



# Playing from the Defending Third of the Field

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The following practical demonstration took place during the Managers' and Coaches' Course held at Warwick University during May 2003.

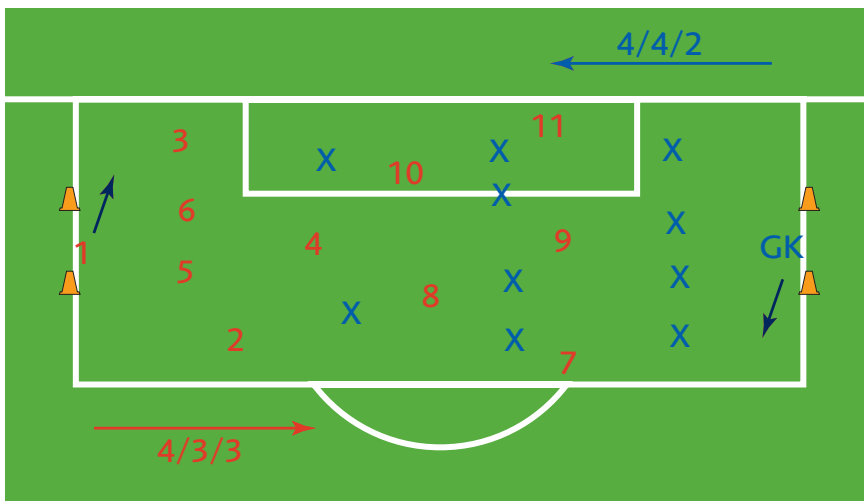
The practices and drills represent typical work carried out with the England Youth Teams.

The drills in particular provide a broad framework for attacking movement patterns to occur. They are not meant to be rigid, prescriptive or coach dominated. The players must make decisions both on and off the ball. The drills can also be 'tweaked' or altered to cater for different systems of play/players' strengths/weaknesses and, of individual coaches preferences.

The volume of practices/drills represents several seasons work and would be influenced by the age and ability of the squad of players involved.

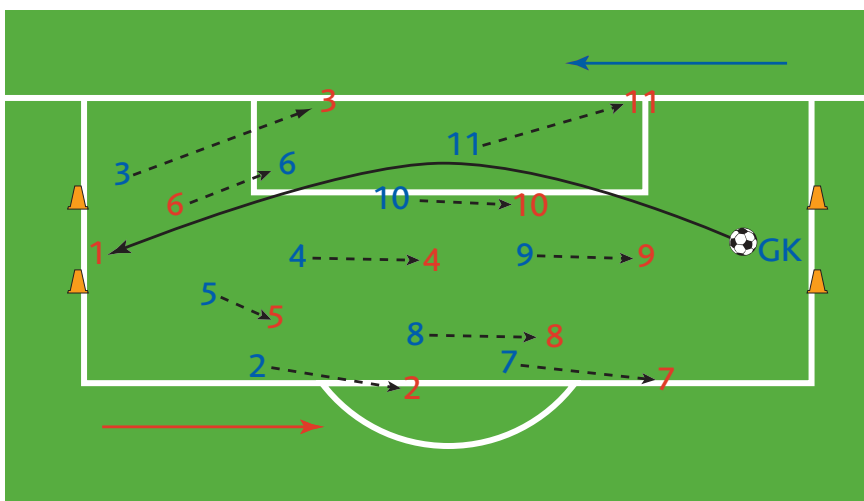
The movement patterns that evolve are simple and yet pose problems for individual and teams defending tactics and strategies. This is highlighted for teams who employ a strict man-marking system or a 'Zonal Back Three' defensive system.

## 1.1 Warm Up – 'Handball'



- both teams start together
- goalkeeper throws to any player in his team
- pass/move – every player must have a touch; each team must get the ball to the opposite goalkeeper
- introduce footwork patterns/different types of pass, eg
  - side steps/bounce pass
  - running backwards/pass to chest
  - heel flicks/pass to hand, etc.

