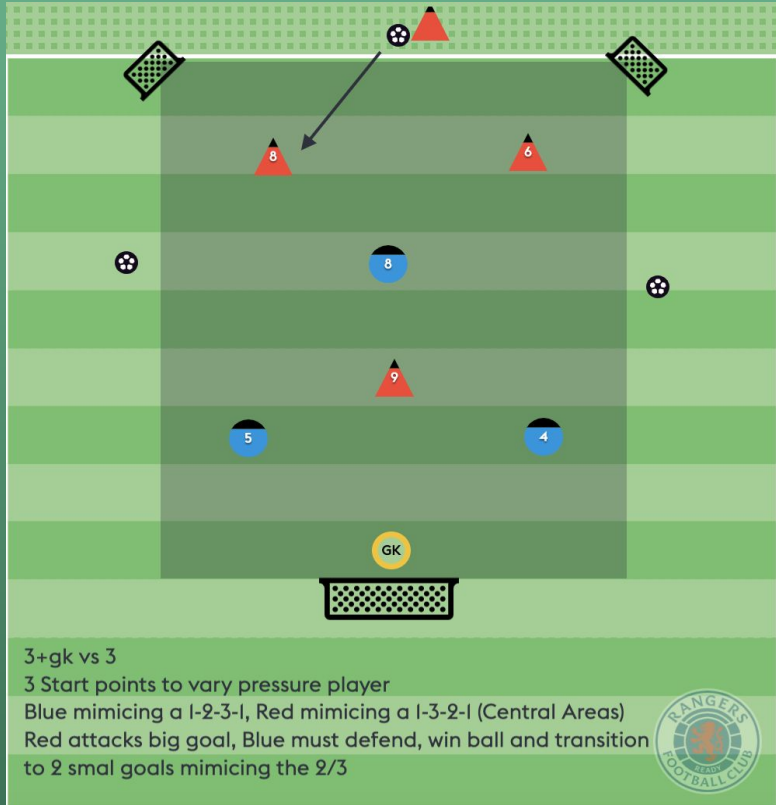
7 v 7 Example Session 1 - Winning the ball Back



7 v 7 Example Session - Winning the ball Back



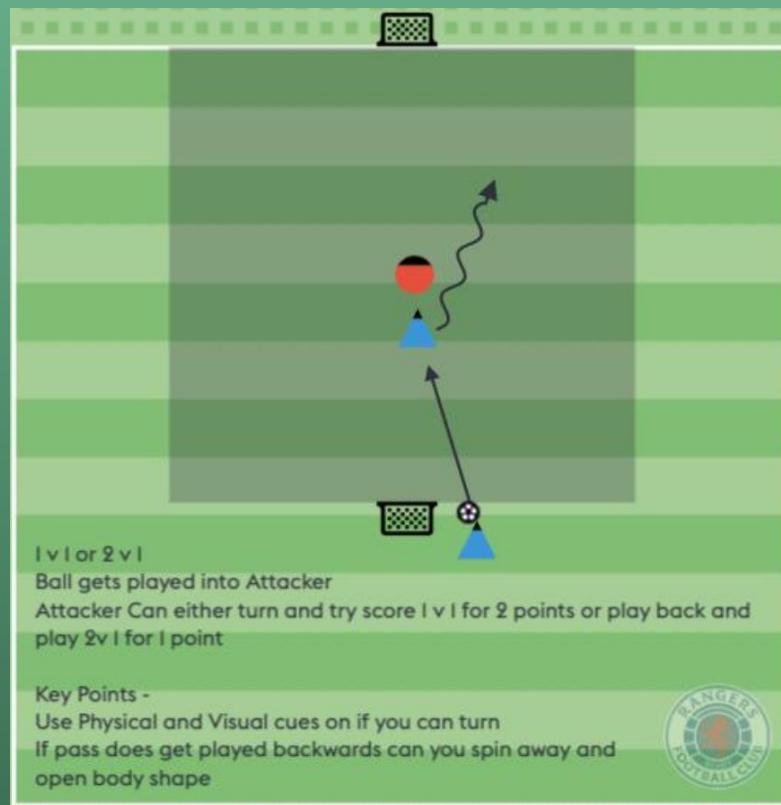
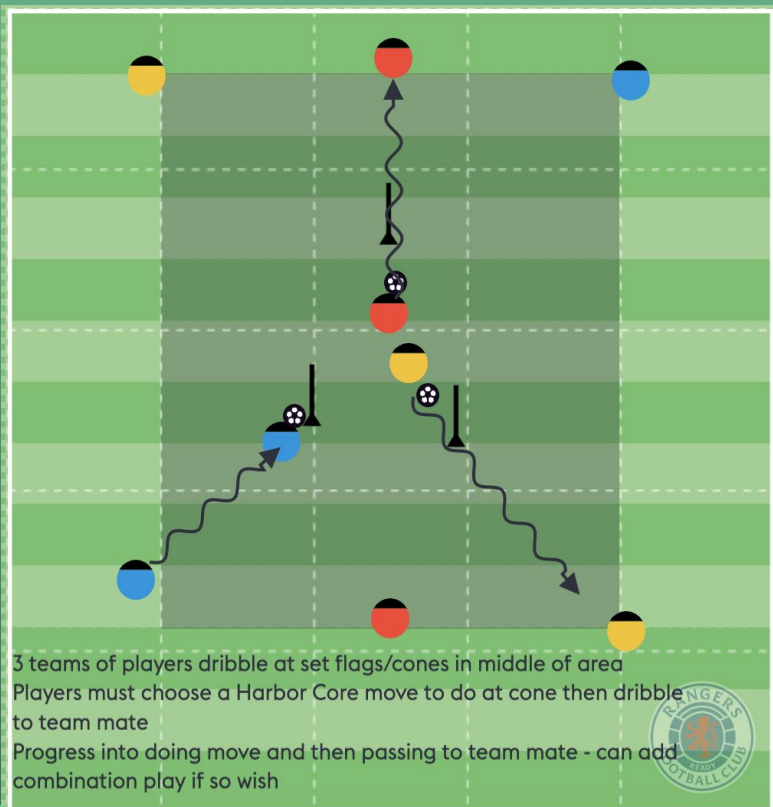
7 v 7 Example Session 2 - Winning the ball Back



