

Main goal: defensive format in dead balls

Warm-Up

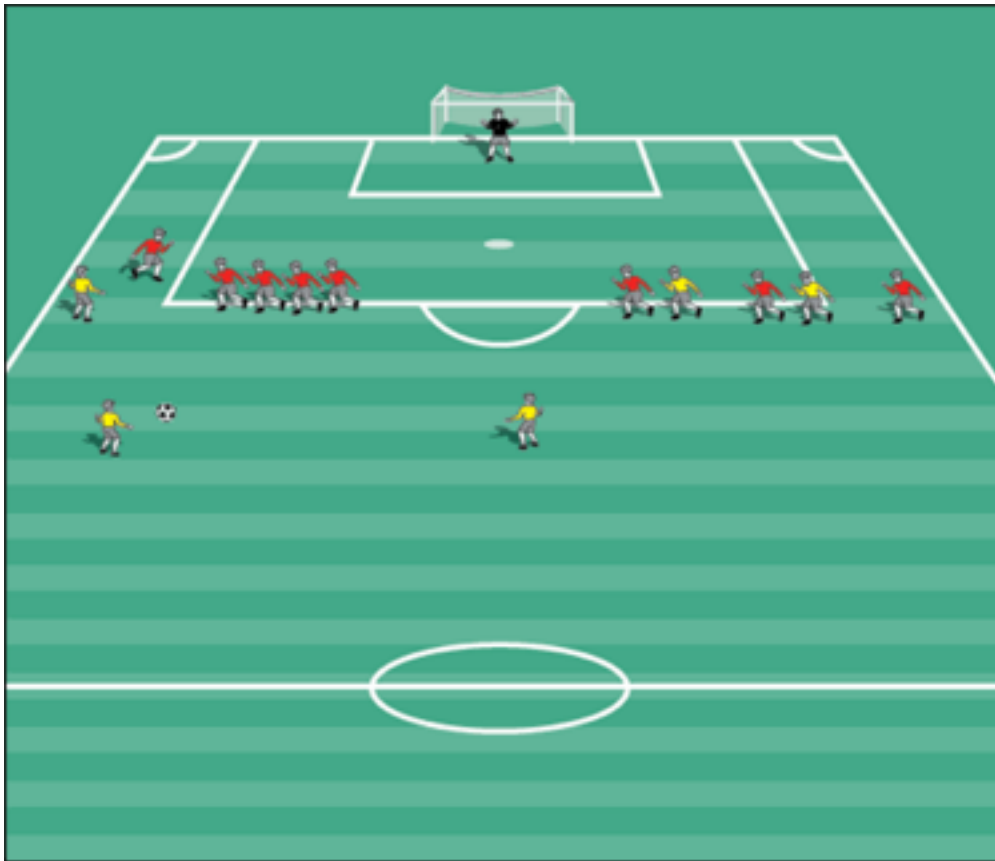
A ball between two players. The groups pass and move around the field. They start with short passes and progress to longer ones.

Counter Attack from Dead Balls

10 corners and 10 free kicks. The attacking team practice a set routine. As soon as the ball goes out of play, defensive team go on a counter attack where they have to cross half-line.

Development

Two attackers and three defenders at half way. No matter the outcome of the dead ball, GK starts a counter attack that goes on the full field.

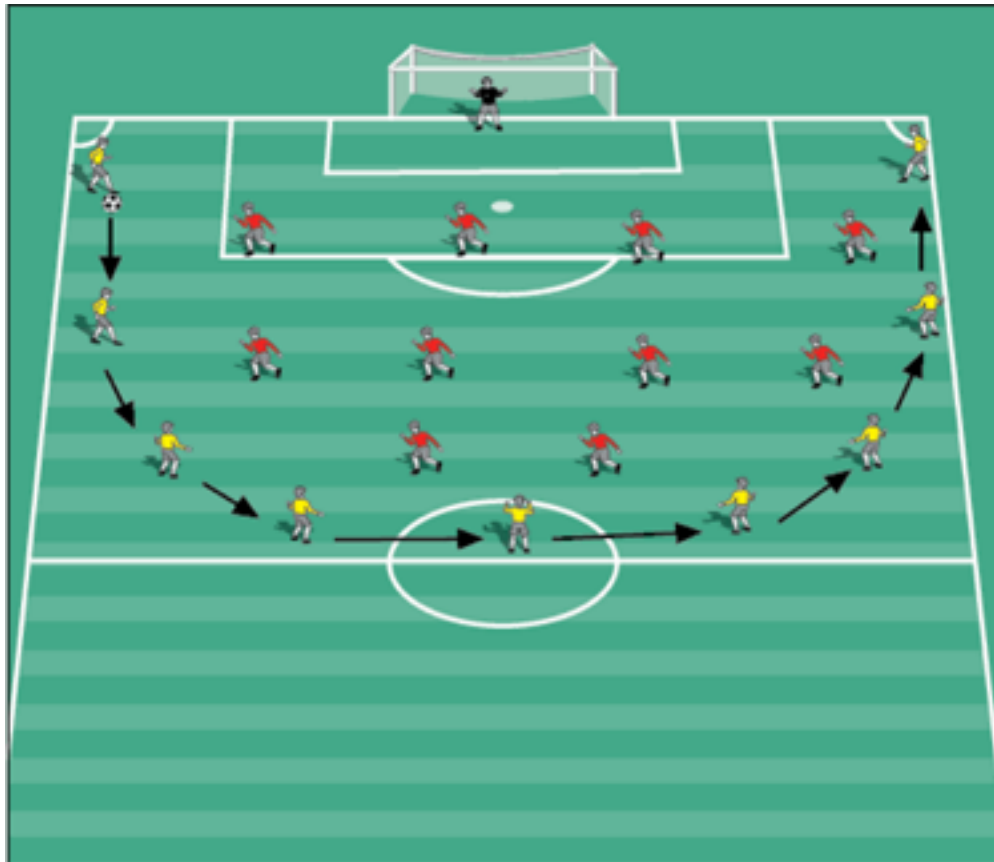


Positional Defense

The ball will be played within players placed in the marks ▲ (9 players). As the ball is passed, the defenders move as a team, shutting gaps and pressing the ball player. After the ball goes around twice, they speed up and spread out passing unpredictably between the attackers. The defense marks and covers the spaces and go on a counter attack if they win the ball. Practice defending both formats, (3-5-3 and 4-4-2) or the format that will be used in the weekend game).

Development

The attackers can start the attack at any time, without previous notice.



Coaching Points

- Offensive: switch the ball, vary the attacks through the middle and by the flanks.
- Defensive: defensive format.
- Transition: recovery when lose the ball

Full Game

11 v 11. 5 repetitions for each game situation: defensive throw in, offensive throw in, corner, free kick, cross, etc.