



The Bridge to Eleven-a-Side — What Actually Changes

Session 35 • Match intelligence • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Longer

0:10 – 0:25 • 15 MIN

From Nine to Eleven

0:25 – 0:40 • 15 MIN

The Big Pitch

0:40 – 0:55 • 15 MIN

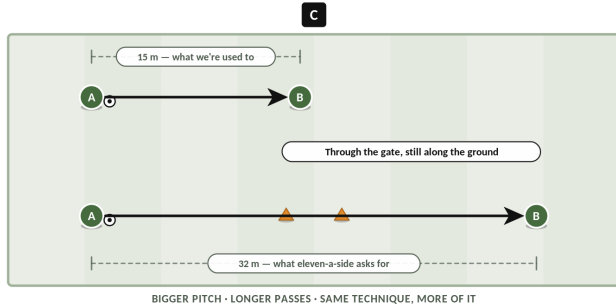
First Go at Eleven

0:55 – 1:00 • 5 MIN

Questions and homework

35.1 LONGER

Warm-up • 10 min



SET UP

- 44 × 18 m or as long as the space allows.
- Pairs, starting at 15 m and working out to 30–35 m.
- A gate of 4 m in the middle of the long distance, so the pass has to be accurate as well as long.

RULES

- Along the ground. A lofted pass scores nothing, however accurate.
- Through the gate at the long distances.
- Both feet — alternate in threes.

COACH IT

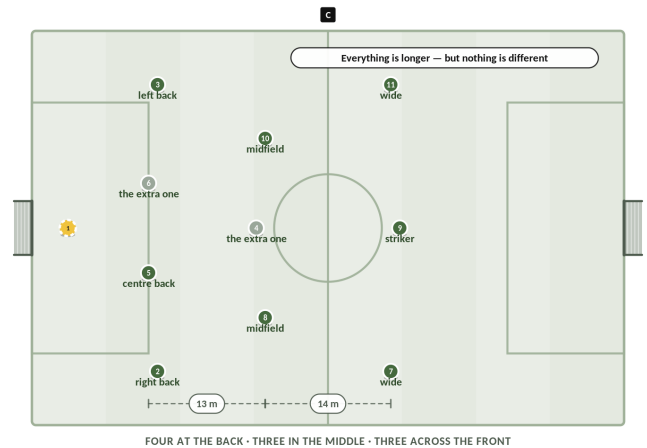
- Technical: The technique for a 30 m pass is the same as for a 10 m pass with a longer backswing and a firmer strike — laces or inside of the foot ...

SAY

- Along the floor. Hit through the middle of it.
- The cause of almost every ball that goes into the ...

35.2 FROM NINE TO ELEVEN

Technical practice • 15 min



SET UP

- The biggest pitch you can mark out, with both goals.
- Eleven players in position if you have them, or seven with the missing positions marked by poles ...

RULES

- Walking or half pace throughout. This is a positional practice, not a game.
- Everybody names their own position when asked.
- The two grey players explain their job to the group ...

COACH IT

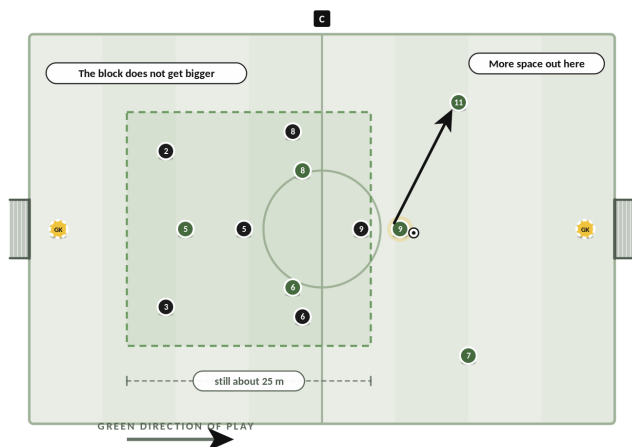
- Technical: Nothing. Tonight is geography.
- Tactical: Four at the back is two pairs, not a line of four. The centre-backs work together and each ...

SAY

- The commonest reaction to a big pitch. Spread out. Look how much room there is.

35.3 THE BIG PITCH (7 v 7 + GKs)

Skill game • 15 min



SET UP

- 60 × 40 m — deliberately far too large for 7 v 7.
- Both full goals, as far apart as you can manage.
- 7 v 7 outfield plus two goalkeepers (16). With 14–15, play 6 v 6 and make the pitch no smaller.

RULES

- Normal football on a deliberately oversized pitch.
- A goal conceded while stretched beyond about 25 m counts double.
- Keepers restart within eight seconds — long ...

COACH IT

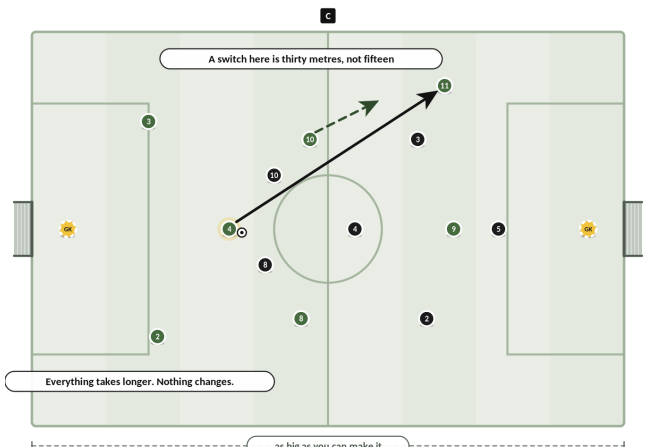
- Technical: Longer passing under pressure, and the long carry — on a big pitch, dribbling forty metres into space is a genuine option for the first time.

SAY

- The whole practice. Point at the poles rather than explaining.

35.4 FIRST GO AT ELEVEN

Conditioned match • 15 min



SET UP

- The largest pitch available, with both goals as far apart as possible.
- If you can borrow players — another age group, a parent or two, a coach — do it and play as close to ...

RULES

- As close to eleven-a-side as numbers allow, in the 4-3-3 shape.
- Keepers restart within ten seconds.
- Offside introduced from minute 7 if your league ...

COACH IT

- Technical: Everything at longer range. Note who can pass thirty metres under pressure and who cannot — it is next season's individual programme.

SAY

- Rarely the players you expect.
- The clearest technical marker for next season.