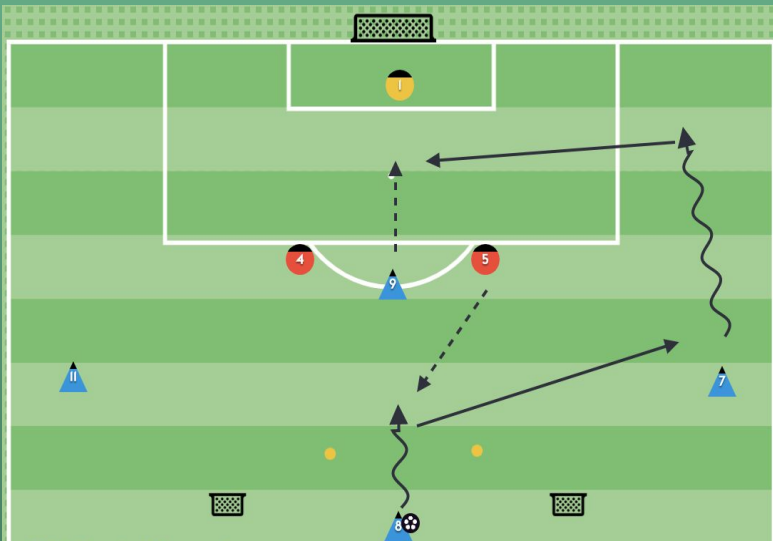
Game Day Objectives For Players - Winning the Ball Back

- Press immediately after losing the ball
- Remember your 3 D's (Delay, Deny, Dispossess)
- Press at an angle that prevents player going forward
- Slow down and Side on when you are pressing
- Sliding to tackle is a last resort!

7 v 7 Example Session 1 - Decision Making on The Ball



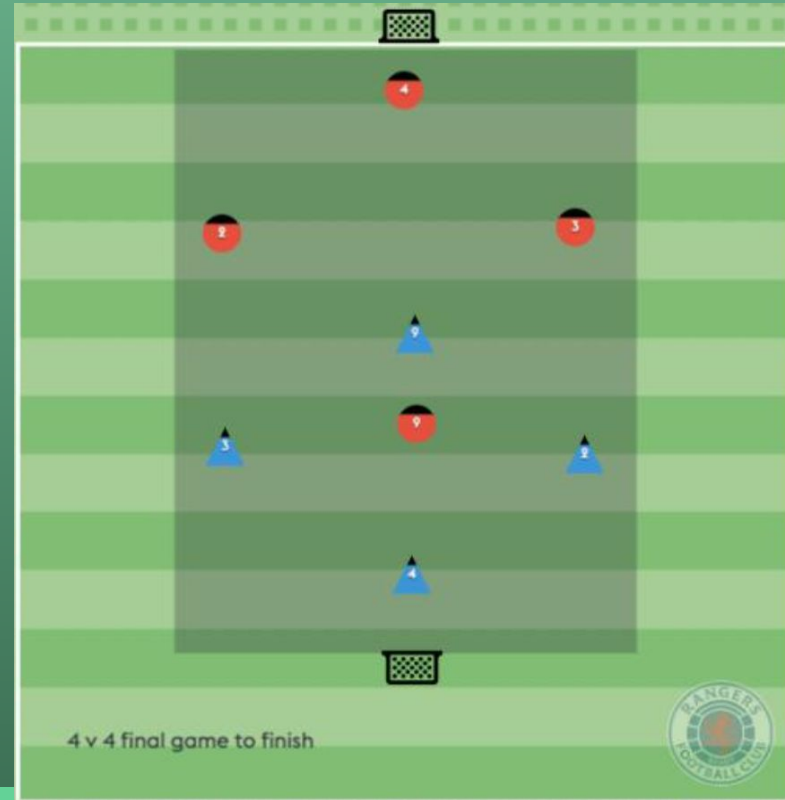
7 v 7 Example Session 1 - Decision Making on The Ball



8 Dribbles ball forward
4/5 can press or drop

Whichever decisions the 4 and 5 make, the 8 should make the best choice to attack the goal i.e play wide for a cross if pressed centrally, carry on dribbling if 4 and 5 split

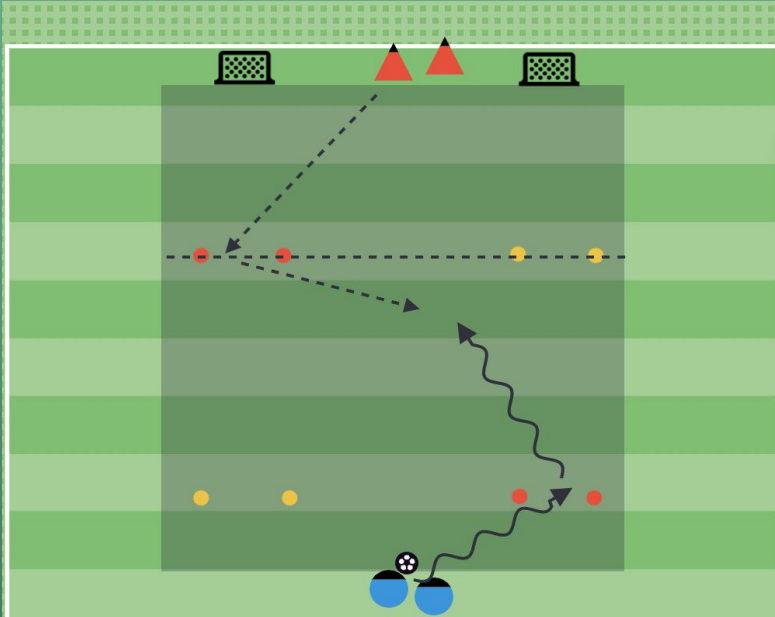
If 4 and 5 win the ball they can score in small goals



