

Objectives:

1. OFFENSIVE

- Session 1: In the Defensive 1/3
Build from the back with back 4.
- Session 2: In the Middle 1/3
- Session 3: In the Attacking 1/3

Session 1

Focus: Building from the back

Players: 18-22 field players including 2 Goalkeepers.

Field: 1/2 of a full field.

Warm up

Brazilian Warm up without the ball. Body coordination exercises and dynamic Stretches.

Progression 1

Pattern play #1. It is most simple one. Ball comes from the goalkeeper to the center back, who is going to receive and turn and play wide to the same side fullback. He will then cross the ball to two income forwards. Rotate groups and repeat by the other side.



Coaching Points

- Timing of the runs
- Attention to the team shape
- Quality passes
- Do not underestimate the finishing part of the drill. Finish it properly.

Progression 2

Pattern Play #2. Circulation of the ball thru every player in the back 4, until the ball reaches the opposite fullback.



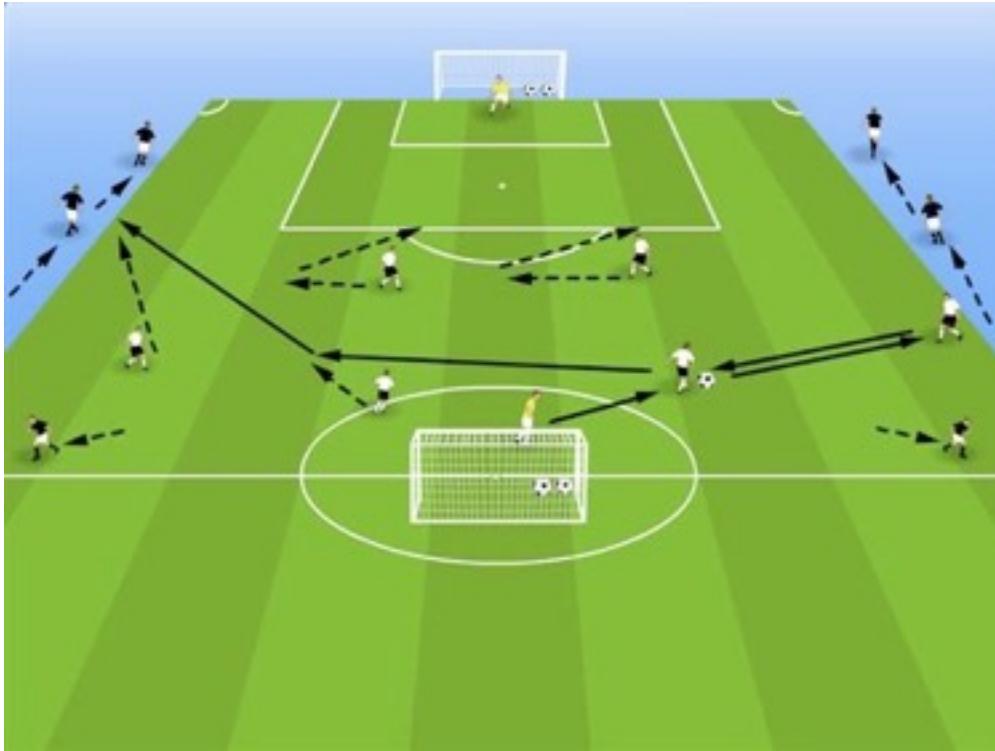
He will then cross the ball to two income forwards. Rotate the group and execute the drill by left and right side.



Coaching Points

- Make sure the whole back 4 is comfortable circulating the ball across the field.
- As soon as the ball is passed players have to adjust their position.
- Get the goalkeeper involved in the build up whenever possible.

Same by the other group. Group 1 runs back to starting point by the outside. Vary the starting side, to the left and then to the right. When group 2 end their play then they will run back to their own starting side.



