

Session Objectives

Teach your back four to recognize when the ball in the midfield area is pressured and when is not, and how to move as a unit in relation to it.

TECHNICAL	TACTICAL	PHYSICAL	PHYSIOLOGICAL
<ul style="list-style-type: none"> • Keeping a line and distances • Defensive stance • Body direction 	<ul style="list-style-type: none"> • Ball oriented defense • Recognizing principles of open and closed ball • Team compactness 	<ul style="list-style-type: none"> • Speed, Agility, Coordination • Turning sprinting 	<ul style="list-style-type: none"> • Working together

Functional Intro

Duration 15 min

Area Size Half field

Players 12 –18



Organization

Defending team

- Keeper
- Back 4

Attacking team

- 3 central midfielders
- 2 strikers

- A and B pass the ball to each other. When the player receiving the ball is about to pass the ball forward the back 4 turn. (Fig 1)
- When they pass the ball to each other they hold (Fig 2)
- When the pass the ball back to C they step forward (Fig 3)

Coaching Points

- Recognizing the visual cues when to drop– hold or step .
- One player to take charge- Body position

PROGRESSION 1 6v5

TECHNICAL	TACTICAL	PHYSICAL	PHYSIOLOGICAL
<ul style="list-style-type: none"> • Keeping a line and distances • Defensive stance • Body direction 	<ul style="list-style-type: none"> • Ball oriented defense • Recognizing principles of open and closed ball • Team compactness 	<ul style="list-style-type: none"> • Speed, Agility, Coordination • Turning sprinting 	<ul style="list-style-type: none"> • Working together

Duration 15 min

Area Size Half field

Players 12 –18

Organization

Defending team

- Keeper
- Back 4

Attacking team

- 2 central midfielders
- 2 wide midfielders
- 2 strikers

- Players are instructed to react and move in relation to the coaches' action.
- The coach with the ball will move forward ,backwards or will hold .
- When the coach passes the ball towards the back four the game is on and the two strikers plus the 4 midfielders will try to score.
- If the defenders win the ball they will try to score in any of the two goals.



Coaching Points

- Recognizing the visual cues when to drop– hold or step .
- One player to take charge- Body position

Phase of play

Teach your back four how to move in relation to a central reassured and non pressured ball.

TECHNICAL	TACTICAL	PHYSICAL	PHYSIOLOGICAL
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7v6 plus server

Duration 15 min

Area Size 3/4 field

Players 12 –18

Organization

Defending team

- Keeper
- Back 4
- 2 central mid

Attacking team

- 1 server
- 2 central midfielders
- 2 wide midfielders
- 2 strikers

- As before, but now a player we add 2 central midfielders.
- The coach will act as a server and supporting player but cannot defend



Coaching Points

- Recognizing when the ball carrier can pass the ball forward or when are under pressure
- Recognizing cues- Move together-Getting in a transition phase