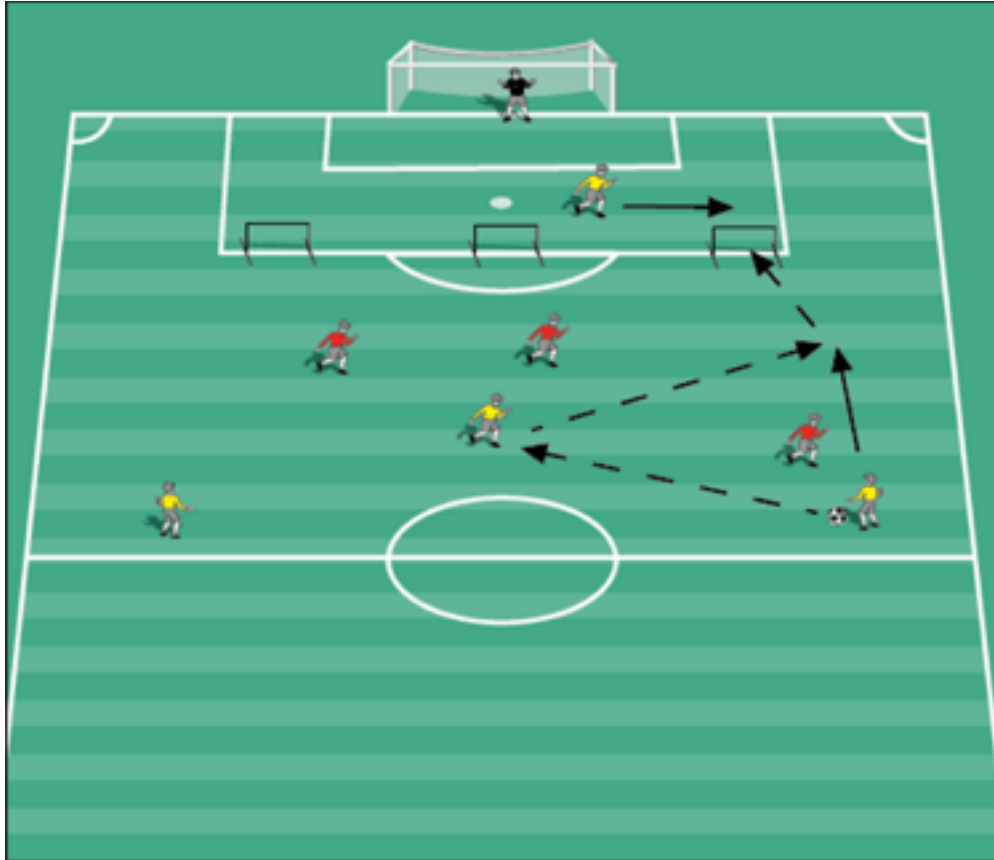


Main goal: **compact defense and pressure**

Gap goals with a forward player – 3 v 3 from goal area to half way. Attackers have to hit the ball to the forward (looking for space behind the mini goals) who has to turn and finish with two touches.. Defenders try to steal the ball and cross the midfield line while all attackers drop back, including the forward, and try to keep them from crossing the line.

Progression

The midfielders run to receive a lay off from the forward and finish.

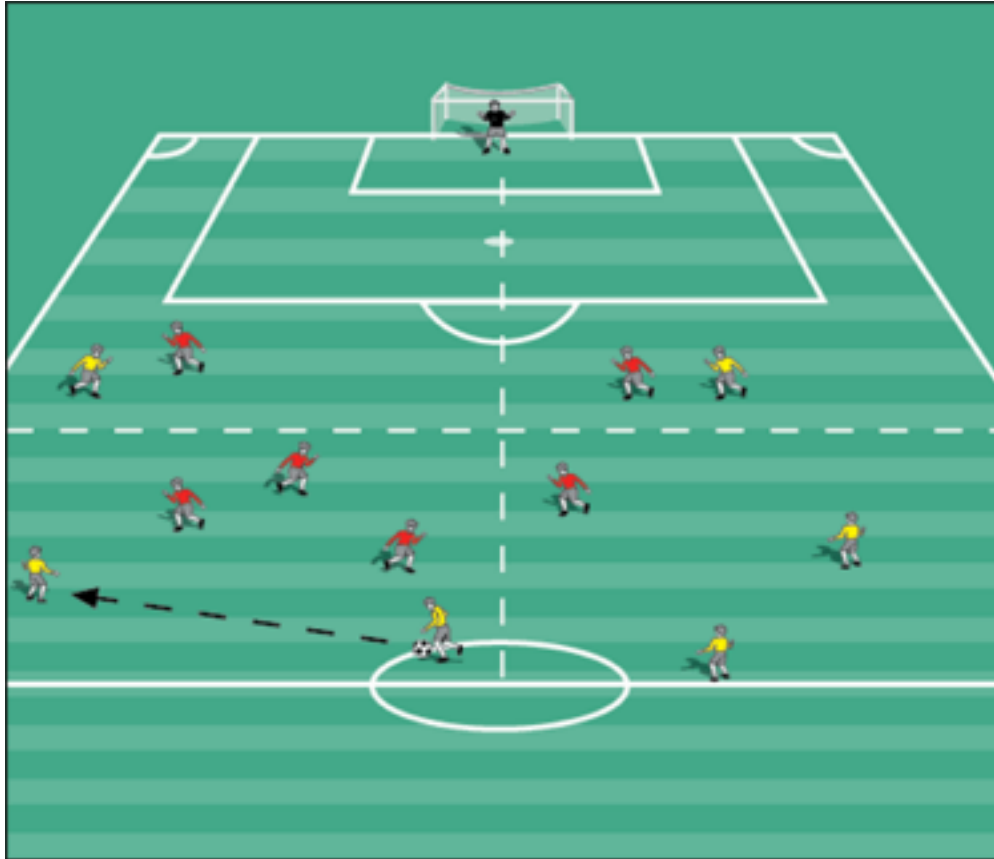


Coaching Points

- Offensive: attacking through the middle, find the gap, runs and shots from lay offs
- Defensive: shut the gaps, follow the runner
- Transition: regain ball possession and recovery

Compact Squares - 6 v 6

Attack against defense starting from a throw-in. The game is played on half a field split into four squares. The squares should be the reference for the players to position as compact as possible.



Coaching Points

- Offensive: quick switch in the game from one side to the other
- Defensive: be compacted, pressure on the ball, marking from a safe distance players in other squares, induce the line, shut the spaces avoiding long passes and switches

Throw-in Game

In Zone 1, two attackers pressure two defenders and a goalkeeper. Attackers try to steal the ball and finish in the goals. Defenders and goalkeepers have to keep possession for six passes to score a point.

In Zone 2, two teams play 8 v 8. The game starts from a throw-in. The defense plays as compact as possible and try to steal the ball to cross the halfway line.

Development

Just one ball, but still two zones. When the defenders from Zone 2 steal the ball they play a long pass to attackers in Zone 1 who will play 2 v 2 and have five seconds to finish.



Full Game

8 v 8 on $\frac{3}{4}$ of a field. Compact defense.

Cool down

10 minutes interval jogging. Varying the speed of the runs. The whole squad moves as compact as possible. The goalkeeper, captain or fullbacks to call for run variation; practicing communication, timing and synchronization.