The Future of Youth Football in Germany... FUNiño

17.06.2019



Funino Fußball Kinder

German football has an issue at youth level. Next week, a decision will be made on the reforms that could be suggested. There is an approach that could revolutionize the country's approach to youth football.

Next week, the DFB's committee will decide on reforms across the country, with a particular focus being put on the issues at the youth level of football. After a shocking World Cup in Russia and a surge in the transfer market towards foreign players who possess strong dribbling ability, Germany has finally recognized the time to act. A solution is set to be put into place, but the concept has already been met with resistance.

Funiño, or as the DFB are keen to call it "Mini-Fußball" could revolutionize the way youth football is played, increasing the enjoyment of all young players as well as improving the likelihood of more individual talents reaching the top. Professor Matthias Lochmann, a Fußball-Lehrer (Germany's highest coaching badge) and a man with two PhDs, is at the forefront of this change. Lochmann's work at the Friedrich-Alexander University Erlangen-Nürnberg (FAU) has enhanced the idea of Horst Wein, one of the great football minds who sadly passed in 2016 aged 75. The project that started with 56 kids in a village is set to be played by two million kids across Germany this summer.

MORE GOALS, MORE FUN

The base concept is two teams of three trying to attack and defend two mini goals on a small pitch (eight to nine of these games can be played on one standard football pitch).

Each team has one sub and every time a team scores the sub must replace a teammate. Goals can only be scored inside an attacking area and there are always three balls waiting on the side of the field to be used for the restart. Instead of leagues, games would be played at 'festivals' where teams compete against each other on the day. The game can of course gradually be expanded to four on four and then five on five, but there's a strong argument to be made that the three-on-three format is where the game truly shines.



Matthias Lochmann, the sports scientist behind the implementation of Funiño in Germany.

After three years of testing, Lochmann's idea is set to change German football completely. The positives of the format are plentiful. Young kids play more often, they're exposed to one-on-one situations more often and naturally get more touches of the ball. With no offsides, corners or throw-ins there are far more moments where players are forced to decide how to move the ball around. Best of all though, it gives all players a chance to do what everyone who plays football at that age wants to do - score goals. Fewer kids drop out due to a lack of playing time or a lack of fun. It removes the fixation on positions and removes the over, and sometimes damaging, influence of coaches on kids that young.

STUBBORNESS COMES A PRICE

If this approach is introduced, and the signs look good, it will be in place for the start of next season. It will be offered not as a replacement to the current format but as an alternative. Roughly speaking that means kids aged 5-9 will have the chance to play **Funiño**, with those from 10 upwards moving onto a game with two goals and a goalkeeper. Bundesliga head coaches Julian Nagelsmann and Sandro Schwarz are both fans.

Despite the many positives though, the sheer suggestion of such an alternative has already been met with opposition. Germany's stubbornness at the top level has, once again, reared its ugly head. There's a suggestion that goalkeepers would be left out, and that the current tactical knowledge of young players would be lost, swinging the scales too far in favor of individualization. And that's before the pressure, from clubs and parents, is considered.

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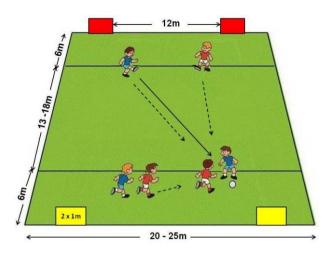
Lochmann is frustrated by the spread of misinformation. The game does allow for elite development, which would mean a stronger focus on a specific position, such as goalkeeping. There is also the option to adapt the game to include a goalkeeper. In that format, shots are allowed from the halfway line and the player in the keeper position is swapped out after every game. If applied to the game designed for the small goals the result is five times the amount of action for the keeper than in the usual seven-on-seven format that is currently in place. On top of that, kids are taught how to anticipate, command the area and be involved in the game. And in truth, a little less tactical knowledge in exchange for a bit more individual skill wouldn't be a bad thing for German football. It's about time the country started developing their own Jadon Sancho again, rather than having to go out and buy them.

DFB TO ACKNOWLEDGE THE PROBLEM?

