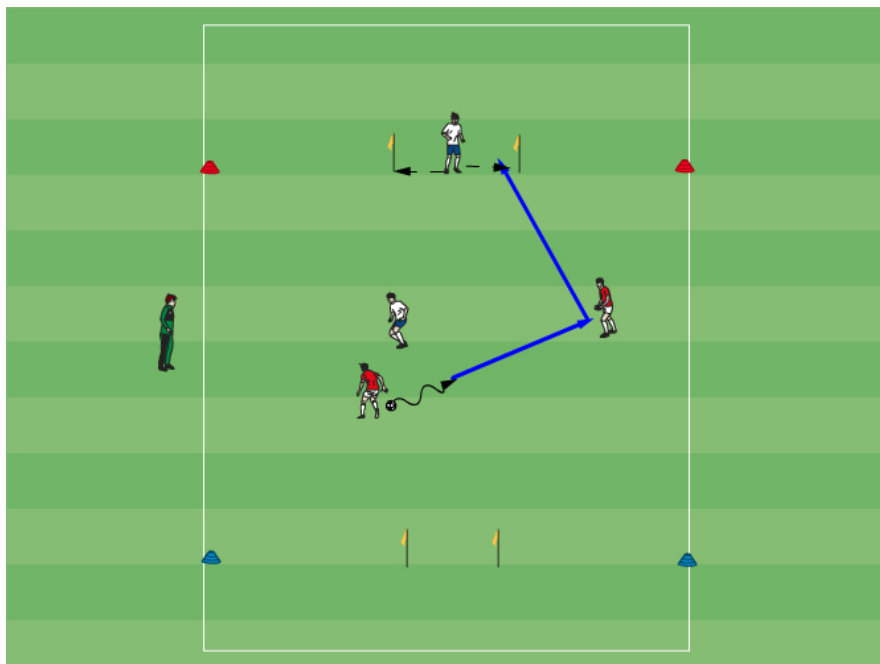




TRAINING EXERCISE

Last Player Back



Objective

To develop dribbling to set up a pass. To develop passing accuracy. To introduce combination play. To develop how to attack when there is a numerical advantage. To develop how to defend when there is a numerical disadvantage. Transition from attack to defense. Transition from defense to attack.

Description

This activity can be played with pairs or groups of three-four. If in pairs, make a small field with goals on each end. The goals should be approximately 5-7 steps apart. Play like a normal game. The rules: 1) Can only score a goal on the ground. 2) When a team loses possession or is on defense, the last player back must go back and stand and stay on the goal line. They may stop a goal from being prevented. 3) When a team that is defending regains possession they now both attack.

Coaching Points

Dribble at a defender to set up a pass to a teammate. Passing accuracy. Support in advance of the ball whenever possible. Create a numerical advantage through spatial awareness.

Passing and Receiving
Attacking Principles
Transition
Running with the Ball
Shooting
Ball Control

U9 to U12

10 Players

Balls, cones, flags for goals work best.

Intensity: 7

12:00 min
(6 x 01:00 min, 01:00 min rest)