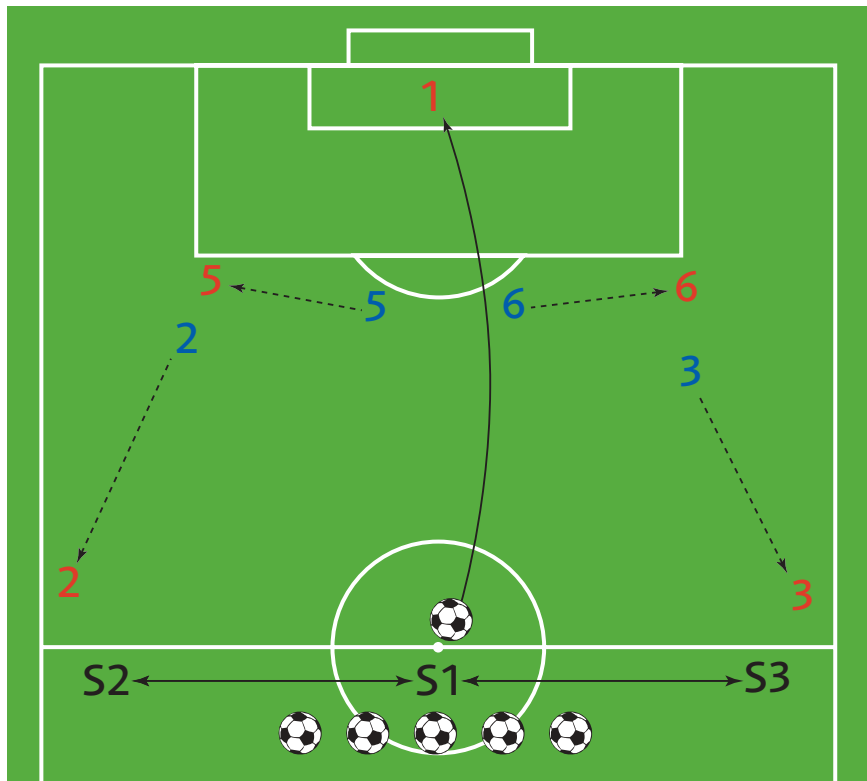
## 1.2 Warm Up – 'Handball'



- GK throws long to 1
  - The team is in a defending shape (compact/narrow)
  - When 1 has good possession of the ball, the team then spreads out 'long/wide/open'
  - Introduce movement patterns
- See Centre to Full Back (i) to (iv) and Full Back to Centre Back (i) to (iv)

## Playing out from the back

### DRILL 1



#### Organisation

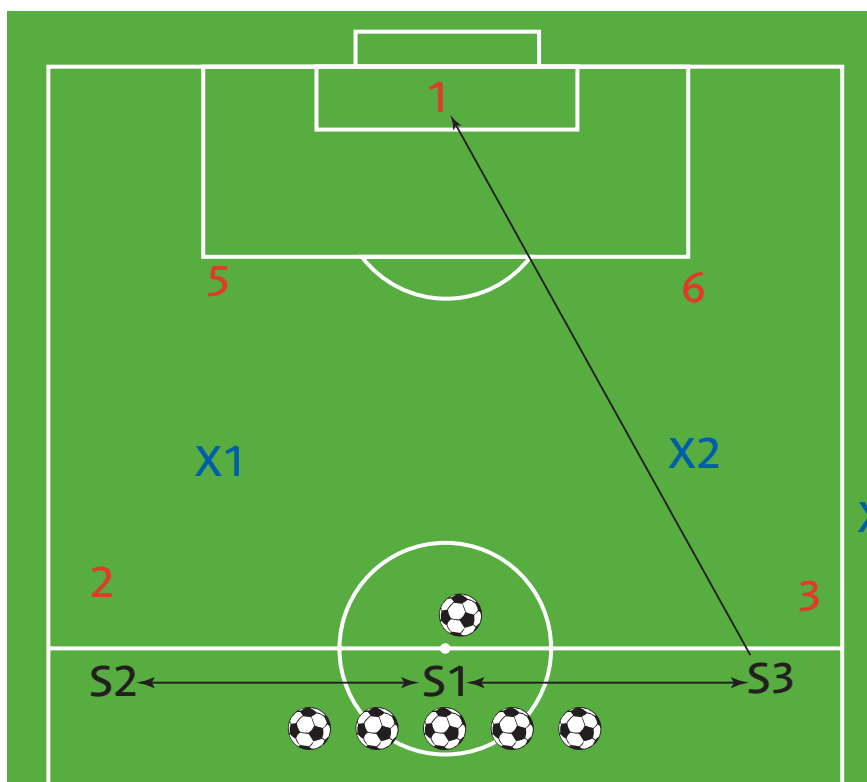
- 1 Defending shape
- 2 Spread out (wide/open body)
- 3 Unopposed **Coach (C)** calls the number of passes to be made  
Final pass into **S**  
Straight = Feet  
Diagonal = Air/Receive in Air
- 4 **S1** passes into GK or passes to **S2** or **S3** to pass into GK