Some aspects of the rigidness that cost Germany a successful World Cup in Russia remain though. While the failure at the tournament was good for opening ears, it might not open enough doors. Football remains a clique for a special group of connected men. Question marks remain about the amount of knowledge and flexibility in the key positions. The lack of professionalism at local association level is also a concern, which is particularly problematic when it comes to pushing through such reforms because change can come faster if it is controlled by local associations.

Lochmann, who is in danger of being ignored by the German FA for his work in starting this revolution, wants Germany to recognise the dust it needs to shake off. It needs to be brave, embrace innovation rather than chase it, and recognize that too often conservatism is holding Germany back.





3v3 with 4 wide goals

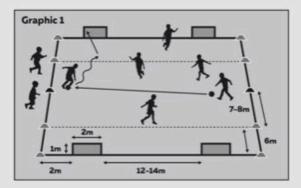
www.thebeautifulgame.ie

That starts with the DFB. The world's largest sports federation in the world with nearly seven million members and 25,000 clubs needs to ask itself who and what it stands for. If 99.6 percent of the football players in the country are not professional, then why does so little money flow back into the amateur game? And why are such reforms so hard to push through? The choice to implement **FUNiño** would be an answer in favor of the country's children and the increased fun they would have playing one of the most popular sports in the world. That seems like the best place to start.

Jonathan Harding

Mensch

Wein's life and work – he published over 30 books – was the development of game intelligence. And it was in that pursuit that Wein developed the concept of FUNiño (football designed for children), a concept that played a major part in Spanish football development in the early 1990s.



The format sees two teams of three try and attack and defend two 2 m × 1 m goals each, on a 32 m × 25 m pitch (see Graphic 1). Eight games should fit on one full-sized pitch. Each team has one substitute player and there are three balls waiting to be used on the side of the pitch for the restart. Players can only score inside an attacking area, and whenever someone does score the team's sub must replace a teammate. Games are played with a size three or four ball for players under 13 and usually with a standard size five ball for players aged 13 years and above.

Mensch

With these small changes, the game is revolutionised. It's easier to understand, inclusive, and fun. It gives kids plenty of touches and more exposure to 1v1 or 2v1 situations, and makes them think more. With no offsides, corners or throw-ins, players are forced to decide whether to dribble or pass the ball back into play. It also gives kids at that age a greater chance of doing what they want to do most - score goals. And perhaps the best part is, once the initial explanation is given, the coach is virtually removed from the situation because the game itself becomes the teacher. It effectively hands back the four-phase model of perception, understanding, decision-making and execution to the children. In this model every player gets the chance to experience every phase, so that by the time they're 15 they can enter the 11v11 format with a far wider range of skills.

The game intelligence approach also allows for expansion, with different types of games possible – as Lochmann demonstrated in the training drills outside. The Fußball-Lehrer was as direct and provocative as he had been inside, but the game forced the young adults (it can also be adapted for other ages) to figure it out for themselves rather than him just telling them what to do. Even if his approach caused a stir, his passion for making the game more suitable for children was infectious.

Lochmann's key point was that it was time Germany stopped saying: 'We are all world



young kids.

Wein's legendary standing within the game
will ensure a global take-up of the approach but
with Dalton on board, the opportunity for
Irish-based kids to benefit from a hands-on
approach is all the more available.
FUNini ois the abbreviation for Futbol a la
medida del Niño or football designed for childrem. It is destined to become the leading.

dren. It is destined to become the leading development programme for this age group having already been proven for nearly 20 years in Spain as part of the official development

model.

This game has been used by many top clubs around the world, including FC Barcelona, Athletico Bilbao and Schalke O4, and has been taught to thousands of coaches worldwide. This breakthrough approach inducting

young children into the game of football obvi-

Both of these factors encourage young players to look before they act and to think before they execute – so game intelligence is introduced naturally from the earliest age.

This unique modern coaching programme includes:

- includes:

 A player-centred approach to coaching, where
 the child comes first.

 A game-centred approach, for optimal, holistic learning. (No more lines, laps and lectures).
 All aspects of the game: technical, physical, tactical and game intelligence are developed in an
 integrated manner for greater transfer and
 effect.
- · A guided-discovery approach to learning,

games to keep both coaches and their players stimulated throughout, while also covering all of the important aspects of the game for this

developmental stage.

