



ASE G03 Emerald - Improve switching play through back four

Category: Tactical: Playing out from the back
Difficulty: Moderate

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Individual-Young Member

Description

Improve #4/5 providing support; Improve #2/3 providing width once in possession;
Improve #6/8 supporting play ahead and behind ball

S Pattern Passing (10 mins)

Setup:

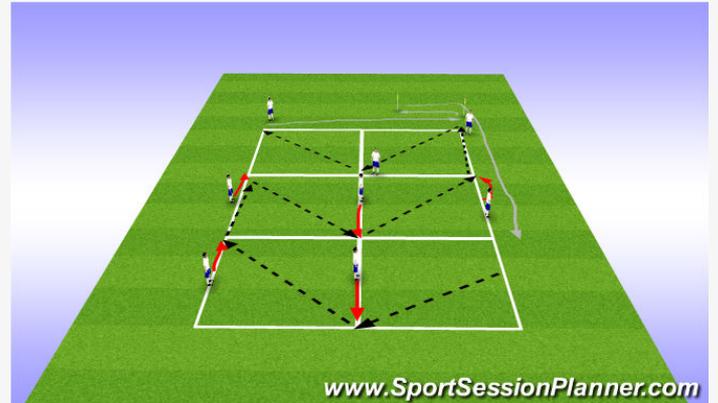
Grid setup as shown. 12 yards between lines.

Activity:

Player moves opposite the ball to receive across body.

2 touch.

Once done, dribble back through flags (zig zag + turns + running w/ball)



6v2(+3) rondo (20 mins)

Intervals:

2 min work + 1 min rest x 8 reps = 24 min

Setup:

Short, wide field: 10x25

2 teams of 6.

3 neutral CMs.

Activity:

Team in possession must complete 5 passes and then can score by getting ball to target players.

3 neutral CMs enter each zone (one as the #6 with back 4, #8 in central zone, #10 in far zone)

2 defenders transition to target players when their team has possession.

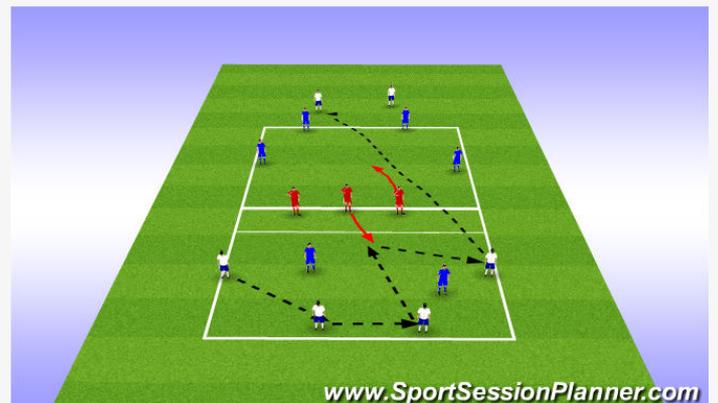
If defenders win ball, they try to transfer to other side (and then move to become targets).

Coaching Points:

~ Maximum use of space (especially width)

~ Face the way you want to play

~ 1 and 2 touch



8v5 SSG (30 mins)

Intervals:

3 min work + 1 min rest x 8 reps = 32 min

Setup:

Central zone setup as shown.

Gates on one side to score in. Big goal on the other.

Attacking team in: 1-4-3-0

Defending team in: 3 forwards + 1 CM in zone + 1 CM marking #10.

Extra players waiting to sub in for defenders. (if at least 4, play 3v1 rondo)

Activity:

Defenders are stuck in their zones. Attackers can go anywhere.

Attackers must find #10 before scoring in either gate.

Defenders score in big goal.

Ball starting positions: free kick, throw in, with GK, with defending team.



Coaching Points:

- ~ #2/3 getting maximum width.
- ~ #2/3 trying to get in behind defensive winger
- ~ #4/5 dropping off for support (defense can't go outside zone)
- ~ #6/8 rotation: When ball is on #5, #6 pushes higher and #8 drops in between CBs. Vice versa when ball on #4 (near side CM, pushes higher up field)
- ~ #10 move opposite the ball (to create space to check into)

8v6->8v8 half field (30 mins)

Intervals:

6 min work + 1 min rest x 3 reps = 21 min

Setup:

2/3 field with a big goal on one end.

Attack setup as shown with all but front 3.

Defense setup as shown. Start with 6 defenders (front 3 plus middle 3) and add in outside backs.

Activity:

Attacking team tries to score in any of the 3 gates. Defending team tries to score in big goal.

Gates are worth 1 point. Big goal is worth 3 points.

Ball starting positions:

Goal kick, GK hands, throw-in, free kick, kick off.

Coaching Points:

- ~ #4/5 support play behind by dropping off
- ~ #2/3 full width when they receive ball
- ~ #2/3 getting beyond defensive winger
- ~ #6/8: One supports in front of defensive front 3, one drops between CBs



8v8 (20 mins)

Play

1-4-2-1 vs. 1-2-2-3

