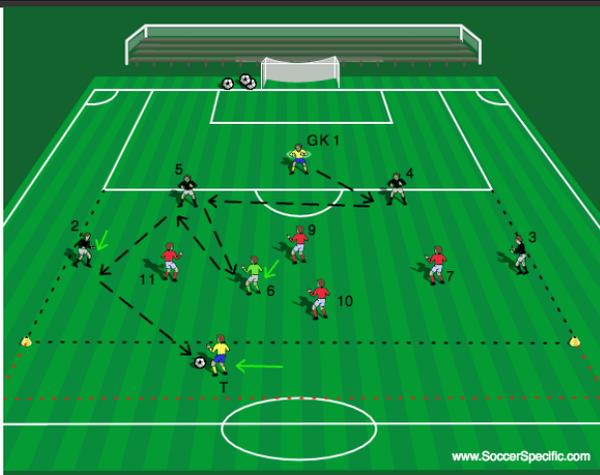




Breaking Pressure in Your Own Half

Date: May 02, 2016 | Team: SoccerSpecific | Duration: 60 min



Setup: 40x30 grid centrally; A 4v4 + 1 + 2 Targets is organised as shown. Target players are Goalkeepers.

Instructions: Two groups of 4 outfield players (Black + Red) + 1 Central Midfield player (#6) positioned inside the playing area. Black team consists of the players #2-3-4-5 / Red team consisting of #7-9-10-11: #6 is a neutral player who plays with the team in possession; Goalkeepers are also neutral players. GK (1) starts the game for the Black team, who must try to pass the ball to Target GK (T). If successful, play begins again with GK(1). If Red wins possession, they must try to pass the ball to GK1 who now becomes their Target player. Play is continuous.

Coaching Points: Emphasis placed on the #2,3,4,5 + #6 building from their Goalkeeper. Utilise the numerical advantage (Goalkeeper + #6) to circulate the ball quickly until an opportunity arises to play forward. Encourage Fullbacks to break forward.

1 ⌚ 15 min ↗ 40x30



Setup: 40x30 grid centrally; A 4v4 + 1 is organised as shown; A Goalkeeper (GK1) + Target player (T) are also included.

Instructions: Two groups of 4 outfield players (Black + Red) + 1 Central Midfield player (#6) positioned inside the playing area. Black team consists of the players Goalkeeper + #2-3-4-5 / Red team consisting of #7-9-10-11: #6 is a neutral player who plays with the team in possession; Target (T) also plays for the team in possession. GK (1) starts the game for the Black team, who must try to pass the ball to Target GK (T) or score in either mini-goal by utilising the Fullbacks. If successful, play begins again with GK(1) again. If Red wins possession, they must immediately attack their opponents goal. Play is continuous.

Coaching Points: Emphasis placed on the Goalkeeper + #2,3,4,5,6 building from their Goalkeeper. Utilise the numerical advantage (Goalkeeper + #6) to circulate the ball quickly until an opportunity arises to play forward. Encourage Fullbacks to break forward. Immediate Counter-Pressing on any loss of possession.

2 ⌚ 15 min ↗ 40x30



Setup: An 9v9 + 1 Neutral Central player (6) is organised as shown. A 10m wide central channel is created across the full width of the pitch.

Instructions: Play begins with GK1 each time. The (Black) Back-4 + Goalkeeper + #6 must attempt to build against the 4 Red opponents. The #10 may drop into the Central Zone to receive passes; Fullbacks must look to break forward into the Central Zone. On successfully building into the Central Zone the attack continues to the opposite half of the pitch - this creates a 6v4+GK; the Black team attacks with 1 Fullback + #10,6, 7, 9, 11 against the Red Back-4. If Red wins possession they immediately attack their opponents goal. Play is continuous.

Coaching Points: Use the numerical advantage in (6v4) GK +Back-4 + #6 to quickly circulate the ball - look for early opportunities to break forward. Look to play between-the-lines to #10 in the Central Zone. Immediate Counter-Pressing on any loss of possession.

3 ⌚ 30 min ↗ As shown