Horst Wein is known as "the coach of coaches" having mentored and influenced over 11,000 football coaches in 55 countries around the

rootball coacnes in 55 countries around the world during the last 27 years.

He is the author of over 30 sports books including "Developing Youth Football Players" which

has sold 100,000 worldwide



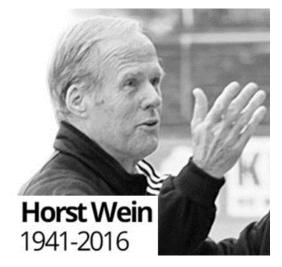


INTEGRATED TRAINING THROUGH GAMES

Using simplified small-sided games in training rather than isolated physical conditioning through laps and sprints and technical training in drills is a more integrated approach to player development. It includes the physical, technical, tactical, psychological and social elements of the real game and, most importantly, helps players to develop game intelligence, the most important factor in football.

There is a better transfer of technique through playing in games and the physical conditioning is much more football-specific and intense in small-sided games.

All players, especially young players enjoy playing games much more than drills, which is hugely motivational.



All four aspects of Game Intelligence – perception, understanding, decision-making and execution – are improved in simplified small-sided games.

For all youngsters the **FUNiño** games (3v3 with four goals) offer a superior menu of games and variations to cover many important game situations and develop game intelligence in attack, defense, transitions and ball possession.

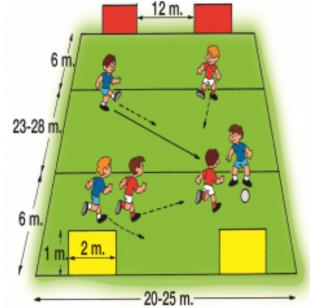
- 1. Ideally kids should play football every day, often without supervision.

 Just as in times gone by, street football, or pick-up games that happen naturally are a great environment for kids to develop on their own without being over-coached. Alternatively, organized activities either in school or at the club/academy, will serve this purpose.
- 2. Kids should train at least three times per week for 90 mins.

 Unfortunately football talent, like any other talent, needs time and dedication. Ideally kids should train regularly and especially using small sided games.
- 3. Use games rather than warm-ups/physical training/drills.

Most coaches today recognize the need for small sided games in training, there are so many benefits, see introduction above.

- 4. Give players technical homework. Rather than spend your group training time working on technique, give the young players technical homework, such as wall-ball or other exercises that they can play with the friends to improve their first touch, passing, shooting, dribbling etc.
- 5. Simplified small-sided games should correlate with their competitions. It is critical that the training is specific to the competitions that the children play. We recommend that the training games have less numbers than their competition games, e.g.



The Future of Youth Football in Germany... FUNIÑO

3v3 training games for 5/7-a-side and 4v4 for 8-a-side. Also, they must focus on age-appropriate topics, not just sized-down adult football.

6. Exercises/drills only when prescribed to fix a deficiency.

Drills/exercises have their place to correct technique and tactics. We find it is much more motivating for players when the coach helps them to find any deficiencies in their game and then apply appropriate "corrective exercises."

7. Variety.

Players enjoy variety in their training and a good menu of training games with associated variations not only keeps it interesting but actually helps to reinforce skills and tactics.

8. Repeat specific game situations until lessons have been reinforced.

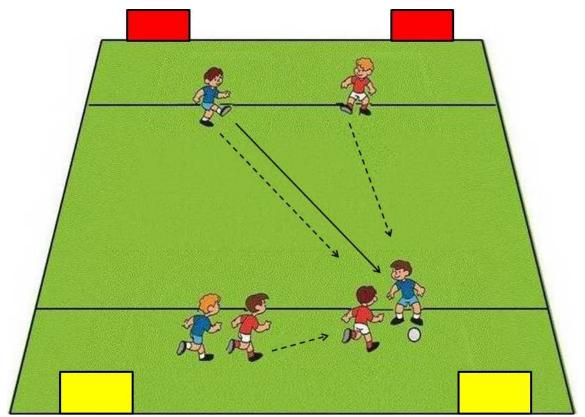
Usually a minimum of 5 repetitions is required to consolidate learning of game situations. It is important to give players this time before moving onto a new topic. Through repetition of basic game situations, players learn to read the game and make better decisions.