#### Key Areas

##### Quality of Pass

- urgency
- speed
- in front

### DRILL 2



#### Organisation

X1 and X2 to:

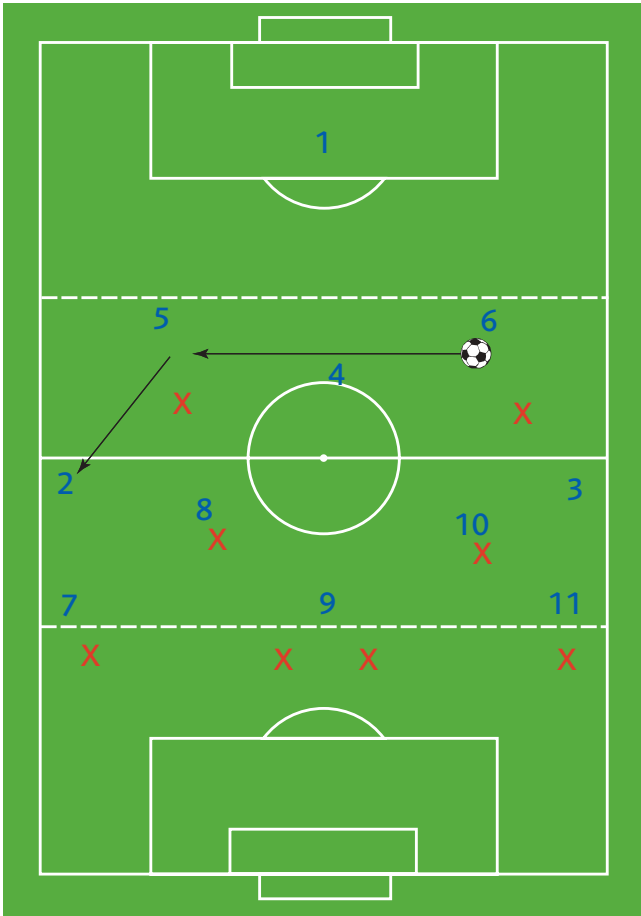
- 1 Drop off (stop full backs)
- 2 Mark CBs
- 3 3 v 4 introduce X3  
**S** as for Drill 1

#### Key Areas

"Decisions" who breaks out centre/back or full back



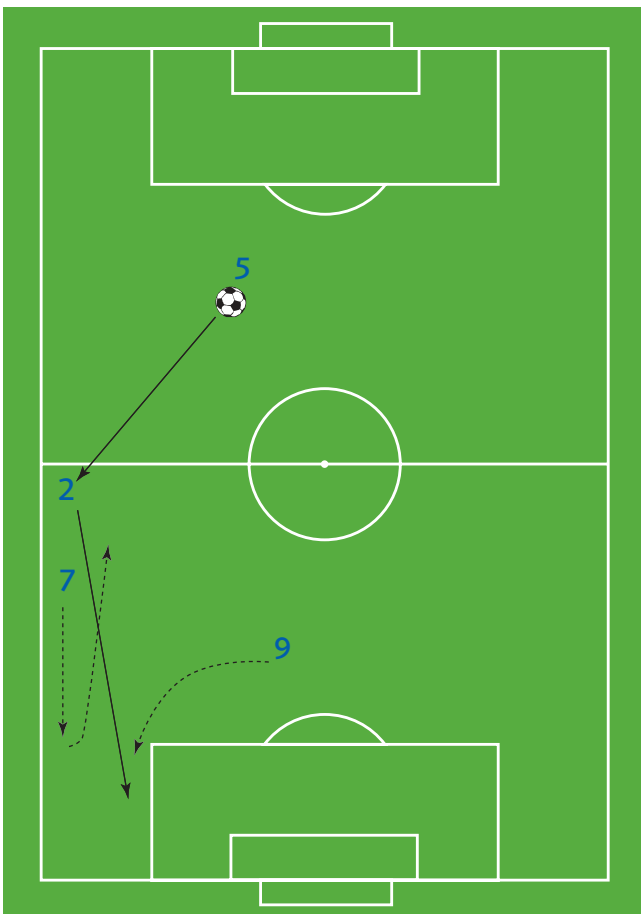
DRILL 5



Organisation

- CB to FB
- (11 v 8)
- 6 passes to 5 who then passes to 2
- Introduce movement patterns 'spins/diagonal runs'