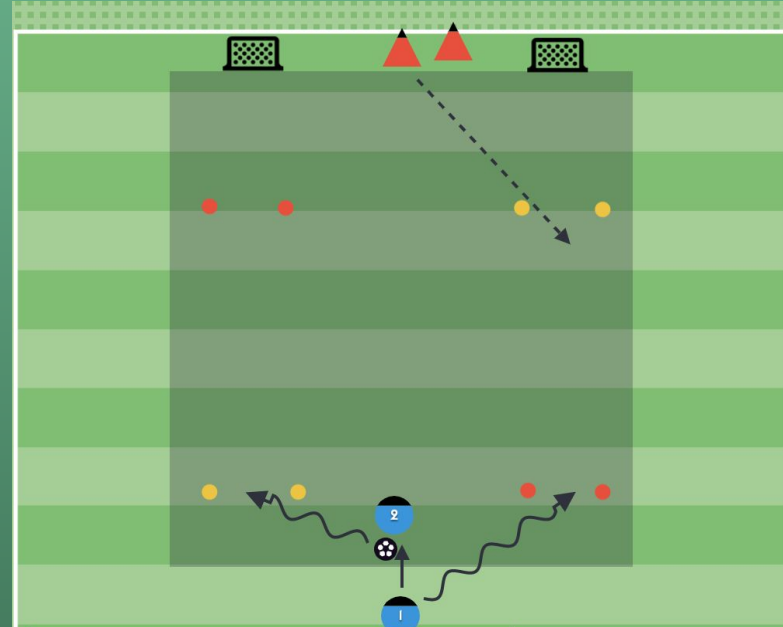
4 v 4 final game to finish



7 v 7 Example Session 2 - Decision Making on The Ball



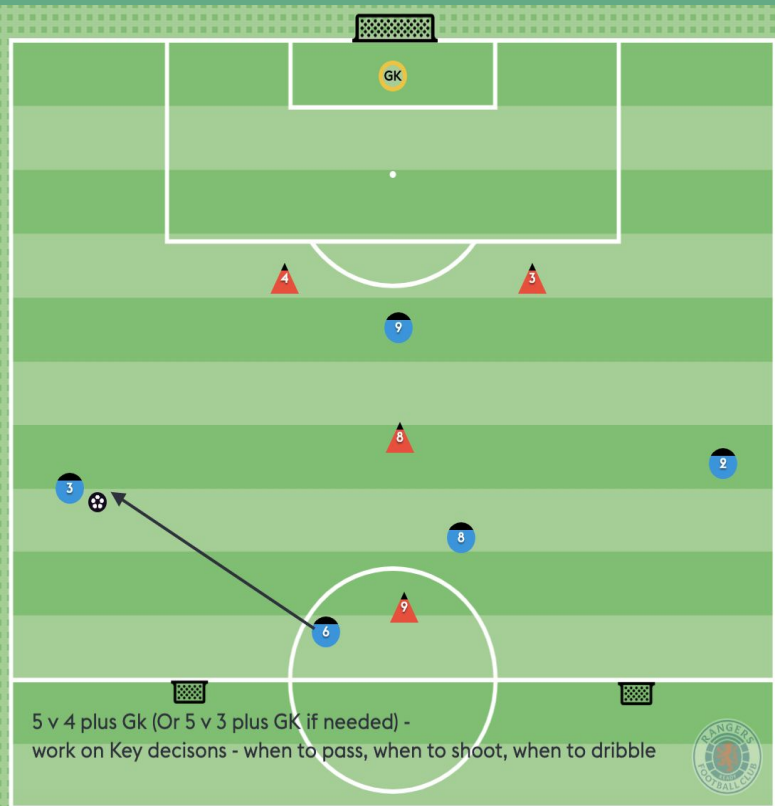
Blue Player chooses gate to dribble through. Red must run through same color gate before defending.
Blue player must pass over line scoring.
Progress - blue player can turn once before going through gate
Red defender must always match gate color



Blue 1 passes ball in. Blue 2 can turn either way and Blue 2 must run opposite. Now can play in 2 v 1
Red must run through same color gate
Blues can score any time



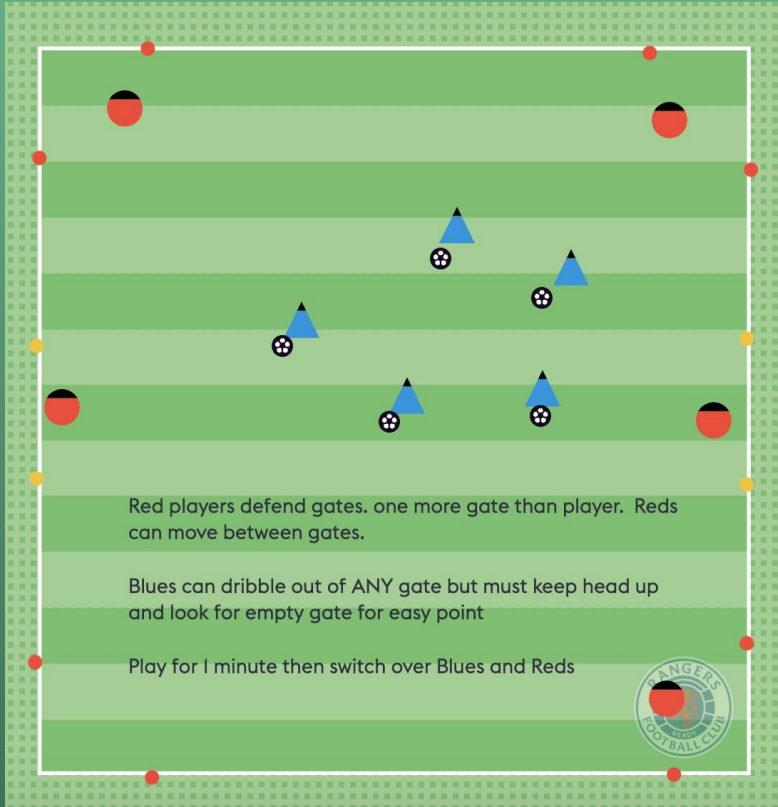
7 v 7 Example Session 2 - Decision Making on The Ball



Game Day Objectives For Players - Decision Making On The Ball

- Try have an idea of what you are going to do when you receive the ball
- Don't panic when you are under pressure, keep control of the ball and try see the field
- Be brave in your decision making - do not be afraid to miss a shot!