9. Let players choose what they would like, sometimes.

Giving players responsibility for their activities is very empowering to them and offers a refreshing break from being always told what to do.

10. Progress the games as the players achieve mastery.

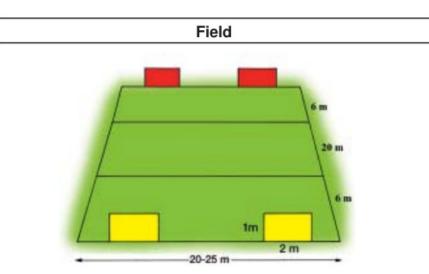
Once the players have mastered a given situation, then it is time to stimulate them with a new challenge or a progression of the same lesson they have learned. Development thus becomes a virtuous path of continuous improvement and success.



A unique game which encourages Game Intelligence and active participation and many touches to develop technique.

FUNiño is the first proper football module (for 7-9 year old players) of the Horst Wein Youth Soccer Development Model – **Futbol a la medida del niño** – the official textbook of the Spanish Football Federation since 1993, representing a significant breakthrough in youth soccer coaching and helping to produce a generation of intelligent, creative soccer players and a style has dominated world soccer for almost a decade.

Rules of mini-soccer



- ✓ The size of the mini-soccer field is 22 x 32 meters or a basketball court of 14 x 26 meters can also be used.
- ✓ On each end line, there are 2 goals measuring 2 x 1 meters. The goals are 12 meters apart (or, on a basketball court, 8 meters).
- The penalty area or shooting zone is marked by a line parallel to, and 6 meters from, the end line.
- A goal is only valid if it is scored from inside the shooting zone.

Number of players in each team

- A team consists of 4 players, 3 of whom are on the field. A team loses if it only has 2 players left.
- After each goal, the 2 teams substitute 1 player in a fixed sequence. The substitutions take place at the centerline.
- ✓ A penalty is awarded each time an offense is committed.

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3 v 0 – Using the weaker foot

A goal only counts if it the ball was passed by each player once/twice with the "weaker" foot.

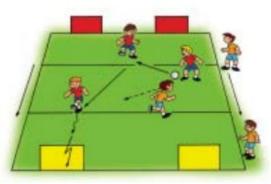
3 v 0 – Fast attack

This is a game between all of the teams of 3 players. The teams have to score a goal in the shortest possible time. If no stopwatch is available, the game can be carried out in opposite directions. (In this case there is a risk of collisions but it makes the players aware of others around them.)

The coach's clever questions guide the players to the best possible attacking combination. He directs their attention especially toward the player who starts the play, and to the direction and number of passes. After several attempts, the players learn to always start the attacks with the right winger. The winger passes the ball to the center forward, who runs onto it in the center of the field and immediately plays the left winger into the shooting zone.

Mini-soccer - 3 v1

✓ Three players of one team start at their end line and build up an attack on the opposing team's 2 goals, which are defended by only 1 player. The same player can defend all the time, or 1 of the 2 players waiting on the touchline can switch places with him.



- ✓ If the defender wins the ball, he must shoot at one of the opposing team's goals as quickly as possible, before the attackers can challenge him.
- ✓ After 6 attacks, another team of 3 players takes over.

3 v 1 + 1 additional defender supporting from behind

Three attackers play against 1 defender. On the first ball touch, a second defender, positioned 8 (or 6 or 4) meters behind the attackers, joins in. The third player in the defending team takes a pause and replaces one of his teammates when the next attack takes place. He waits behind the start line in a corner of the field.



What is the best way to score in this game? - By running with the ball and passing it at the right moment, before the second defender can intervene. Unnecessary passes, which gain no ground, should be avoided.

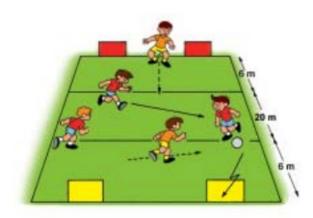
Which player should have the ball when the attack starts? - In order to lose as little time as possible, the center forward should have the ball.

How does the center forward start the attack? By passing to one of the wingers or by making a forward run with the ball? - A forward run. If he passes to a winger, the defender may have time to intervene.

