



Functional training - squad

Category: Technical: Attacking and Defending Skills

Difficulty: Difficult

Am-Club: Omaha FC
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Screen 1 (40 mins)

Large squad training, make sure each station has between 18-28 players, all three stations work at the same time

Set up: 1/2 field, can use smaller area for younger players

a) Dribble zig zag on both flanks, "Functional"

b) Dribble turn, dribble turn long dribble turn long pass back, "Functional"

b 1) Move to two players at a time doing B drill on flanks, this will help with larger plays in the center of the drill

c) Central game, start with 2v1, Attacking players become defenders, Defenders become flank players, Flank players rotate into Attackers. If the central defenders win the ball the game is over.

CPs:

Dribbling demands

Passing demands

Turning with the ball

Attacking in the final third

Defending in the final third

Shooting & Finishing

Combinations

Functional roles

Goalkeeping demands

Squad communication, game management

