

PROGRESSION

2. Break Through Pressing and Play in Between the Lines in a Position Specific Functional Game



Description

- The low zone is 40 x 15 yards, the middle zone is 40 x 5 yards, and the high zone is 40 x 15 yards. The two end zones are 40 x 10 yards.
- There are 2 goals with GKs, 4 mannequins in the middle zone (midfield line) and 4 mannequins in the high zone (defensive line).
- The red attacking team use Liverpool's 4-4-3 formation and the white defending team have the front 7 players in a 2-3-1 formation.
- The practice always starts from the red team's GK and the reds aim to build-up play through the low zone against the white's pressing.

- The reds then aim to pass into the middle zone, where one of the central midfielders moves in behind the midfield line (mannequins) to receive.
- The player that receives (**No.14** in diagram) dribbles into the high zone. The 2 full backs make advanced runs into the high zone.
- The reds use predetermined patterns of play (**see analysis pages in this section for examples**) to get in behind the defensive line and score past the GK in the end zone.

Progression: Remove the predetermined patterns and play freely to finish the attacks.