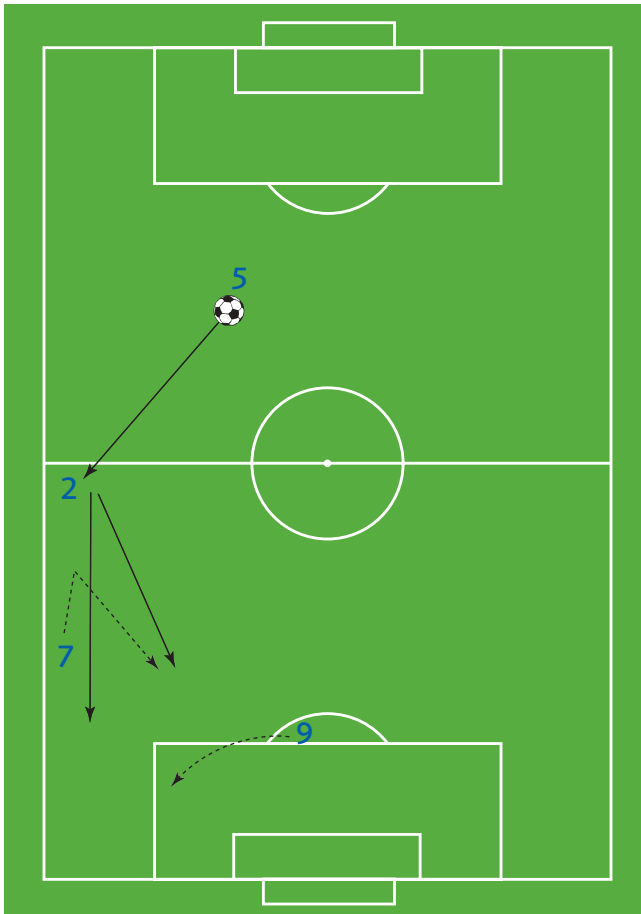
DRILL 5i



Organisation

- As 5 passes to 2, 7 moves away **and** after 2's head comes up, 7 moves short
- 2 passes down the line for 9 to spin

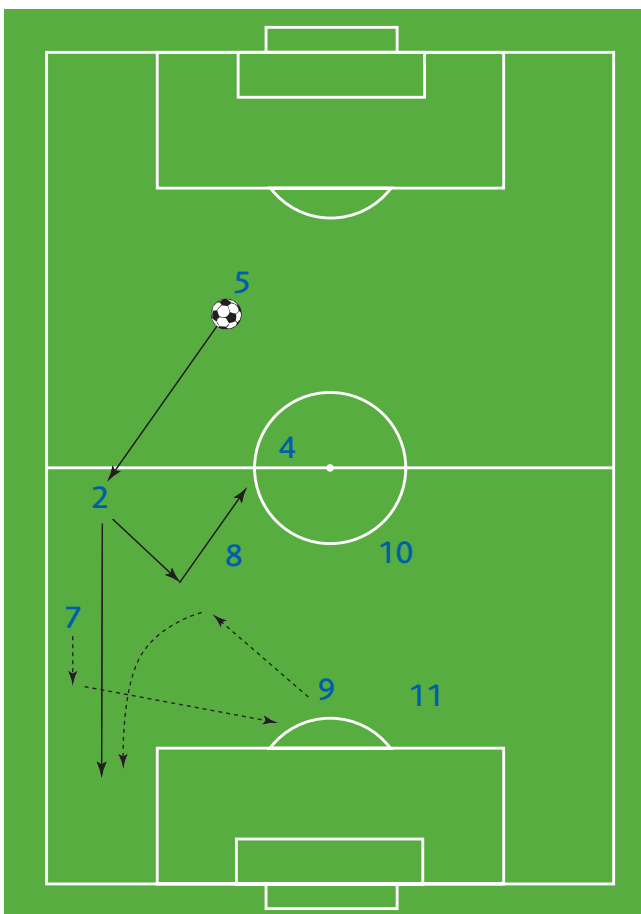
## DRILL 5 (ii)



