



5v5 DEVELOPMENT PROGRAM

Players play 5v5 for a two-year cycle (U7/U8). During the 5v5 game format, players learn to develop their understanding of attacking and defending game moments and how to work together. Players are not grouped into formal teams, rather they train in a pool of players from their age group with the U7 or U8 staff coaches.

TRAINING SESSION GOALS AND FORMATION

ATTACKING



FORMATION



DEFENDING



RESTARTS: 1.Goalkicks 2.Kickoffs 3.Throw-ins 4. Corner Kicks

PLAYER ACTIONS AND KEY QUALITIES

A
T
T
A
C
K
I
N
G

D
E
F
E
N
D
I
N
G

SHOOT, PASS OR DRIBBLE FORWARD

CREATE SPACE & PASSING OPTIONS, SUPPORT THE ATTACK

CREATE 1v1, CREATE 2v1, CHANGE THE POINT OF ATTACK

PRESSURE-COVER-BALANCE, OUTNUMBER THE OPPONENT

MAKE SPACE COMPACT, KEEP SPACE COMPACT

PROTECT THE GOAL, STEAL THE BALL

1. Learn how the training environment works and how to be a good teammate.
2. Demonstrate focus
3. Practice and compete with full effort and respect for everyone.
4. Be open and receptive to learning new skills.

TECHNICAL FOCUS WITHIN PLAY-PRACTICE-PLAY:

INDIVIDUAL BALL CONTROL, BALL STRIKING, DRIBBLING, PASSING