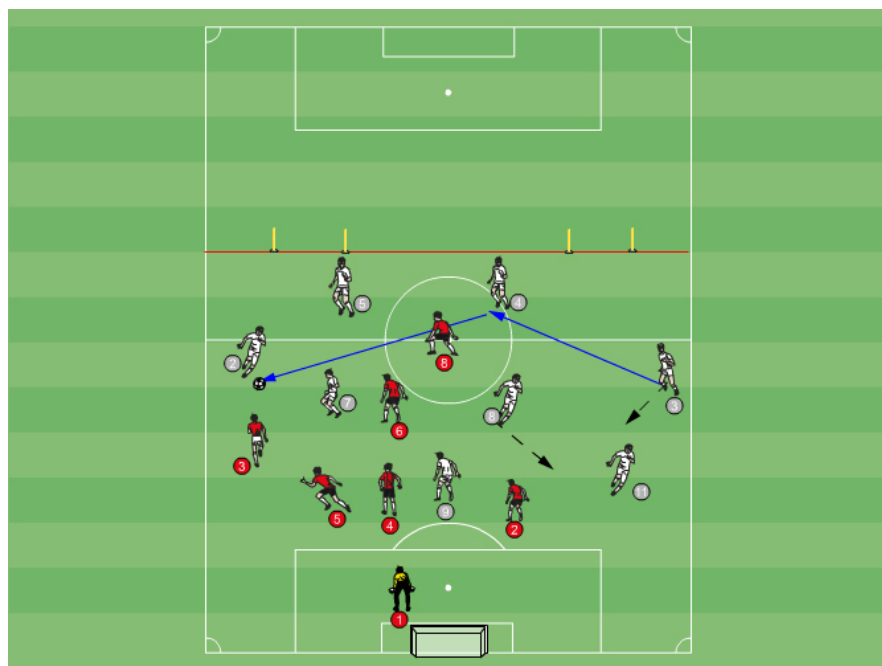




TRAINING EXERCISE

Four Backs- Defending Own Half (8v6+GK)



	Defending Principles Zonal Defending Aerobic Power
	U15 to U18
	22 Players
	1 Full Size Goal, 1/2 Field (marked with proper lines), 2 sets of 11 colored bibs, 2 Corner Flags, 12 Field Markers
	Intensity: 5
	24:00 min (3 x 06:00 min, 02:00 min rest)

Objective

Define the zonal defending roles/functions of the back four (#2, 3, 4, 5)
Integrate the GK (#1) into the tactical roles/functions of the back four
Apply the principles of defense to improve back four performance in the defensive half
Review and refine the technical functions of the back four (tackling, intercepting, clearances and distribution)
Connect and coordinate the roles of the GK and the central midfielders to the back four

Description

The attacking team has a numerical advantage. Create a challenge for the back four to defend as an organized group in the defensive half. The back four must be tactically connected to the goalkeeper and to a limited number of midfielders. Include the element of transition into attacking roles for the back four. The attacking targets are two counter gates at the half-line.

Coaching Points

Observe and guide the GK (#1) to re-position according to game cues: pressure on the ball, location of the ball and potential cues for ball service
Observe and guide the back four to collectively shift laterally and vertically to remain compact as a group
Observe and guide the back four and the GK to step the off-side line forward or back in response to the tactical cues of the

momentObserve and guide individual players with regard to technical functions (tackling, intercepting, clearances and distribution)