## Organisation

- As with 5 (i)
- 7 makes a diagonal run in field
- 2 can now pass 'down the side' for 9 or angled pass for 7

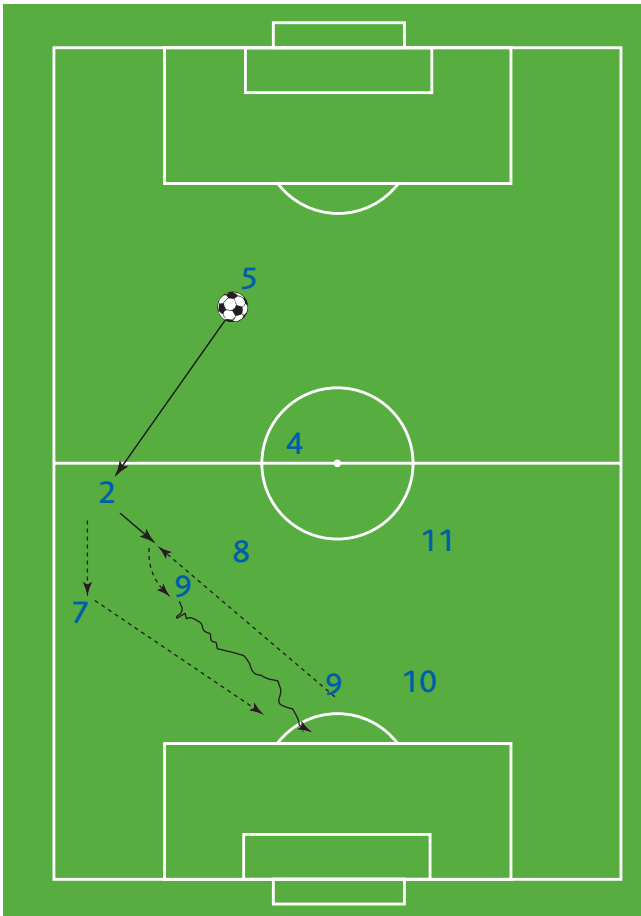
## DRILL 5 (iii)



## Organisation

- 7 push away and stand still
- 9 comes short (can't turn)
- 2 passes into 9's fee
- 9 passes back to 2 / 4 (SID for 8 / 10)
- Decision: pass
  - down sides for 8
  - clip in to 7
  - diagonal pass for 10 / 11)