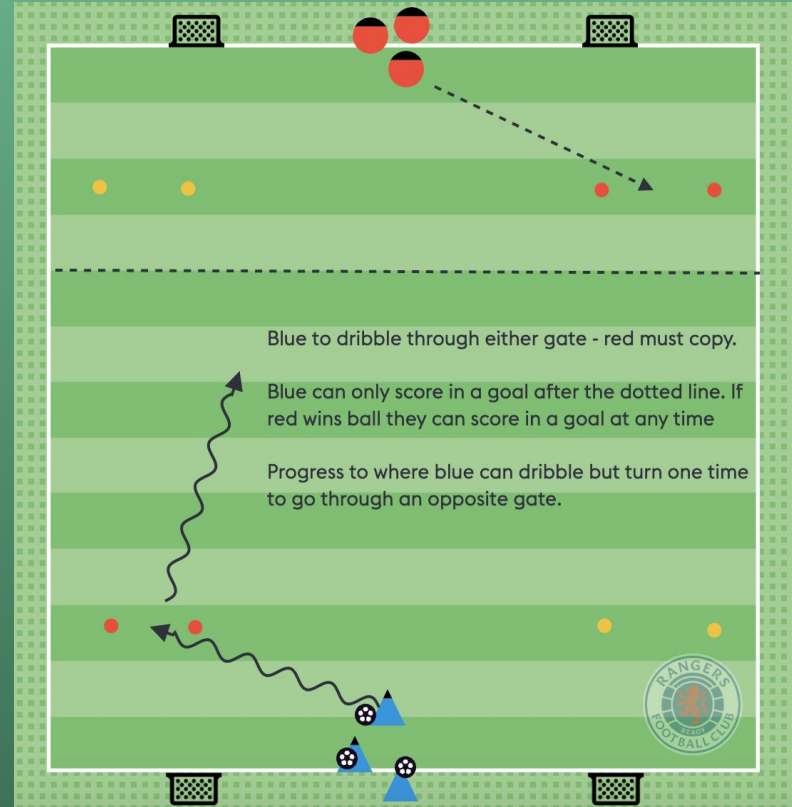

7 v 7 Example Session 1 - Attacking Space



Red players defend gates. one more gate than player. Reds can move between gates.

Blues can dribble out of ANY gate but must keep head up and look for empty gate for easy point


Play for 1 minute then switch over Blues and Reds



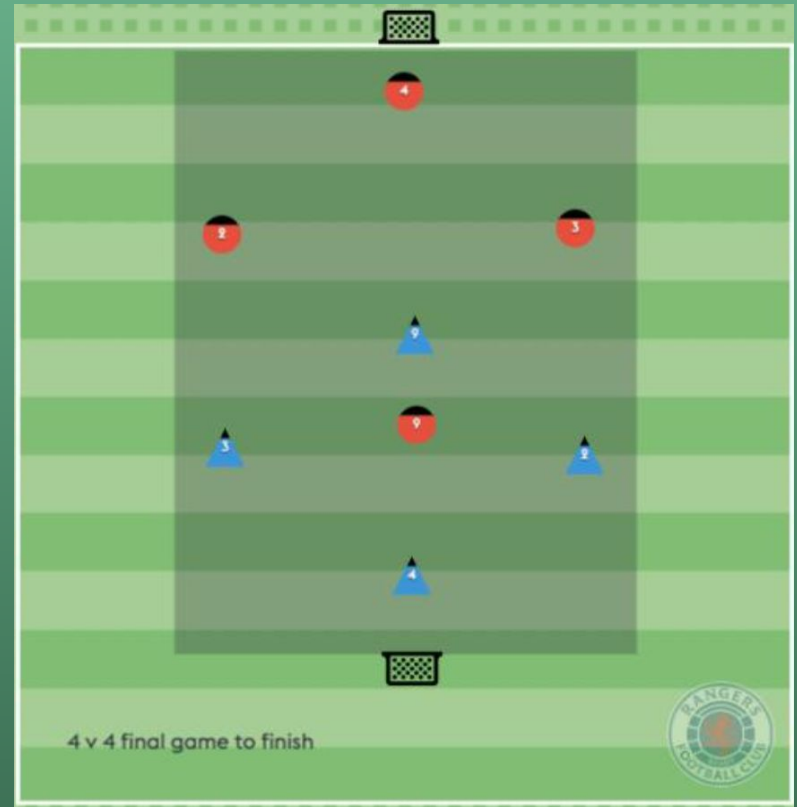
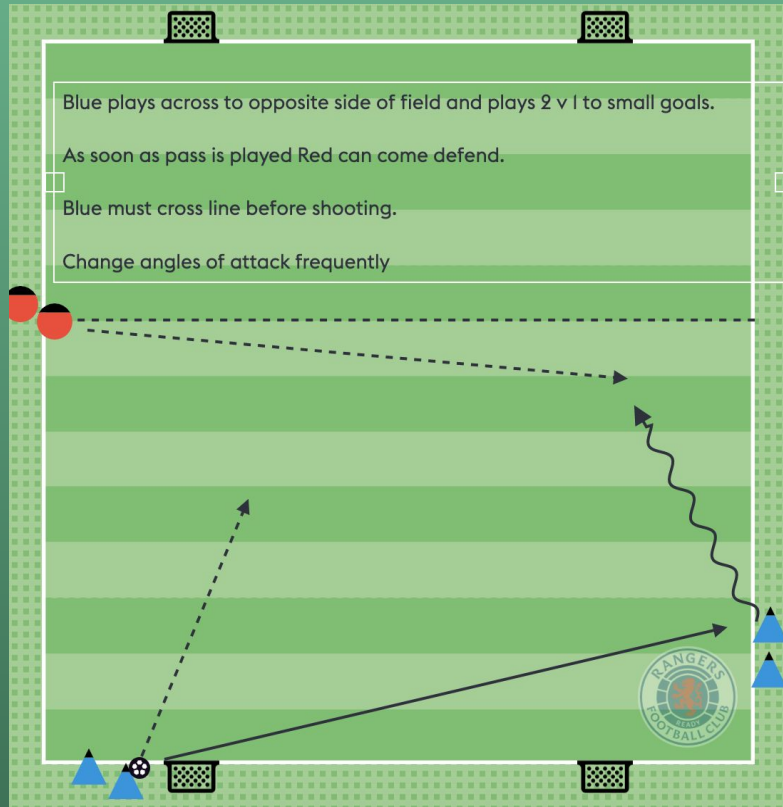
Blue to dribble through either gate - red must copy.

