

Main goals: heading and group defense in the 4-4-2

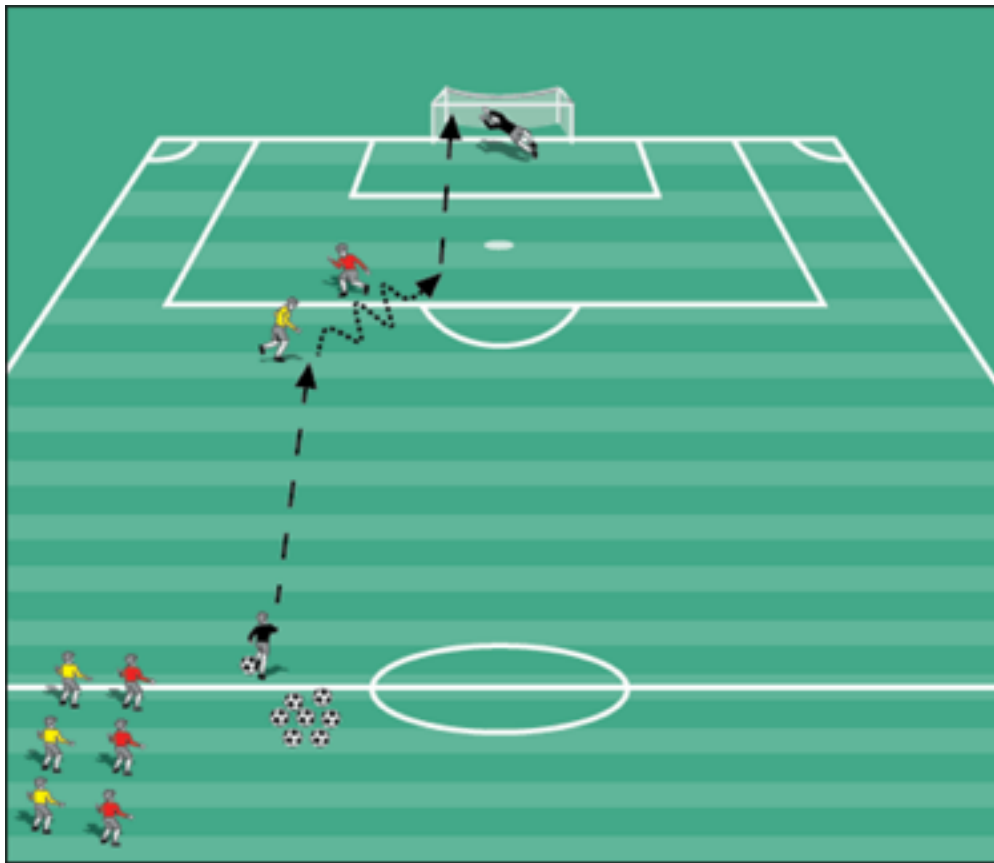
Warm-Up

Individual technique in heading

Heading in motion (u13s and older)

A goalkeeper and/or a midfielder are placed at halfway line to do long throws or passes to an attacker that is 1 v 1 with a defender. The ball has to go in a way that the players have to use a header as their first touch. The attacker tries to score and the defender attempts to cross the halfway line with the ball.

This same pattern is also done on the other side of the field.

