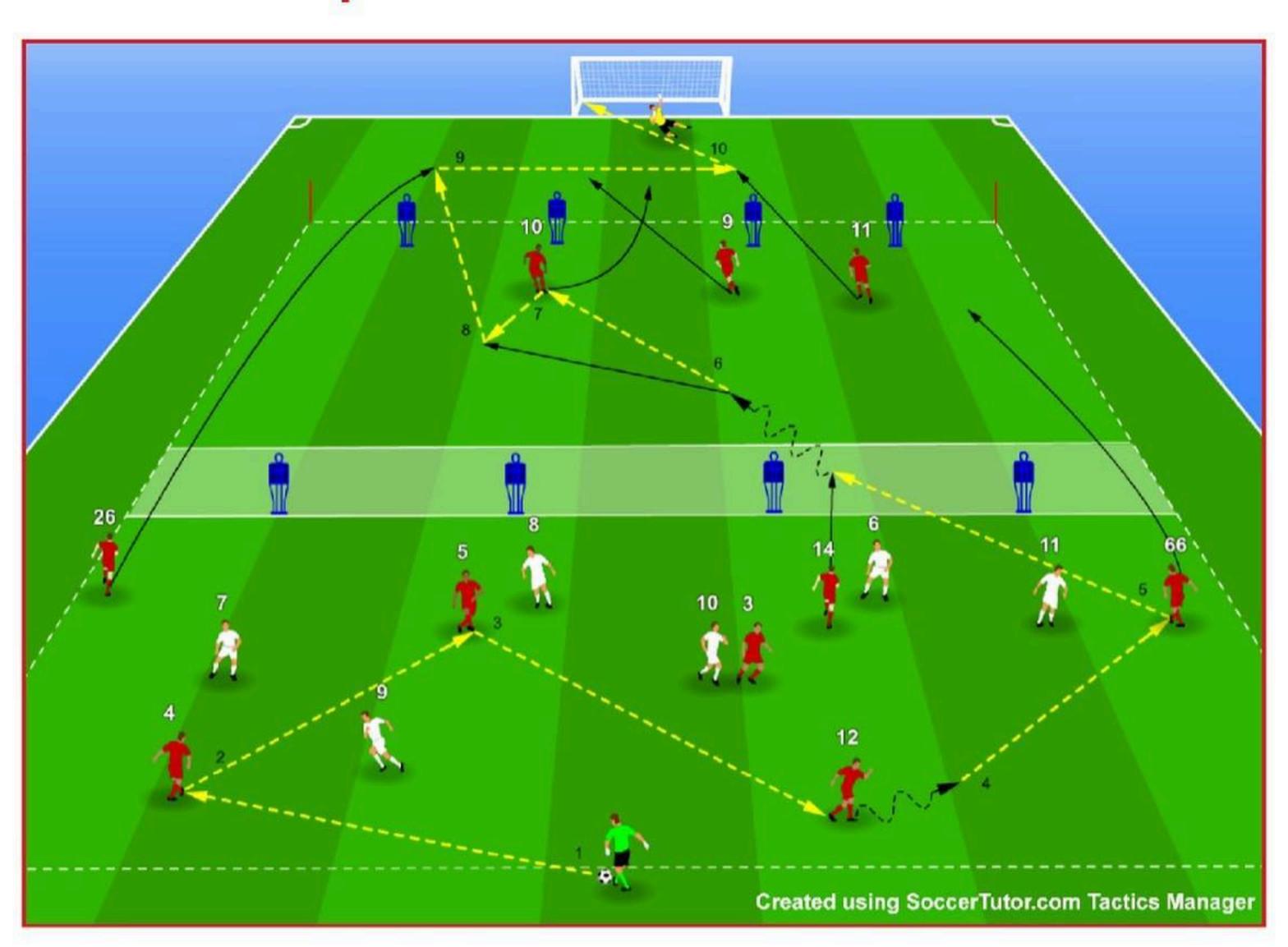


## **PROGRESSION**

## 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.

