

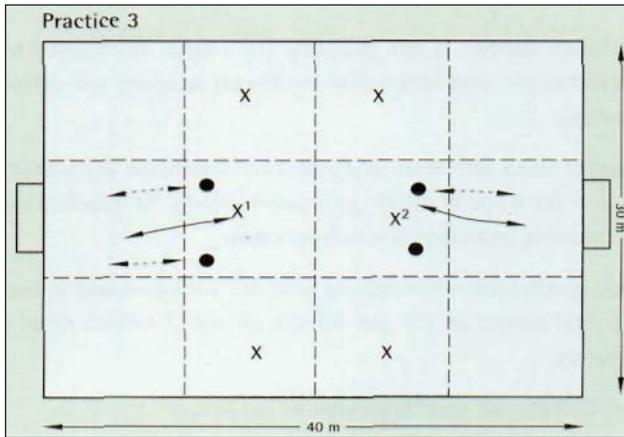


### Practice 3

Switching on/off - concentration

Similar practice to the previous one but X players can switch attack in either direction.

Defenders and strikers only work in one half

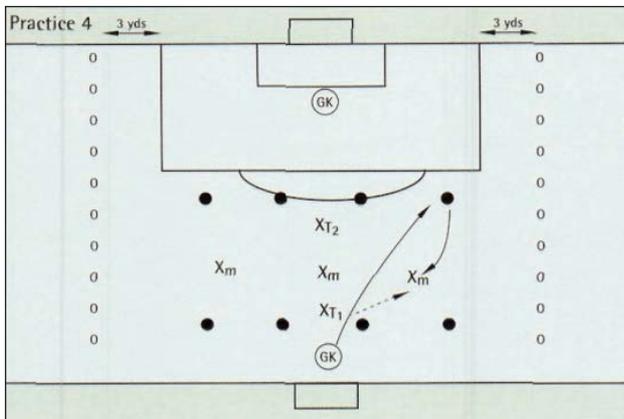


### Practice 4

Concentration - Defending from Central attacks.

This practice takes place on half a pitch with the flanks coned off. The back four stays compact and narrow. They must stay alert at all times.

The practice can be quite exerting and frequent rests should be given.



This is a squad practice using eight defenders. Central midfield players could and should be given practice in the defending positions.

The goalkeeper (GK) starts by throwing a ball long into the opposing back four, it is headed out by a defender. The strikers and midfield players pick up the loose ball

If striker XT1 gets to the back he can turn and attack the goal or lay the ball off to a supporting midfield player. The defenders must defend the action.

If the defenders win the ball they hit the striker in the other half and the opposite back four begin to defend.

If the move breaks down in any other way the GK starts the practice again.

The key to the practice is that the midfield trio can change the direction of attack at will so both sets of defenders must be prepared. This will also involve being ready to push on to players in midfield. Something back four players can be reluctant to do.

This is an excellent practice for coping with playing against one up front.

### Practice 5

Playing out from the back with a back four.

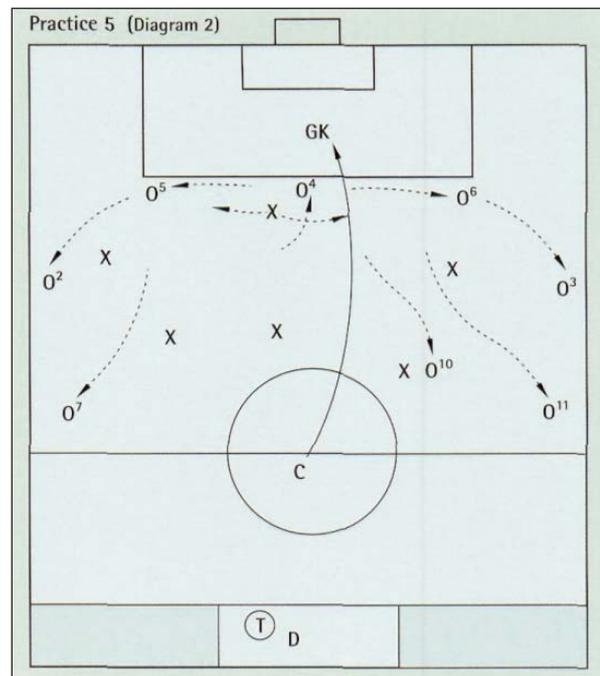
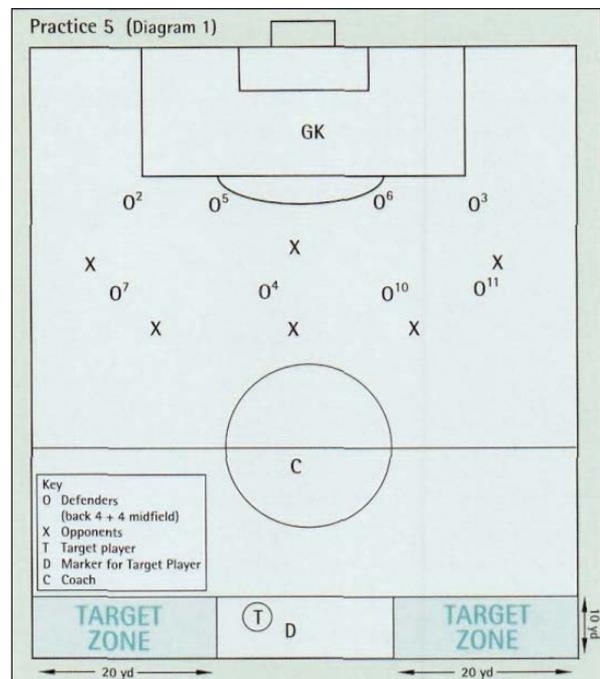
The essence of back four defending is holding the line, getting narrow and compact and closing all the gaps. Many back four players are comfortable with this and all by nature reluctant to do the opposite in possession of the ball.

