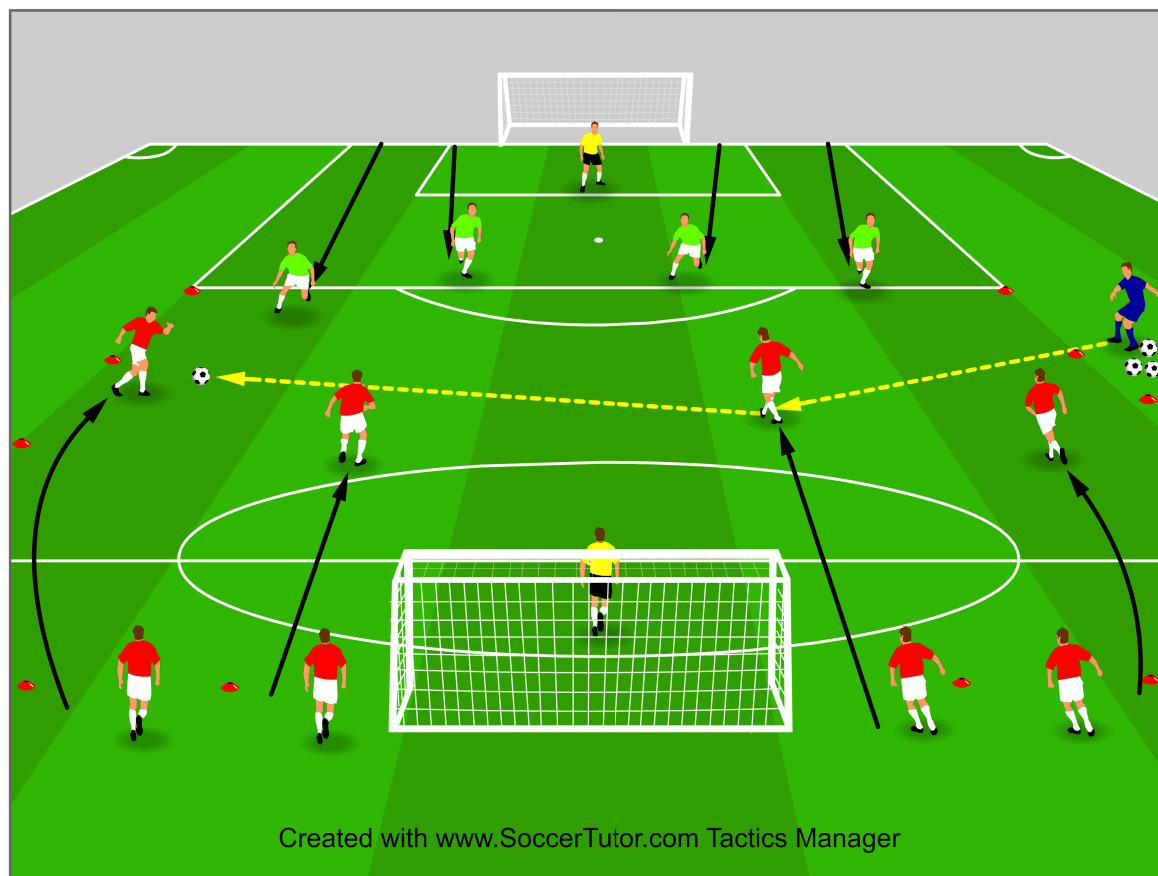


## Celtic Academy - Defending as a Back 4 in the Final Third



**Date:** 16/May/2012

**Measurement:** 2 Thirds of a Pitch

**Time:** N/A:N/A

**Players:** 14

**Duration:** N/A

**Level/Age Group:** U11 - 18+

**Description:** Use the width of the penalty area, 2 GK's in each goal with players in groups of 4. The coach is positioned at the side of the pitch with a supply of balls. The coach plays the ball onto the pitch, the first group of 4 players of each team must react quickly sprinting onto the pitch. A 4 v 4 takes place until a goal is scored or when the ball goes out of play. When the 4 v 4 finishes the players return to their group and the next group repeats the exercise.

**Objective:** To develop defending as a back in the final third of the pitch.

**Coaching Points:**

1. React quickly, closest player presses the ball
2. Depth and support pressure
3. Don't chase the ball
4. Communication from players and goalkeepers
5. Win ball - start counter attack.

**Progression:**

1. Place a neutral attacking player in the middle of the pitch to begin with and this will create a 5 v 4 overload in favour of the attacking team