**DRILL 5 (iv)**



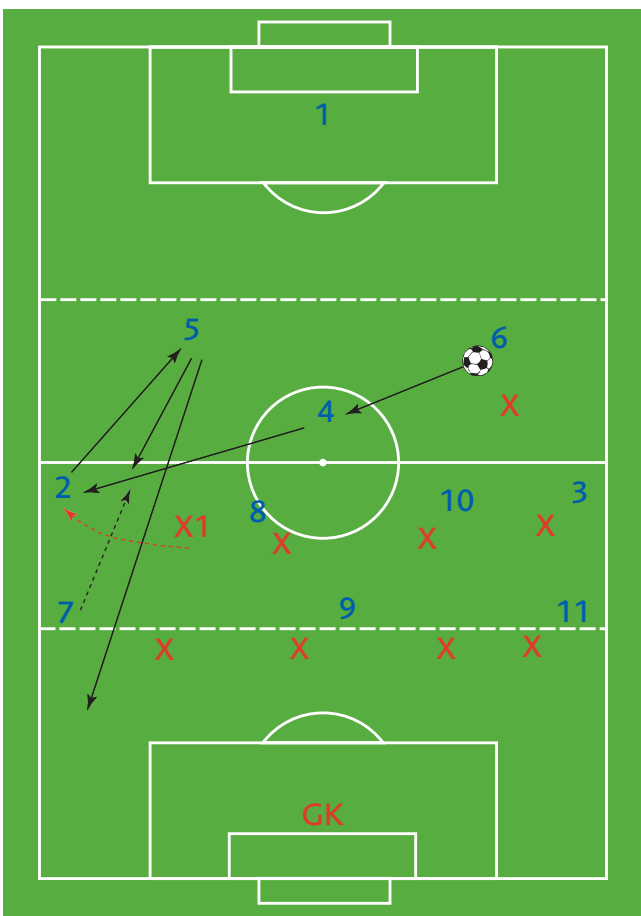
**Organisation**

- As with (iii) but 9 turns and runs with the ball

**Options**

- Blindside runs 10 /11
- one twos
- Sids, etc

**DRILL 6**

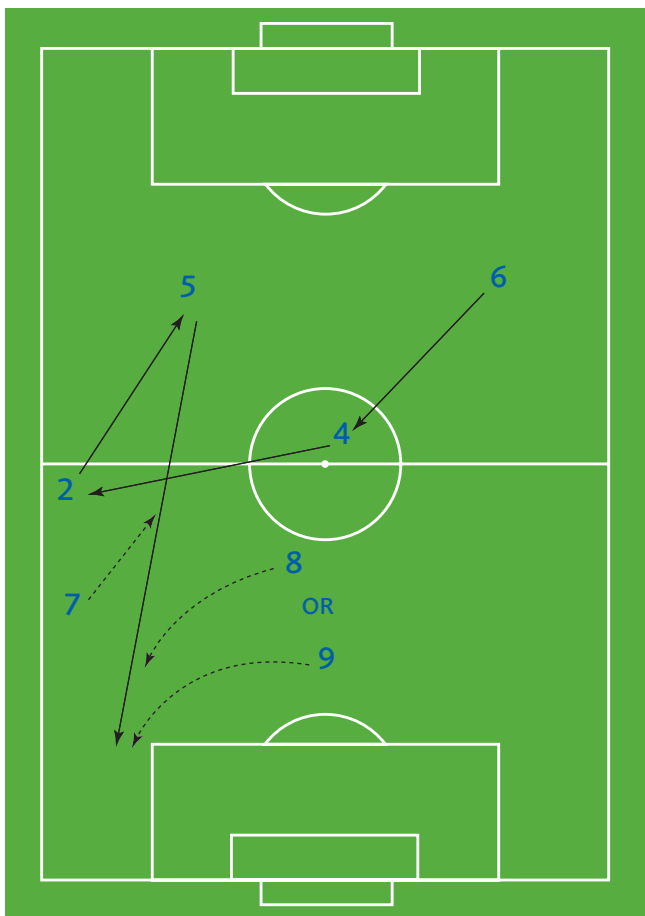


**Organisation**

- (11 v 10)
- 2 / 3 on two touch
- 1 X defender against two centre backs
- 6 passes to 4, who passes to 2, pressure from X1, stop 2 passing forward
- 2 passes back to 5.

Introduce movement patterns from 'Out to In'

