



MAIN PART 2: doubles against attackers with back to goal

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Organization

- Maintain the structure, and the groups
- The 2 defenders and 1 attacker without the ball in the post box
- The remaining attackers have the balls

Expiration

- The basic flow of previously retained.
- Now fit an attacker from the baseline in front of the gate to his teammates in the field, the counter starts the through ball.
- The pass receiver controlled with the player and tries to dribble in 1 to 2 on the opposite baseline.
- After several passages change the attacker and defender positions and tasks.

Variation

- The passer passes his play as an additional attacker to 2 vs 2 behind the field.

Tips and corrections

- The defenders position themselves slightly offset diagonally.
- The distance between the two defenders to each other must be chosen so that the attacker can not simply dribble past them.
- As a defender, always keep the page! Never with the users cross the paths!
- The defender, on the side of the attacker is alluded to, advances first and provides the pass receiver.
- In this case, the defender should ensure that the attacker can not break through on the sidelines along and guide him specifically to a team mate.
- The right moment for the ball conquest recognize (eg, the ball bounces in the control too far from the foot, etc.)!
- Applies the attackers the defenders back on, increase the pressure and prevent untwisting in the direction of attack!
- As a coach, make it clear that it primarily is a training for the defenders in the game forms for doubles! A lack of

achievement of the attackers are normal!