

PROGRESSION

2. Possession, Winning the Ball and Counter Attacking in a Dynamic Game (1)



Description **8 v 8 (+GK)**

In the same area, we put 3 mini goals on the halfway line and 2 mini goals on the sidelines as shown (these goals help develop the transition to defence as you have to close the player very quickly and prevent them using their stronger foot).

The white team is in a 2-2-3-1 formation and the red team are in a 4-4 formation.

The drill starts with the white team in possession and the first objective is to keep possession of the ball under the pressure from the opponent. If they complete 8 passes they get 1 point.

If the red team wins the ball, the second objective for the white team is to win it back within 6-8 seconds. If they are unable to do this, the red team wins 1 point and if the red team manages to score in one of the 5 mini goals they get 2 points.



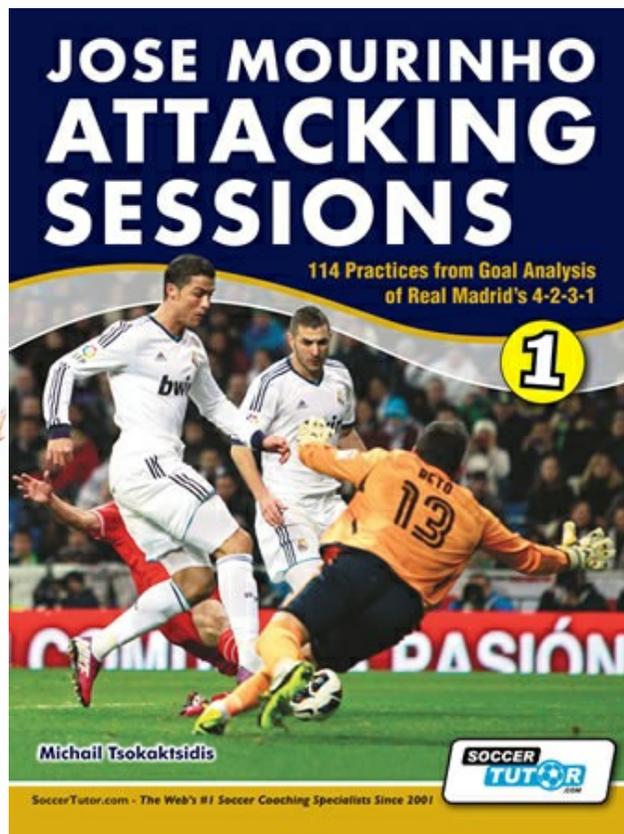
When the white team win back possession, their third objective is to attack and score in the goal with the goalkeeper within 6-10 seconds (Step 2 of 2 Diagram). They get 2 points if they score.

The white team play with unlimited touches when in possession in the first objective. When they win the ball in the third objective they are limited to 1-2 touches.

Coaching Points

1. The practice should develop very quick transitions to press/defend when possession is lost. It should also develop very quick transitions to attack when possession is won back.
2. In the transition from defence to attack there needs to be good decision making under pressure of space and time.
3. This practice develops the team's ability to keep possession under pressure with limited time and space.
4. Correct body shape (open up and half turn) and positioning is important to view the options for where the next pass is going.
5. Checking away from the marker before moving to receive the ball is especially important to create space in tight areas.
6. Decision making is key - when to pass to feet, when to pass into space, the weight of pass and the timing and direction of runs in behind.

114 Practices from Goal Analysis of Real Madrid's 4-2-3-1



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