What is the beast time for the center forward to pass the ball? - When the defender challenges, preferably when the center forward is just outside the reach of the defender, so that the pass cannot be intercepted.

Which factors play a role in the timing of the pass? - What the defender does, the direction of the second defender's run, the positions of the other 2 attackers and the position of the defender in relation to the 2 mini-goals.

Should the winger first control the ball in the shooting zone, or should he shoot first time? - To give the defender as little time as possible to challenge, the winger should shoot first time.



VARIATION

Three attackers against 2 defenders in one half of the field, with no positional restrictions on the defenders.

3 v 2 – Fast attack

The team of 3 players that scores the fastest goal against the 2 defenders is the winner.

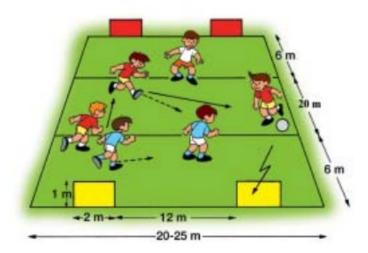


See the questions on the fast attack games of 3 v 0 and 3 v 1.

3 v 2 and 3 v 1 alternately

While one pair of mini-goals is guarded by 2 defenders, a single player defends the other pair. The 3 attackers first attack the goals defended by 1 player, then the goals defended by 2 players. After 10 attacks the teams of 3 swap places and tasks.

An attack ends when 1 of the 3 defenders wins the ball and passes to another defender, or when the ball goes out of play, or a goal is scored. The team that scores the most goals in 10 attacks is the winner.

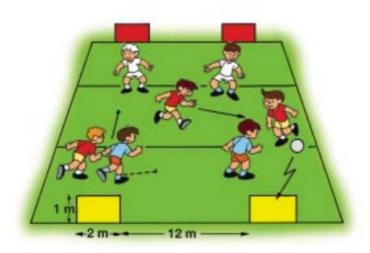


3 v 2 in both halves of the field (variation with runners)

After each attack against 2 defenders, one of the defenders runs to join his teammate in the other half, so that a 3 v 2 situation is again created. In this way both goals on each end line are always defended by 2 players.

3 v 2 in both halves of the field

A team of 3 players attacks the goals on one end line and then the goals on the other end line. Both pairs of goals are guarded by 2 defenders. Which team scores the most goals in 10 attacks?



THE SUCCESS OF COACHING SHOULD NOT BE MEASURED BY RESULTS OR CHAMPIONSHIPS, BUT RATHER BY THE NUMBER OF PLAYERS WHO MAKE THE TRANSITION TO THE NEXT LEVEL AT THE END OF THE SEASON.

Small Sided Games to Develop Soccer Intelligence

What are the most common mistakes made by the attacker?

- He runs at the defender and unintentionally takes the ball within the defender's reach.
- He never changes his pace, or pushes the ball too far ahead.
- He does not screen the ball properly and gives the defender the opportunity of winning it.

What should the defender do?

- He should not position himself directly in front of the attacker, but should force the attacker to head for the right or left goal.
- He should shadow the attacker and wait for the best moment to challenge for the ball.

2 v 2 (players 1-2-3 against players 4-5-6)

- Each team starts with just 2 players on the field. When one of the teams scores, both teams add 1 player.
- ✓ The official rules of mini-soccer without a goalkeeper apply.
- ✓ Each team tries to score more goals than the other team in 3 minutes of playing time. Each member of the winning team is awarded 2 points toward his total test score.



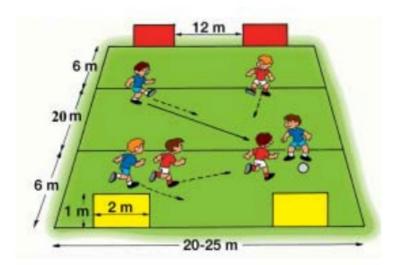
What is the most successful attacking tactic?

To run diagonally with the ball toward one of the defenders and then to create a 2 against 1 situation with a teammate who has made a forward run in support.



3 v 3 (players 1-2-4 against players 3-5-6)

The official rules of mini-soccer without a goalkeeper apply. The team that scores the most goals in three periods of 3 minutes playing time wins. Each member of the winning team is awarded 3 points toward his total test score.