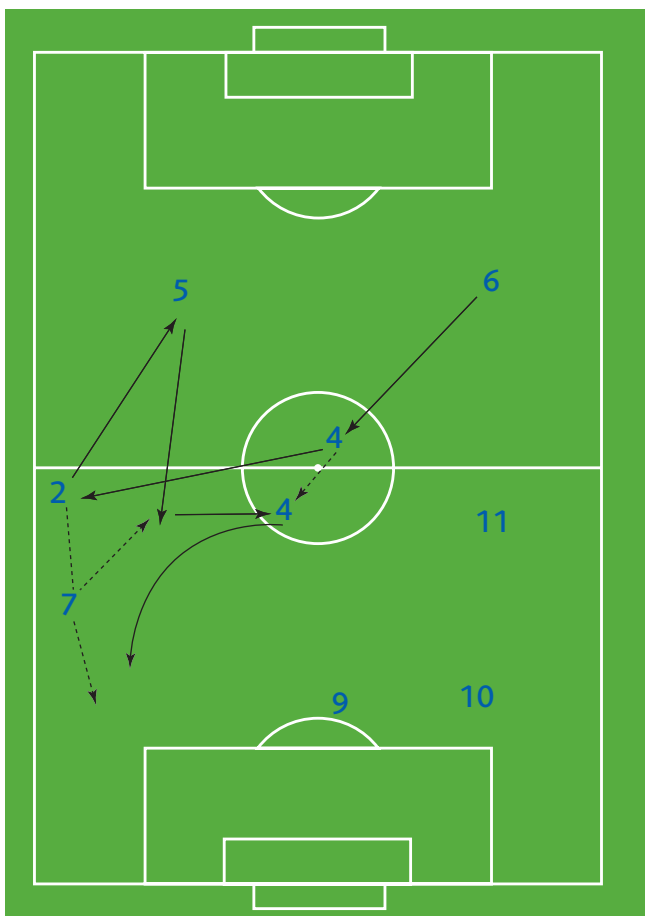
**DRILL 6 (i)**



**Organisation**

- As with Drill 6
- As 5 makes eye contact with 7, 7 makes a diagonal run in field (side on)
- 5 passes into space for 9 or 8

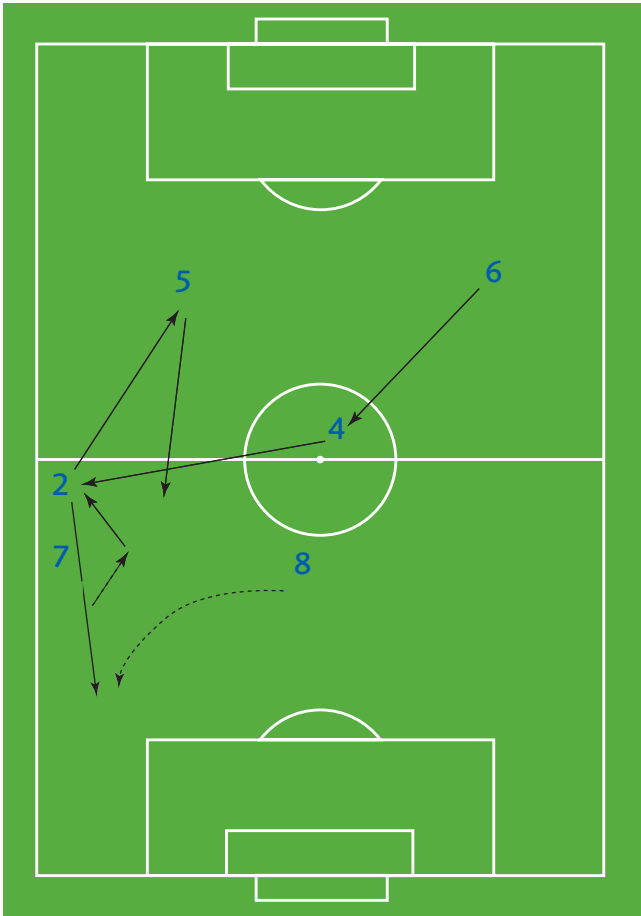
**DRILL 6 (ii)**



**Organisation**

- 5 passes to 7 (can't turn)
- 7 passes back to 4, who passes forward for 2's overlapping run

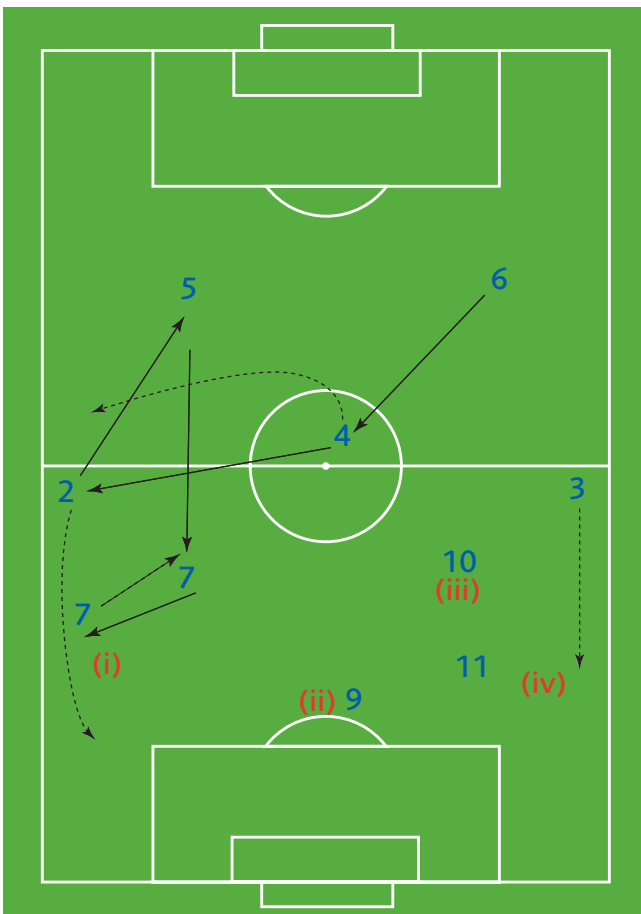
**DRILL 6 (iii)**



**Organisation**

- 5 passes to 7 (can't turn)
- 7 passes back to 2, 2 passes forward for 8 who makes a late, diagonal run

