



DRILLS AND GAMES

- 1 4 v 2 Grid
- 2 2 v 2 Game
- 3 3 v 2, Both Ways

4 6 v 6 Plus Two, #1

5 Free Play, 9 v 9

Notes: The starting back four and holding mids play together in Drills 3 and 4.

TECHNICAL/TACTICAL OBJECTIVES

- 1 Fast transition when 2nd defender becomes the 1st.
- 2 The GK sends the correct defender to the ball.
- 3 The defenders are containing the play in 1 v 1's.

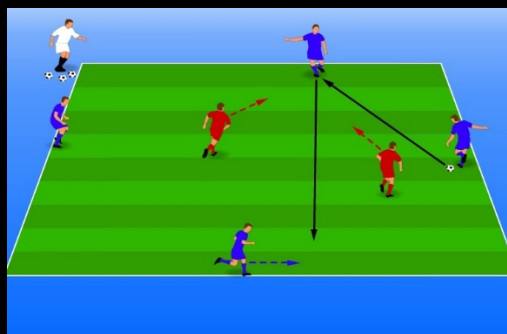
COACHING POINTS

- 1 Curve the run, force the attacker right or left.
- 2 The first defender calls the ball, then pressures.
- 3 2nd defender drops straight back when covering.

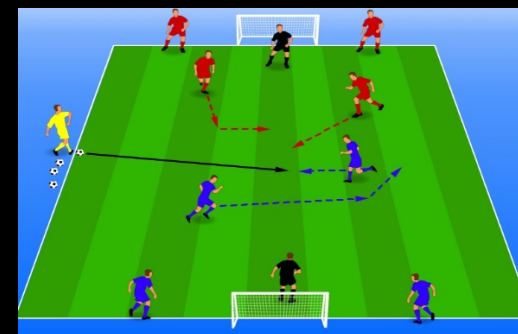
QUESTIONS/TOPICS/NOTES

How is the communication on the field? How long does it take to pressure the ball? Is the covering defending slow to come up and pressure? Is the GK slow in sending him?

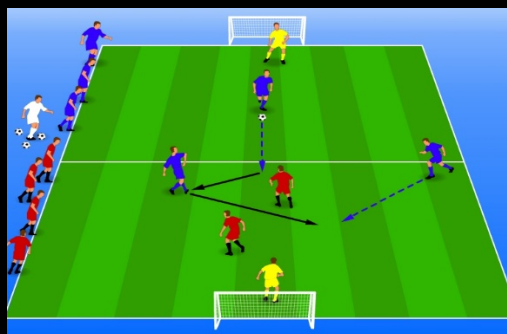
1



2



3



4