Blue can only score in a goal after the dotted line. If red wins ball they can score in a goal at any time

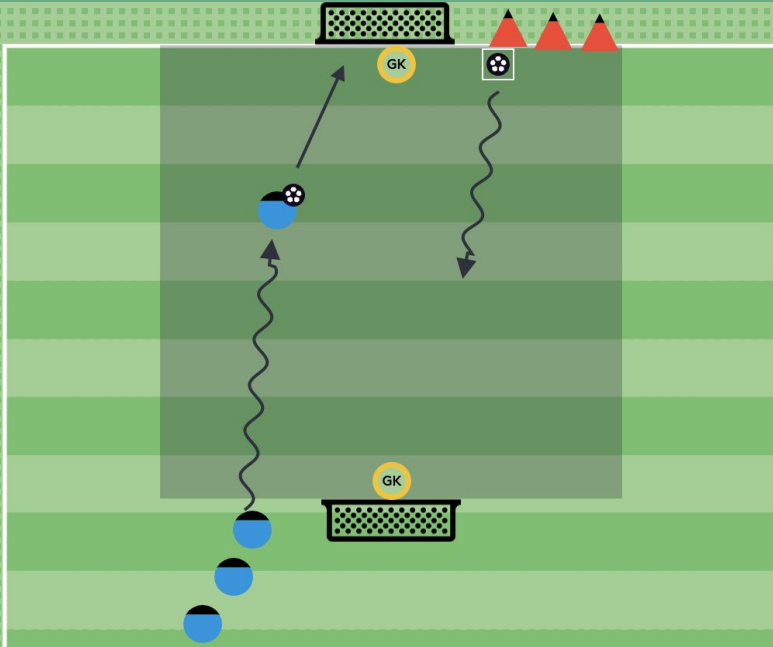
Progress to where blue can dribble but turn one time to go through an opposite gate.



7 v 7 Example Session 1 - Attacking Space

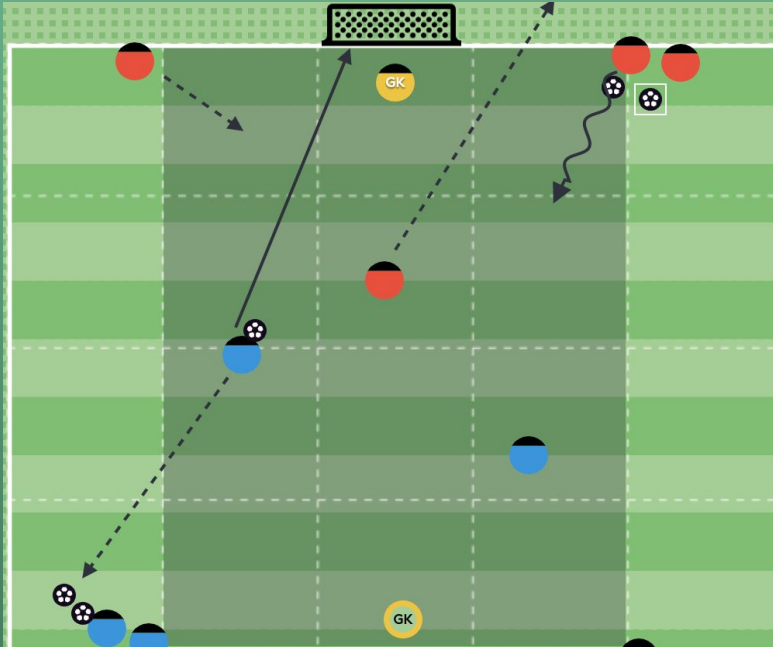



7 v 7 Example Session 2 - Attacking Space




The diagram shows a football pitch with a grid overlay. A goal is at the top, with a goalkeeper (GK) in a yellow circle. Three red triangles represent defenders. A blue player with a ball is in the center, with a wavy arrow pointing towards the goal. Another blue player is in the lower half, with a wavy arrow pointing towards the center. A second goal is at the bottom, with a goalkeeper (GK) in a yellow circle.

Blue attacks 1 v 0.
Once shot is taken, Red can transition quickly and Blue has to recover.
If Blue wins from Red, they can shoot, but must still defend after shot.