Progression 3

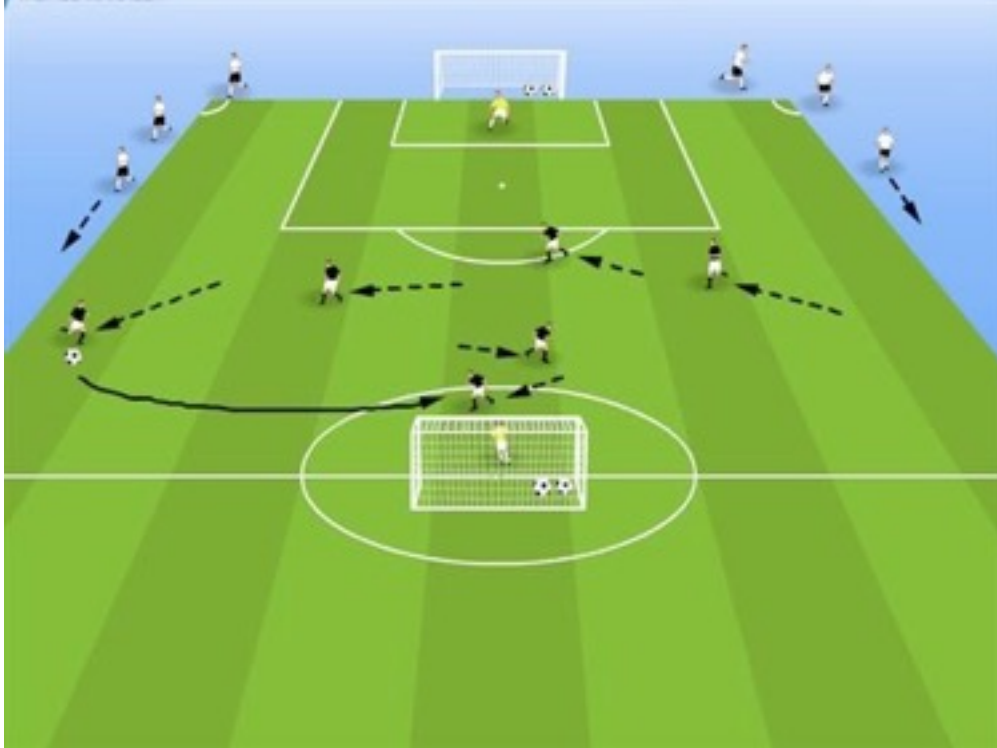
Pattern play #3. Lets assume that when the center back got the ball, that the fullback on the same side was unavailable (marked or no angle of support). The center back has time and space to dribble forward before pressure arrives.



At that point when pressure increases he will have to switch the point of attack to the other side of the field through the other center back - who will keep switching until the ball reaches the other fullback.



The opposite fullback will then cross the ball to the forwards and meanwhile the rest of the back 4 will adjust their positions by tucking in towards the ball side.



Same by the other side. Group 1 runs outside and 2 starts the play going to the other goal.



Coaching Points

- Center Backs must be more confident and comfortable dealing with the build from the back. This pattern will address this situation and allow the center backs to recognize when to play wide and when to retain the ball possession for a possible central penetration. If nothing there then switch it again to the other side

of the field.

- At the end of the play make sure the rest of the back 4 is paying attention to the game. It is not because the ball is in the attack that defenders can forfeit their duties. They still need to sense possible loss of possession, remain organized and adjust their position to the ball side (ball oriented defense when their own team attacks).

Progression 4

Pattern Play #4. This time the starting center back has neither the fullback available nor the opposite center back. The pressure to go forward increased and the only option is to use the goalkeeper to switch the ball to the other side. Then it is the same as before. The fullback crosses to two income forwards.



Coaching Points

- This type of situation may happen against a medium pressure team, that waits for the team to advance forward until a certain area and then they press, taking away all the immediate passing lanes. If a ball in behind them is not available, then go ahead and use the goalkeeper. It is a negative pass that should be followed by a series of positive ones.
- At the time the fullback is crossing the ball, make sure to work with him. Early crosses, end line crosses, add a new combination, near post service, far post service etc. It is an economical drill so you may have your assistant coach dealing with these secondary objectives.

Progression 5

6v4 game. End the session on 6v4 game. The ball always start with the 6 players. Rotate.



Coaching Points

- Goalkeeper always serves the ball to the center back; then always to one of the fullback; then free (any player). When the ball is in play the goalkeeper needs to get involved with his feet.
- Full pressure from the opponents. If they steal they can go to goal immediately and the defenders should transition to defense right away.
- If there is a goal or the ball goes out of bounds then the game is over.
- The team in possession has no restriction of number of touches nor number of passes. Let them get to goal (or out of the defensive third) without adding many difficulties. Just ask them to be safe, simple, objective and use clean techniques.

COOL DOWN

- BTB's juggling and soccer-volleyball competition. Barefoot in the sandy beach volleyball court.