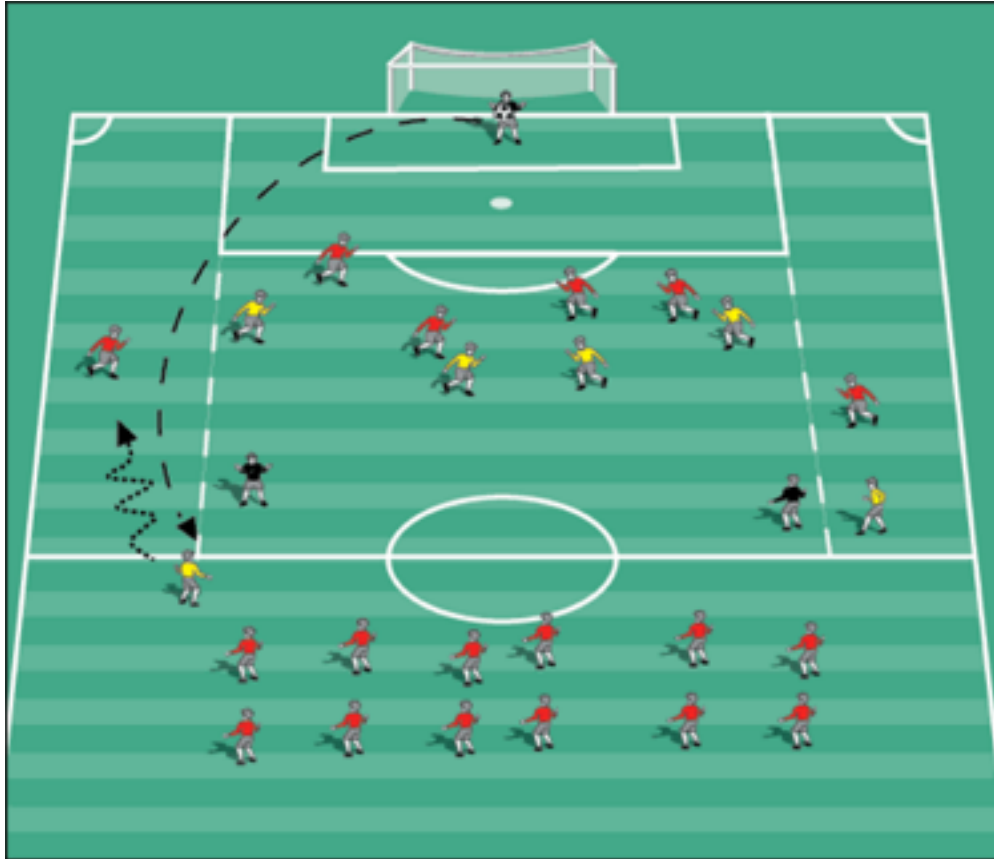


Attacking Variations - 6 v 6

The attackers vary their approach between the flanks and the center of the field. The goalkeeper starts the activity by throwing the ball to one of the wide attacking midfielders at the halfway line. The midfielder dribble toward the coach positioned at the line of cones who will indicate whether the attack should be down the flank or up the middle with his arm. If the defenders get the ball they have to keep possession for five passes while the attackers press.

Development

A defender replaces the coach. As soon as the attacker gets the ball he moves toward the defender who shows him to the middle or to the flank. The attacker reads the body position of the defender to know where to go. The aim is to induce the attack to do what the defense wants, setting up traps such as two on one, isolation, etc.

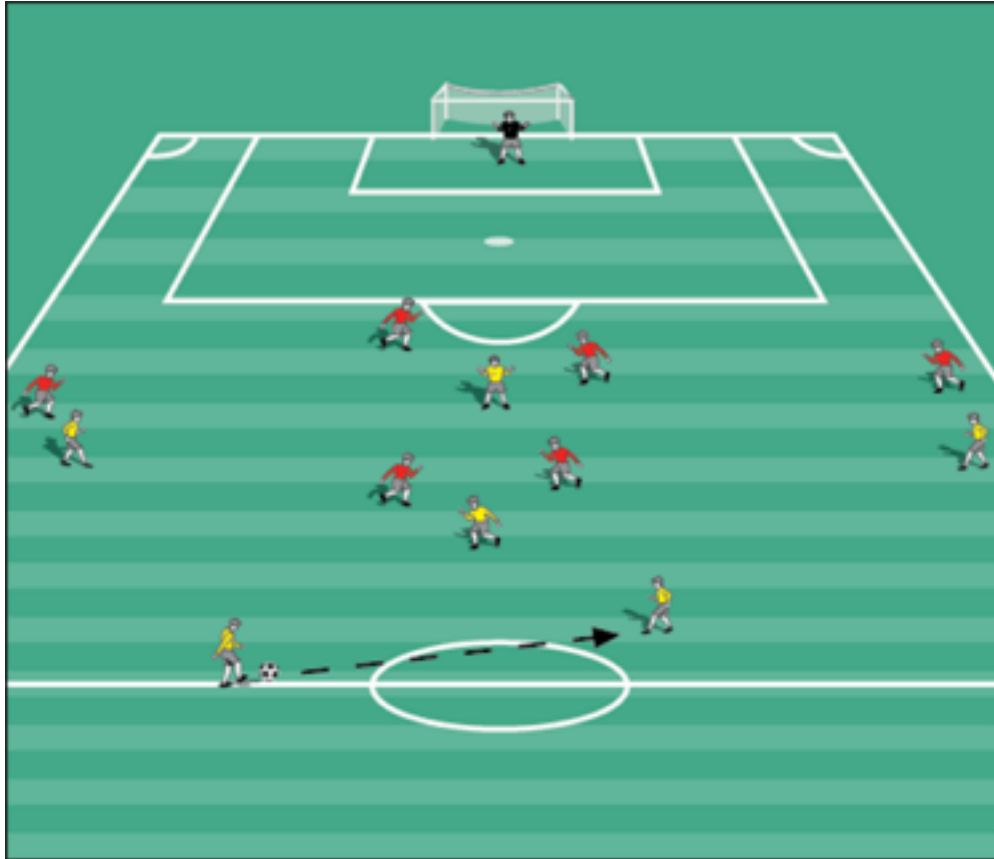


Coaching Points

- Offensive: vary attack between middle and flanks.
- Defensive: induce the attack to use a certain part of the field where the defence is more effective.
- Transition: press when lose the ball; play safe possession when recover the ball.

Group Defense for 4-4-2

6 v 6 (four full backs + two defensive midfielders). The goalkeeper starts the game by throwing the ball to the attackers at the halfway line. The attackers build up the attack trying to vary as much as possible using the flanks and the middle. Defenders will work as compact as possible. The aim for the defenders is to regain ball possession and cross halfway line.

**Coaching Points**

- Offensive – attacking variations.
- Defensive – compact defense.
- Transition – recover the ball and build up the game, press the ball when lose it or drop back to half $\frac{3}{4}$ field.

Progression

8 v 6 – The defense is challenged by defending eight players with only six.

Full Game

11 v 11 – One team plays 3-5-2 and the other plays 4-4-2.

Cool Down

The cool down is down with the training in the pool.