

Session Planner



Date of Session: 4/4/13

Theme: Defending from the front with transition to attack

Description of Practice: 9v9 Game with Full Backs Cut Off

Organisation: Full Width of Pitch and Full Back Area Cut-Off

▲ 1-2-4-1-1 Vs ● 1-4-4-1

Key Observation Factors:

Centre forward drops off to a central position and allows the opponents GK to play from the back. Our wide players tuck in.

When the GK plays to one of the Centre backs, the center forward arcs his run to stop the other center back receive the ball. If he plays back to the GK then this is good play. Centre forward drops back off central and waits.

Our wide players tuck in to stop the ball being played in a forward direction. When the ball is played to the full backs the wide player now closes him down and traps him to one side of the pitch. Other wide player picks up a position between the opponents center back and the full back. If the center backs passing is poor you have a great chance of winning the ball.

Centre mid-field players need to be tight and mark on the goal side. If the ball is played into the middle the defending midfielder need to force the ball in a backwards direction.

Notes:

100% concentration needed