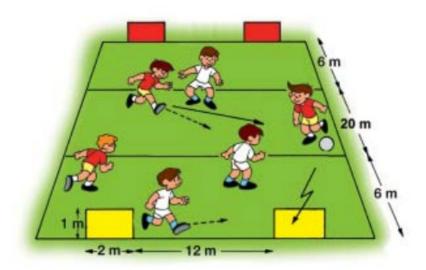


The winner

- ✓ The player with the highest total test score wins the mini-soccer ability test.
- ✓ If there is a tie between two or more players, the tie is settled by a 1 v 1 playoff between the 2 or 3 players. The play-off is started by throwing the ball in the air.
- ✓ If 12 players take part in the test, a second group of 6 players is formed. The top 3 players in each group qualify for the final round and the bottom 3 take part in the runners-up round. If there are 18 players they are organized into 3 test groups. The first 2 players in each group qualify for the final in the next coaching session. The numbers 3 and 4 in each group take part in the Bround, and the numbers 5 and 6 take part in the C round.

Mini-soccer - 3 v 3

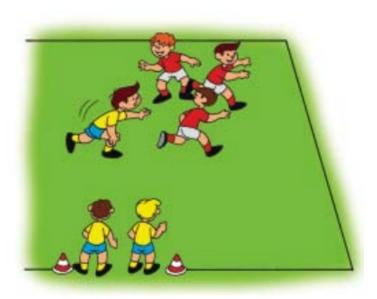
- ✓ The official rules of mini-soccer without a goalkeeper apply.
- ✓ Playing time: 3 periods of 3 minutes. If each team has a substitute, the playing time should be extended to 3 periods of 5 minutes.



TECHNICALLY SKILLED PLAYERS ARE ONLY OF VALUE IF THEY UNDERSTAND HOW TO USE THEIR SKILLS AT THE RIGHT MOMENT IN THE RIGHT GAME SITUATION AND IN THE RIGHT PART OF THE FIELD.

Tag 2 robbers

- ✓ The cops' team stands near its goal, while the robbers' team takes up
 positions in the shooting zone so that they cannot be easily tagged when
 the first cop comes after them.
- ✓ When the first cop has tagged 2 robbers, he goes back to his goal and gives the next player a high five as the signal that it is now his turn. A robber who leaves the shooting zone is considered to have been tagged.
- ✓ The time needed for all of the cops to tag 2 robbers is measured with a stopwatch. The 2 teams then swap places and tasks.
- ✓ If the team that won the first round loses the second round (each team has 2 turns as cops), the team that achieved the lowest time is the winner.



Tip for the coach: The content of this game can be varied to suit your coaching objectives. Tag games are good for stimulating players to learn and improve their perceptive skills, decision-making ability and coordination.

Dribbling the ball over one of the 2 goal lines

See the official rules of mini-soccer without a goalkeeper. Instead of shooting into one of the 2 goals from inside the shooting zone, an attacker has to dribble the ball through one of the two 6-meter wide cone goals.

VARIATION 1

The player who dribbles the ball over the goal line has to demonstrate a trick, such as Zidane's spin.



Tip for the coach: This variation forces the players to use the space better and create clear goalscoring chances.

VARIATION 2

A goal only counts if each of the 3 players has played the ball at least once since the moment when the team won possession.

VARIATION 3

A goal only counts if the ball has only been played along the ground since the moment when the team won possession. This makes attacks faster and more effective.



Why should the players keep the ball on the ground?

High passes slow down the play and result in more ball-control errors by the receiving player.

Mini-soccer with a handicap

After each goal, the scoring team loses a player and must play until the next goal with 1 player less than the other team (2 v 3). If the team of 3 players scores, the third player of the other team comes back into the game, while the scoring team loses a player (3 v 2). If a team of 2 players scores, it again loses a player and must then play 1 v 3. This variation on mini-soccer without a goalkeeper is played for 3 periods of 2 minutes with 2 pauses of 1 minute, in which the coach discusses any errors that may have been made with his players.

