

## Objectives:

### 1. OFFENSIVE – Ball Possession

- Session 1: In the Defensive 1/3
- Session 2: In the Middle 1/3  
Build from the back from middle 1/3. 2 fullbacks, 2 holding midfielders, 2 attacking midfielders and 2 forwards.
- Session 3: In the Attacking 1/3

## Week 4

### Session 2

Focus: Build from the back from Middle 1/3.

Players: 16 players + 2 GK's

Field: ½ field

### Warm up

3 players and one ball. The player in the middle is practicing all kinds of turns: inside of the foot, outside of the foot, pull and tucks, Cruyffs, sole of the foot and dummies (thru the leg). Rotate the players.



### Coaching Points

- Prepare the players for a session of switching the point of attack thru turn exercises.
- Keep hips open.
- Check over the shoulders.
- Checking runs away from the ball.

### Progression 1

Pattern Play. Form 2 groups of 8 players (2 fullbacks, 2 holding midfielders, 2 attacking midfielders, 2

forwards). One group at a time. Build up field. Ball starts with one of the fullbacks, then rotation #1 takes place until the ball arrives to the opposite fullback.



### Coaching Points

- Pass and move inside / tuck.
- Receive and turn.

### ROTATION #2

The play progresses with rotation #2 that goes through both attacking midfielders until reach back the opposite fullback, now on a much higher position.





### Coaching Points

- Any combination play may apply. Make sure it is simple and the passes are correct in direction and speed.
- Weak side players have work to do. Either run away from the side of the ball or tuck in to cover each other's back in case of loss of possession.

### THE FINISHING

Once the fullback is in position to cross the ball, then a forward will run across the near post, an attacking midfielder will cover the far post. The other forward enters the box. The remaining players are either covering each other's back or in position to win second balls/rebounds.



### **Progression 2**

8v4v4. The attacking team plays against 4 players in the middle third. They have to play the ball from the RB to the LB and then back to RB in order to be allowed to advance into the attacking third. If they do so, then they play against another set of 4 defenders.

If the attacking team loses the ball in the middle third, the defenders may score a goal thru the gates in red, then the game is over and the ball restarts with the attackers once again. If the attacking team loses the ball in the attacking third, then the defenders will try to cross the first line of cones in front of them (middle third line) and then the game is over and a restart will take place.

Variation: If the attacking team loses the ball in the attacking third then those defenders now link up with the other 4 defenders in the middle third and the game goes on with them trying to score on the red gates.



### Coaching Points

- Try to go forward first, then switch and then negative.
- If the options are closed, the best idea is to go negative, to go neutral to go positive and create a new attack.
- Strive to face up field as much as possible.
- Do not play safe all the time. Switch the point of attack and keep checking to play high.
- Try to unbalance defenders to find a chance to penetrate.
- Finish the game on an 8v8, no zone restrictions.

**Cool Down** – Stretches and Jog.