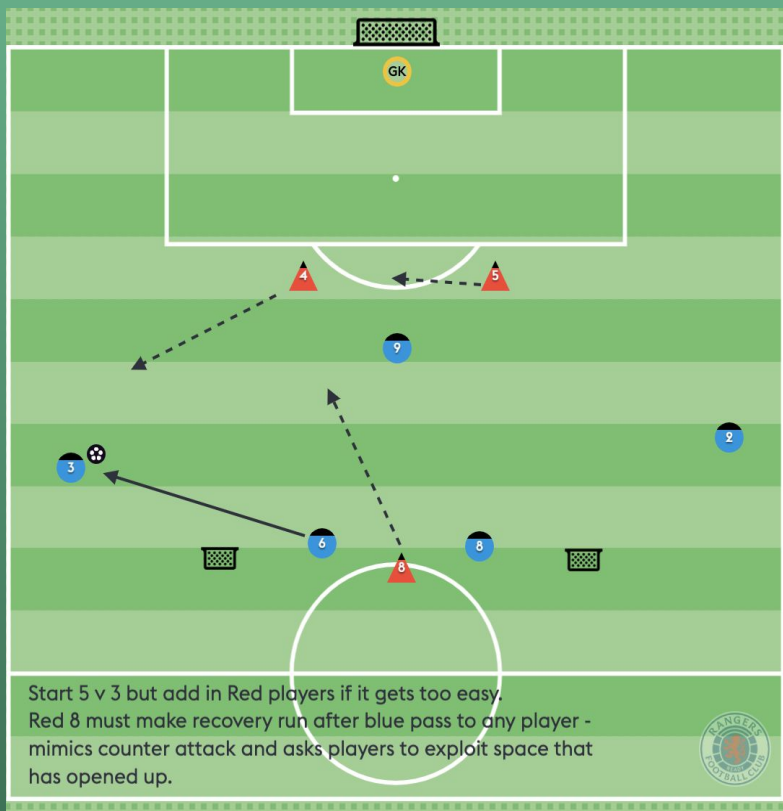


The diagram shows a football pitch with a grid overlay. A goal is at the top, with a goalkeeper (GK) in a yellow circle. Three red triangles represent defenders. A blue player with a ball is in the center, with a wavy arrow pointing towards the goal. Two red players are in the lower half, with dashed arrows pointing towards the center. A blue player is in the lower half, with a dashed arrow pointing towards the center. A second goal is at the bottom, with a goalkeeper (GK) in a yellow circle.

2 v 1 Rotating
Blue 2 play against 1 red.
Which ever blue shoots, drops out for rotating reds coming in to play 2 v 1



7 v 7 Example Session 2 - Attacking Space

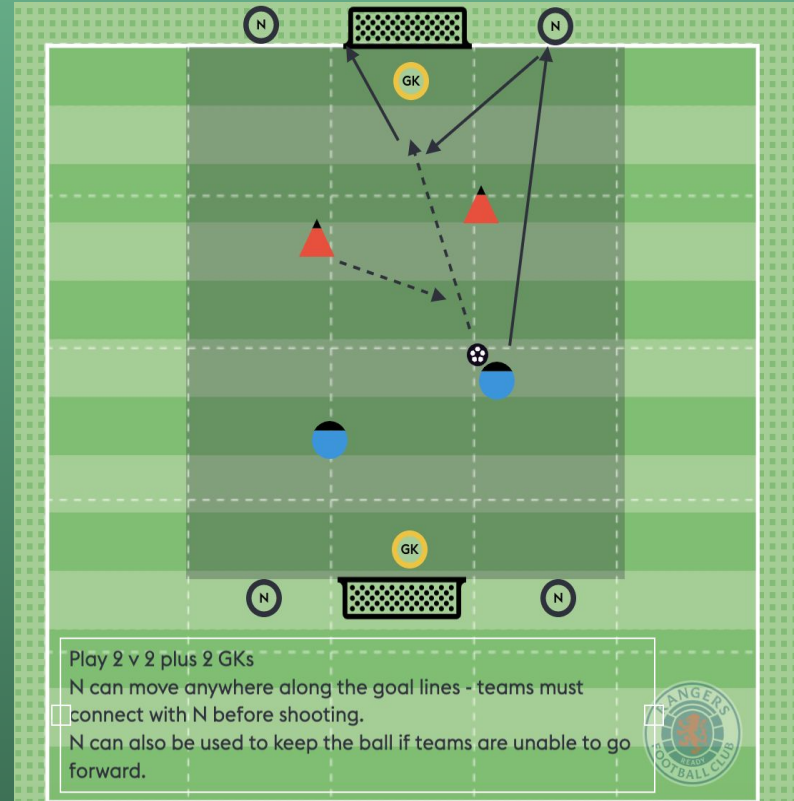


7 v 7 Game Day Objectives For Players - Attacking Space

- Look to play through gaps and into spaces for players to run on to
- Make runs on the blindside of defenders to receive the ball
- Spread out as soon as team gains possession of the ball
- Try to penetrate by dribbling or running with the ball where possible
- Keep body shape open when receiving the ball so you can see how to attack the space

