



Functional training in the final third

Category: Tactical: Defensive principles

Difficulty: Difficult

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Screen 1 (20 mins)

Set Up:

3 grids 15 x 15

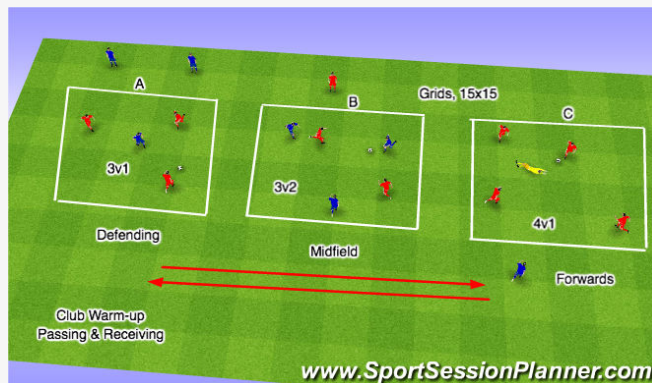
Grid A - 3v1, with subs

Grid B - 3v2, if red wins the ball, one Blue team member leaves the field while the third Red player joins the game creating a 3v2 Red possession

Grid C - 4v1 Keeper used, with sub

Cps:

- 1) Speed of thought
- 2) Speed of play
- 3) Creativity
- 4) Space awareness
- 5) Passing & Receiving demands
- 6) Communication
- 7) In possession - out of possession demands



Screen 2 (25 mins)

Field Set up: Half field divided into three fields, 14 to 18 players, all three grids working at one time.

Field A, 2v1 To Goalline, Coach serves ball into Red playing off Goalline, Red supportig player joins the Attack creating a 2v1.

Field B, 4v1 plus keeper, Build to 4v3 with keeper, look for speed of Attack

Field C, 3v2 Blue working on Combinations to Goalline. Rotate teams.

CPS:

- 1) Individual 1v1 skills
- 2) Combinations - Overlaps, Decoy runs.
- 3) Support & Balance
- 4) Shooting & Finishing
- 5) Counter attack play
- 6) Transition
- 7) Goal keeper role
- 8) Quality of movement off the ball
- 9) Visual cues - Communication



Screen 3 (30 mins)

Field set up: Half field broken into 3 thirds,

A) Build up play, 2v1

B) Midfield control, 3v3 + 2 (after a set number of passes the ball can be played into the lone Forward, any player can join the attack creating a 2v2)

C) Attack to goal 1v2 building to 2v2

Game starts with a 2v1 build up, game moves into the 3v3 + 2 zone and finally into the final grid creating a 2v2

CPS, Same as before, Tactical shape and team objectives must be set,

- a) Number of shots
- 2) Number of Goals
- 3) Midfield shape & balance in possession, Coach can set a number of passes needed before the team can progress into the final zone
- 4) Speed of play

