

The triangle should then be conditioned to force them wide to eliminate central options (i.e. the target player).



- **Training the Flat Back Shifting Defense (Defending)**- Set the defense in their position and have attacking players with the ball start out on the wing at midfield. The defenders should quickly get up field and pressure the player with possession. Work on shape and discipline with the other defenders. Advance the drill by having a central attacking player start five seconds after the first attacker begins his run. The defense should focus on getting immediate pressure and eliminating the central options. If the ball is played successfully to the central player, then the defense needs to adjust quickly and one of the central defenders needs to step up and pressure while the other players shift behind.
- **Training the Build-up from the Shifting Back Four Defense (Possession)**- Set the defense in their position and the GK with the ball. Have two attackers play against the defense. The GK sends the ball out and the attackers try to immediately pressure the ball. Two central options are set at midfield for the defenders to play the ball in to. Condition the defenders to play simple high percentage passes and to get the ball into a central option as quickly as possible. Reverse the process and have the defenders start up towards midfield with two attackers. Have the coach play the ball into the defensive third. The defenders have to recover and keep possession getting it back to the coach. Start with two attackers pressuring and advance to as many as four (3 attackers and 1 central midfielder. Be sure to build in the triangle as part of the defending unit. The coach, therefore, becomes the #9.
- **Training the 3 Attacking Players (Defending)**- Take four defenders and set up two small goals, both at midfield and on each side of the field (the other side of the circle). Condition the attackers to pressure the ball wide and have the other players shift in to close central options. Once possession is re-gained, then the attackers should look to quickly switch the player and get the ball inside the box as quickly as possible.
- **Training the 3 Attacking Players (Attacking Play)**- Set up three small cone goals; one centrally, one right, and one left approximately 30 yards from goal. Place a player inside of each cone goal as a supporting neutral player. The three attackers are playing in the