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# CHAPTER 1

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**DAVID AZNAR**

Spanish Football Federation  
Youth Development Coach

Former Atlético Madrid &  
Real Madrid Academy Coach

# SPANISH FOOTBALL FEDERATION YOUTH DEVELOPMENT COACH PROFILE



## David Aznar

### Spanish Football Federation Youth Development Coach

#### Previous Coaching positions:

- Atlético Madrid U18 academy
- Real Madrid academy coach

#### Credentials:

- UEFA A Licence
- Bachelor of Physical Education
- Selección Española de Fútbol RFEF  
(Spanish National team)

## 4 Zone Dynamic Possession, Transition Play and Pressing Game

15 min



### Objective

To develop passing, possession, player movement, pressing and transition play.

### Description

In an area 40 x 40 yards, we divide the pitch into 4 equal zones. We play with 3 teams of 6 players. The game starts in one zone with 2 teams in possession of the ball in a 3+3 v 2 situation. In the diagram, the 2 white players try to win the ball from the other 6 players.

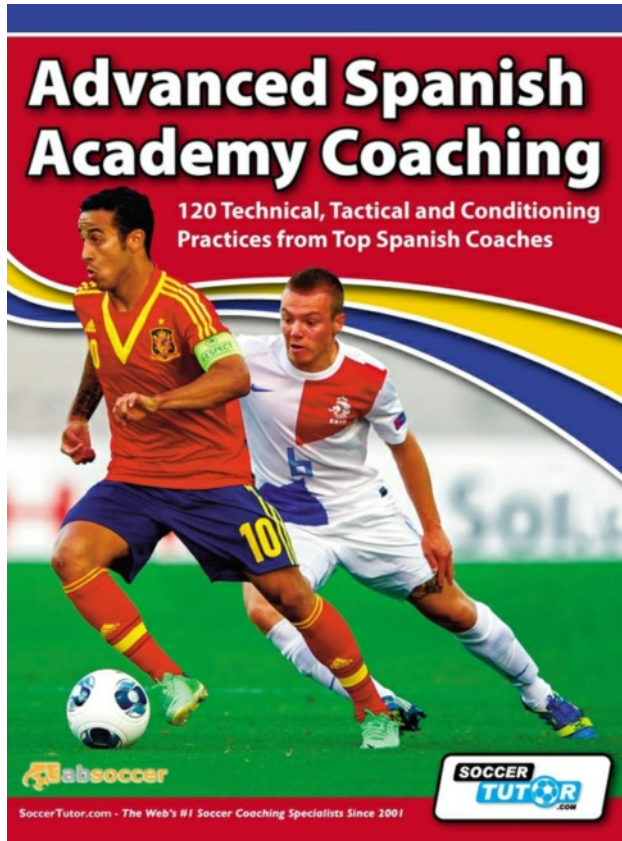
The other players are all moving freely across the other 3 zones. As soon as 5 consecutive passes are completed in 1 zone, the ball is passed to a teammate in another zone. Immediately, the other players move into this zone to create another 3+3 v 2 situation.

If the whites win the ball, they continue in possession and the team that lost the ball becomes the defending team. The objectives remain the same.

### Coaching Point

The focus here is on the player's quick reactions to the varying game situations.

## 120 Technical, Tactical and Conditioning Practices from Top Spanish Coaches



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