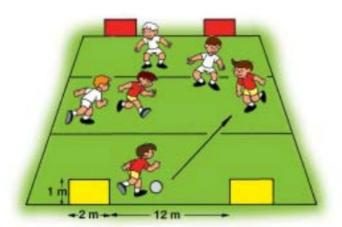


Why do we play mini-soccer with a handicap?

So that you learn how to adjust to different game situations and how to continuously read the game. Initially you play 3 v 3, then 2 v 3 or 3 v 2 or even 1 v 3 or 3 v 1.



DRILLS TO IMPROVE TECHNIQUE ARE CERTAINLY IMPORTANT,
BUT CARRYING THEM OUT WITHOUT ANY REFERENCE TO REAL
GAME SITUATIONS IS NOT ENJOYABLE AND UNREALISTIC.
THE PLAYERS ALWAYS NEED TO BE AWARE OF THE RELATIONSHIP
TO REAL GAME SITUATIONS IF THEY ARE TO BE MOTIVATED
AND BENEFIT FROM THE DRILLS.



What is the best way to retain possession?



- avoid unnecessary 1 v 1 situations;
- pass the ball to the feet of a teammate whenever possible;
- · run into space, look for free space and use it.

VARIATION 1

With the exception of the following rules, the official rules of mini-soccer without a goalkeeper apply. A team has to pass the ball 4 times in succession before it can attack the opposing team's goals. The defender behind the midfielders can push up into midfield when his team is on the attack.

What do the players have to do between winning the ball and scoring?



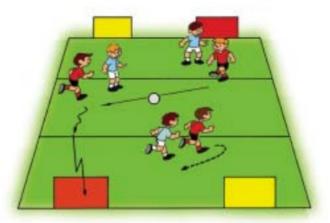
- secure possession;
- build up an attack in the direction of the shooting zone;
- pass the ball into the path of a teammate whenever possible;
- shoot.

VARIATION 2 (for older players)

To improve specific skills, only successful passes with the weaker foot, passes over more than 10 meters and first-time passes are counted.

Attacking diagonally opposite goals

Each team attacks two diagonally opposite goals and defends the two other goals. A goal is scored by shooting into one of the 2 goals from inside the shooting zone or by dribbling the ball over one of the 2 goal lines.





Which of the 2 goals is the best one to attack?

The players should attack the goal that is defended by only 1 defender. To do so, they should create a 2 against 1 situation and exploit this successfully to score.

How should the attack be carried out (by running with the ball or passing)?

- Passes make the game faster and enable free space to be used more effectively.
- Frequent changes of direction when running with the ball may create more space and cause the defender to make a wrong decision or a positional error.

How can the attacker create a situation in which his team has a numerical advantage?

By changing direction when running with the ball and then switching the play.

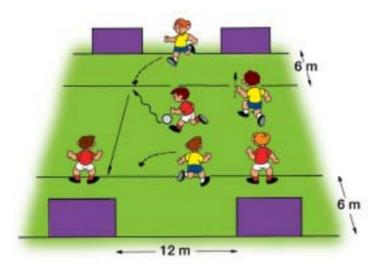
COACHING IS A DEVELOPMENT PROCESS, WITH TASKS
WHICH BECOME STEADILY MORE DIFFICULT FROM WEEK TO WEEK,
MONTH TO MONTH AND YEAR TO YEAR
BUT WHICH NEVER MAKE DEMANDS THAT EXCEED
THE PHYSICAL AND MENTAL CAPABILITIES OF THE PLAYERS.

Choose any goal

The 3 attackers always attack the goal that they consider to be least well defended. The coach can specify whether a goal has to be scored by shooting from inside the shooting zone or by dribbling the ball over a goal line (6 meters wide).

VARIATION 1

A goal only counts if the nearest defender is at least 5 meters away when the ball is dribbled over the goal line.



VARIATION 2

A team of 3 players has 10 attacks and the other team has to defend 4 goals. An attack ends when a goal is scored, or the ball goes out of play, or when a defender touches the ball. Each attack starts in the middle of the field. The defenders have to position themselves intelligently to prevent the attackers from scoring. The objective of the game is to teach the attackers to use the space skillfully and to play so securely that they score 10 goals in the 10 attacks.

