



4. Positional Attacks to Play in Behind in a Dynamic Zonal Practice



Attacking Objective: Positional build-up play and attacks, passing and receiving in space, playing in behind the defensive line and fast defensive transitions to win the ball back after losing it.

Defending Objective: Collective pressing, blocking passing lines, disrupting the opposition's attack to prevent them playing in behind and fast counter attacks after winning the ball.

Description

The blues are in a 4-3-3 formation and the yellows are in a 4-4-1 formation. The practice starts with the Coach who passes to a one of the blue centre backs in Zone 1 (2 v 1). The blues use positional attacks and try to play the ball in behind (into the penalty area). This can be done by dribbling across the line or by receiving a pass from any player in any zone.

One player can move from Zone 2 to Zone 3 to create a 3 (+1) v 4 situation, as shown with No.10 dribbling forward in the diagram example. All yellow defending players must stay within their zones, but if they win the ball, they launch a counter attack and try to play in behind at the other end.

Source: Luis Enrique's Barcelona training session in Tbilisi before UEFA Super Cup vs Sevilla - 11th August 2015