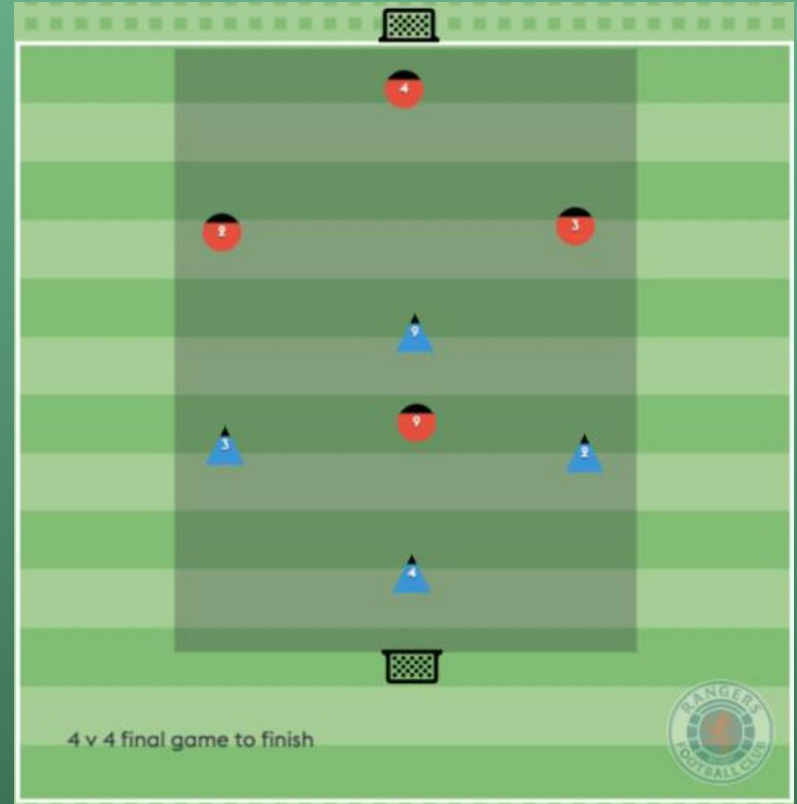
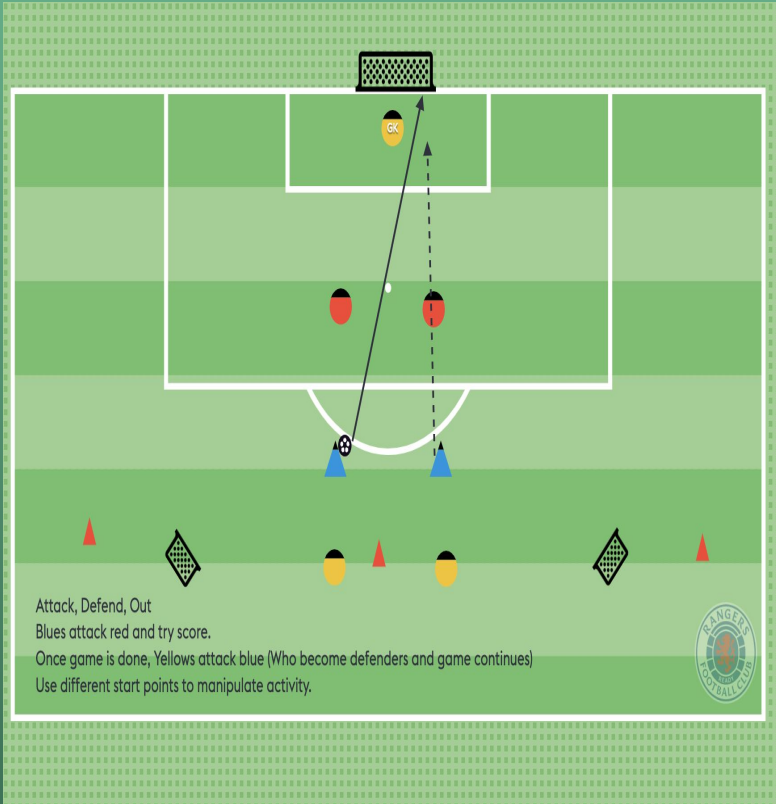
7 v 7 Example Session 1 - Shooting and Finishing

- 1 shoots and turns to defend
- 2 plays 1 v 1 against 1 then has to turn to defend
- 3 plays 2 v 1 against 2
- Rotate lines every 4 minutes for lots of reps

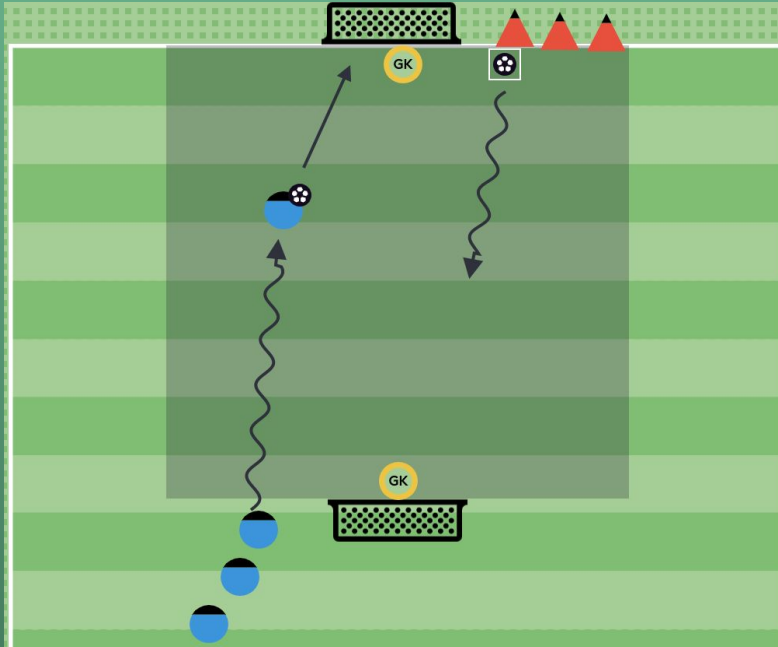


- Play 2 v 2 plus 2 GKs
- N can move anywhere along the goal lines - teams must connect with N before shooting.
- N can also be used to keep the ball if teams are unable to go forward.

