

NEC Nijmegen Academy Functional Training - SSG



Date:	9 Nov 2010	Measurement:	2 Thirds of a Pitch
Time:	N/A:N/A	Players:	21
Duration:	15	Level/Age Group:	U11 - 18+

Description: 4v4 plus 2 YELLOW neutral players in the middle marked square is played 2-touch. The 4 RED midfielders are attacking the 3 goals and can score in any of them. The 4 BLUE defenders look to play long balls to the forwards positioned at the edge of the penalty area who play 1v1 against their immediate defender and shoot on goal. If the defender wins the ball, they play the ball back into the middle area to the midfielders. The ball cannot leave the area UNTIL played to a neutral and returned

Objective: Short passes, long passes, 1v1 duels and build up and score goals

Coaching Points:

1. Middle square - Use the entire area, create space with good movement and angle of support
2. Forwards - Attack the defender, beat him to his left and right, shoot on target
3. Defenders - Try delay and force the forward on his weak side

Progression:

1. 2v2, and 3v3 at edge of the box.
2. One of the neutral players becomes a defender outside the middle area and tries to defend any of the 3 goals



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