
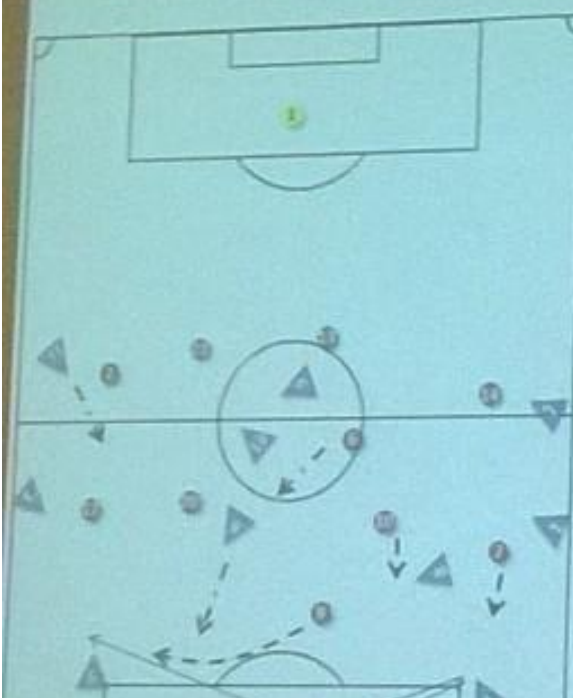


A- Field Session

Topic: Possession vs. Penetration – 3rds of the Field



TRANSLATION: Game Moment into a Training Design



OBJECTIVES: Possession vs Penetration from the Defensive 3rd through the MF 3rd vs: Opposition applying a tactical strategy of: 1. Opposition playing a 1-4-2-3-1 2. Opposition defending shape of MF/Fwds 2-3-1, (#6/#8, #10, #9, #7, #11) 2-2-2 (#6/#8 central, #7/#11 wide, #9/#10 high on CB's) 2. High LOC 25-40 Yds. 3. Displaying quick transition to defend 3. Playing a high offside line in their defending half of the field.

PRINCIPLES: Safety vs. Risk, team shape, transition to and within attacking, tactical application of technique, application of roles and functions as individual and groups in developing a team strategy to solve the oppositions demand

QUESTIONS: Can we define the oppositions defensive strategy? How does this affect your position/role in meeting the objective? Is there any variation to the oppositions defensive strategy in various 3rds of the field? How can we improve our transition time into attacking? What can we do in possession to create passing channels on and off the ball to play forward/breakdown the opposition? #7 or #11 where can you find space in advance when our CB's have the ball to be a passing option? If #6 drops to the back line to build out how does this or could this for #8/#10 change your role & function in the MF? #2 and #3 what determines your position as a passing outlet on the flank