The first thing to affect if you want to pass the ball well from the back is attitude. Not just the players but your own!

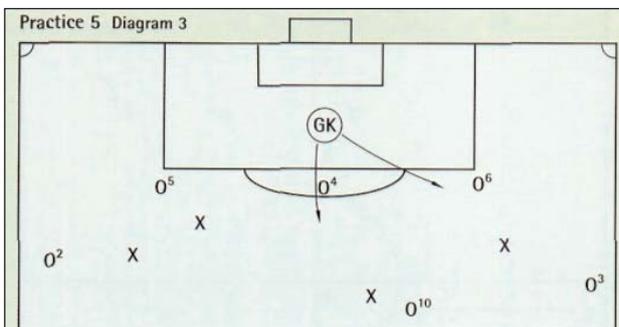
There appears to be an in-built fear in many of us that is triggered off when our own players play tight football at the back yet we praise and admire it in others.

By conquering this fear and affecting attitudes we can open the door to a host of passing opportunities for our defenders without risk to security and improve their image and self esteem rapidly. It does however, need practice.

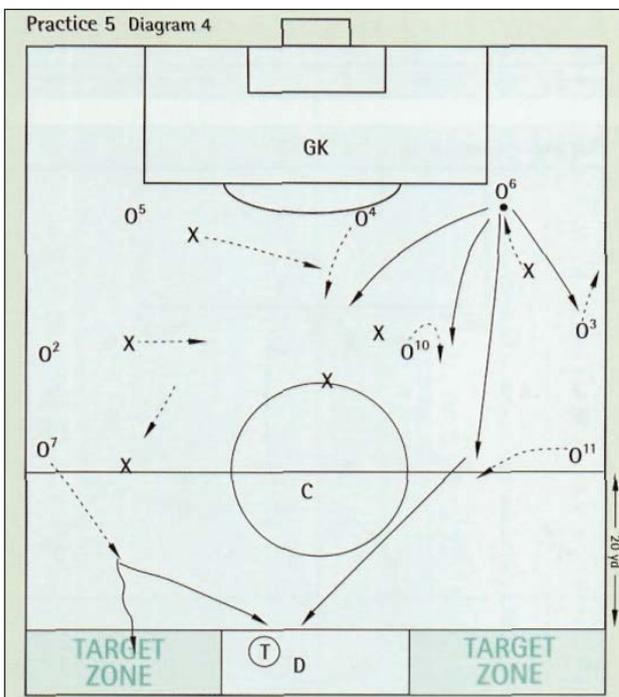
This final practice is only the beginning!



- 1 Coach delivers to GK. Whilst ball is travelling and clearly in safe possession O5 spread out and stretch. They must do this positively and with complete confidence - no half measures!
- 2 Central Defenders O5 and O6 run to the corners of the box (at least) O2 and O3 (full backs) more wide (touchline) and behind the outside shoulders of the wide opponents. O7 and O8 wide flank attackers move as far wide and as far forward as they can go without running offside. O10 left midfield player; pushes forward beyond the outside shoulder of his opposing midfield player.
- 3 The X players will react to this movement and leave up to two free players to whom the keeper can deliver the ball. If the defenders try to go 'half and half' they will leave several more delivery options. The movement of O4 is dictated by the movement of the X striker who cannot mark both central defenders so one of O4 O5 O6 will be left open.



- 4 Once the ball is delivered the Xs will react again allowing further passing opportunities for the O team.



O6 has plenty of forward passing options from which the attack can be sprung.

The object is for an O player to be played into the target zone through combination with (T) who can join in once the play has moved over the halfway line.

The practice is designed to achieve :-

- 1 Good possession in the middle third
- 2 Spaces through which to pass
- 3 Spaces in which to run
- 4 Good passing angles
- 5 Controlled forward play.

#### Areas of Work

- 1 Positive movements
- 2 First touch
- 3 Quality of delivery
- 4 Body positions
- 5 Passing angles and distances (support)
- 6 Timing (runs and deliveries)
- 8 Decision making
- 9 Security movements.

The practice must be developed to 11v11.