From mini-soccer to 7 v 7

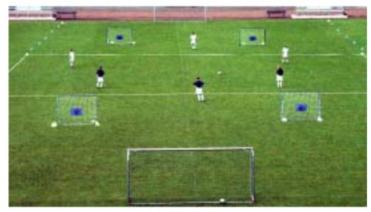
- A progressive series of games -

The transition from mini-soccer to 7 v 7 proceeds step by step. To help the players develop a feel for the larger field, the coach initially sets up a mini-soccer pitch in the 7 v 7 field.

The players carry out more complex tasks from game to game, and the number of players and the size of the field are gradually increased, until the players have learned how to play in all positions.

3 v 3 without a goalkeeper

The game is played on a 7 v 7 field. The mini-field is positioned exactly in the middle. Each team of 3 players has 1 player who remains in the penalty area. A goal can only be scored by a player who is in the shooting zone.



Basic setup

VARIATION 1

The action radius of the third player is no longer limited to the penalty area.

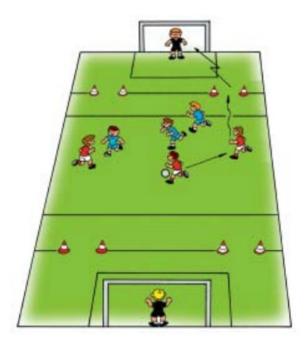
Games on the 7 v 7 field

The field is expanded to the size of the 7 v 7 field. The goalkeeper is in the 6 meter x 2 meter goal and the number of players behind the end line of the minifield becomes steadily larger.

3 v 3 Dribbling through cone goals before shooting

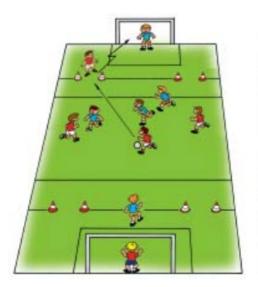
A goal is scored on the $7\,v$ 7 field after the ball has been dribbled over one of the 2 goal lines (cone goals) of the mini-field.

Variation: After the ball has been dribbled over the 2 goal lines, all the players can leave the mini-field until a goal is scored or the ball goes out of play.



3 v 3 + 1 Front runner

Each team has 1 striker (front runner) who takes up a position behind one of the cone goals on the end lines of the mini-field in order to receive a pass.

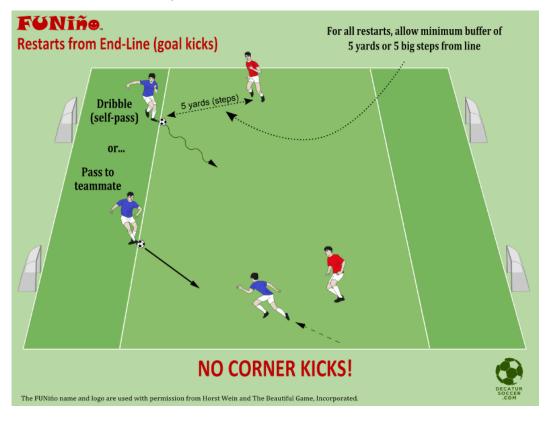


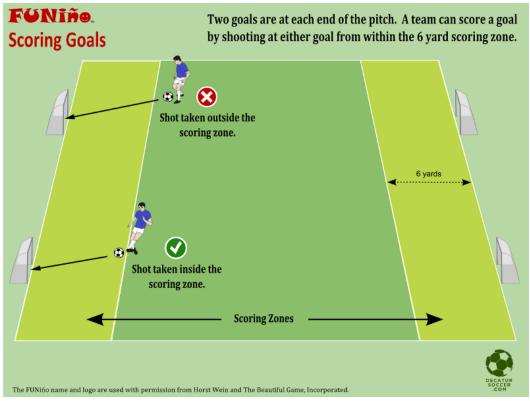
Three players of each team contest possession of the ball in the midfield, which they are not allowed to leave. When a team has possession, it tries to play an accurate pass to its striker.

After controlling the ball behind the mini-goals and in front of the penalty area of the 7 v 7 soccer field, the striker must shoot at the 6 meter x 2 meter goal within 3 seconds.

The teams practice first without, then with, goalkeepers.







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