**DRILL 6 (iv)**



**Organisation**

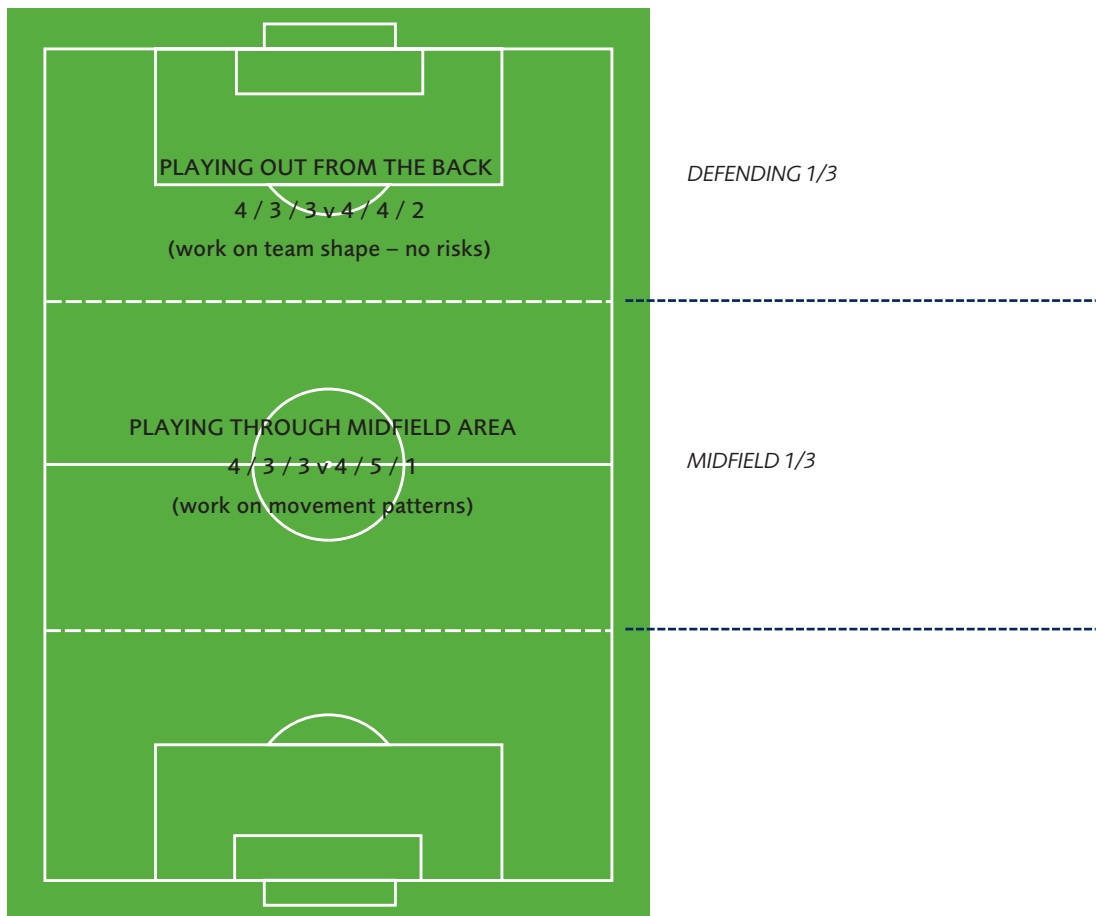
- 5 passes to 7 who turns

**Options**

- i** overlap by 2
- ii** one/two with 9
- iii** blindside runs 9/10/11
- iv** Diagonal for 3
- v** Sid 10/11



DRILL 7 11v11



Martin Hunter receiving his UEFA Pro Licence Certificate from Don Howe