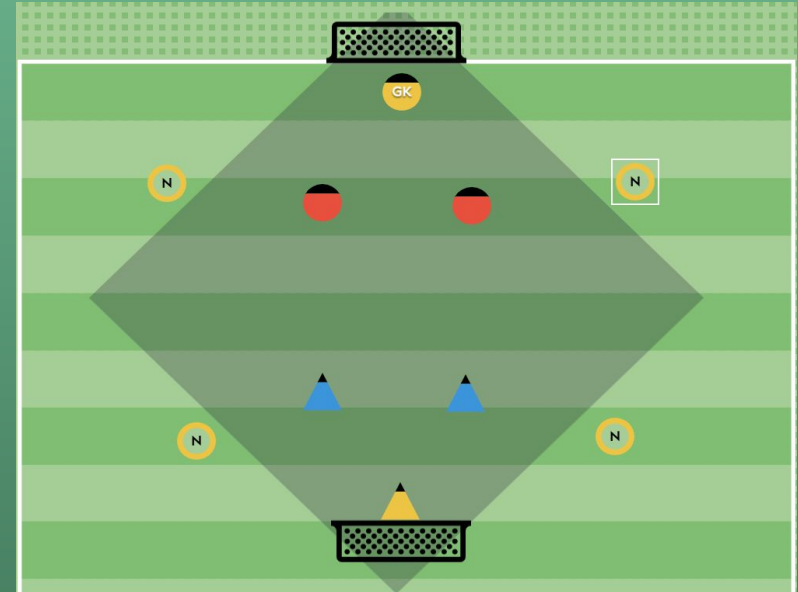

7 v 7 Example Session 1 - Shooting and Finishing




7 v 7 Example Session 2- Shooting and Finishing



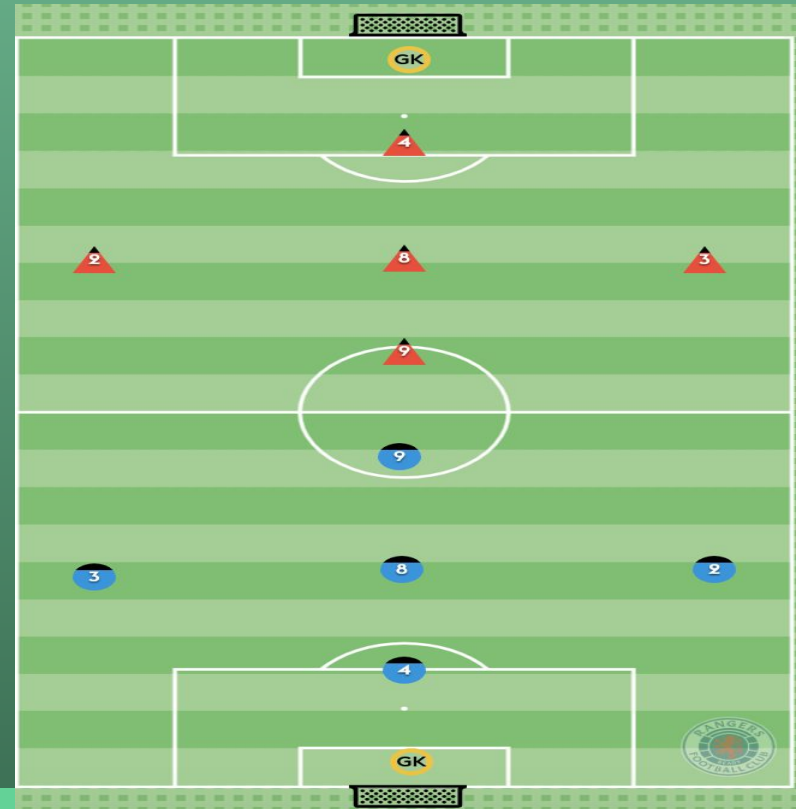
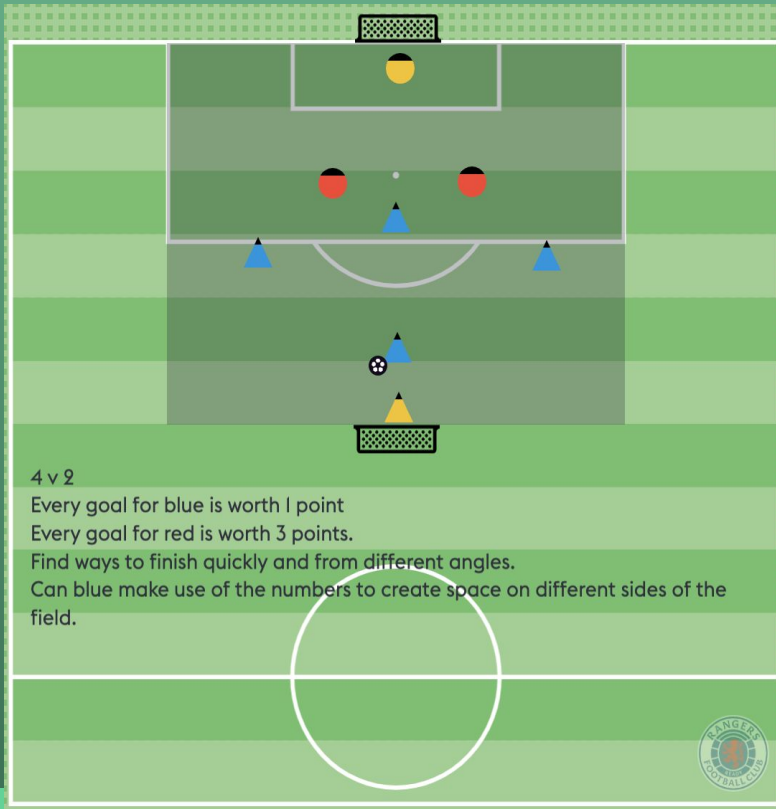
Blue attacks 1 v 1.
Once shot is taken, Red can transition quickly and Blue has to recover.
If Blue wins from Red, they can shoot, but must still defend after shot.



Use a diamond shape for more finishing opportunities.
Can do either 2 set ups or N with 1 set up depending on numbers and equipment.
Play 3 min rounds with regular rotations



7 v 7 Example Session 2 - Shooting and Finishing



Game Day Objectives For Players - Shooting and Finishing

- Aim for the corners
- Shoot Across Goal
- Don't shoot from too far away or too wide
- Shoot with one touch when appropriate
- Always Follow in for rebounds
- When passing in the final 3rd, pass in a way that players can finish with 1 touch