

ATTACKING AGAINST A DEEP AND WIDE DEFENSIVE LINE - PATTERN OF PLAY EXAMPLE 7



The reds are in a 4-3-3 formation. There are 4 mannequins representing the opposition's defensive line, 4 opposing blue midfielders and 2 blue forwards (passive).

Practice Objective: One central midfielder rotates out to create a back 3 and the other central midfielders look to receive and play in behind.

Practice Description

1. The central midfielder **Carrick** has rotated out to create a back 3 for the build-up and this is where we start. Both full backs push on and the other central midfielders look to receive in the centre. **Carrick** either passes back to centre back **Ferdinand** (red arrow) or forward to central midfielder **Scholes** (yellow arrow).

- Following the **yellow arrows**, central midfielder **Scholes** looks to play in behind right away, either for the run of right winger **Ronaldo** or the striker **Rooney**. As we continue with the **red arrows**, **Ferdinand** passes to centre back partner **Vidic**.
- Vidic** passes to **Nani**, who has moved back to receive in between the lines.
- Nani** passes back to **Giggs**, who is free in space.
- Giggs** passes out wide for the forward run of the left back **Evra**, who is able to exploit the space left by **Nani's** movement. The team is now in behind the defensive line with a good chance of creating a goal scoring chance. This is the same if **Ronaldo** receives from **Scholes** on the right side.

SOURCE: René Meulensteen's Manchester United training sessions at Carrington Training Ground, Manchester - 2007-2013