



Individual Tactical Objective: Creating space.

Group Tactical Objective: Quick counter attacks.

Technical Objective: Penetrating passes.

Motor Athletic Objective: Specific work: Centre backs and forwards work on explosive power, midfielders work on aerobic power and wide players work on acceleration and deceleration.

Duration of Session: 110 minutes

We recommend starting the session with exercises for general mobility to prevent injuries.

1. Warm Up

4v4v4 Dynamic 3 Zone Possession Game

20 mins



Description

Set up a long and narrow area. The objective is to make a lofted pass to the team in the opposite end zone after successfully completing 6 passes.

The coach passes to a team in an end zone and the defending team move 2 players to apply pressure on the team in possession (4v2 as shown).

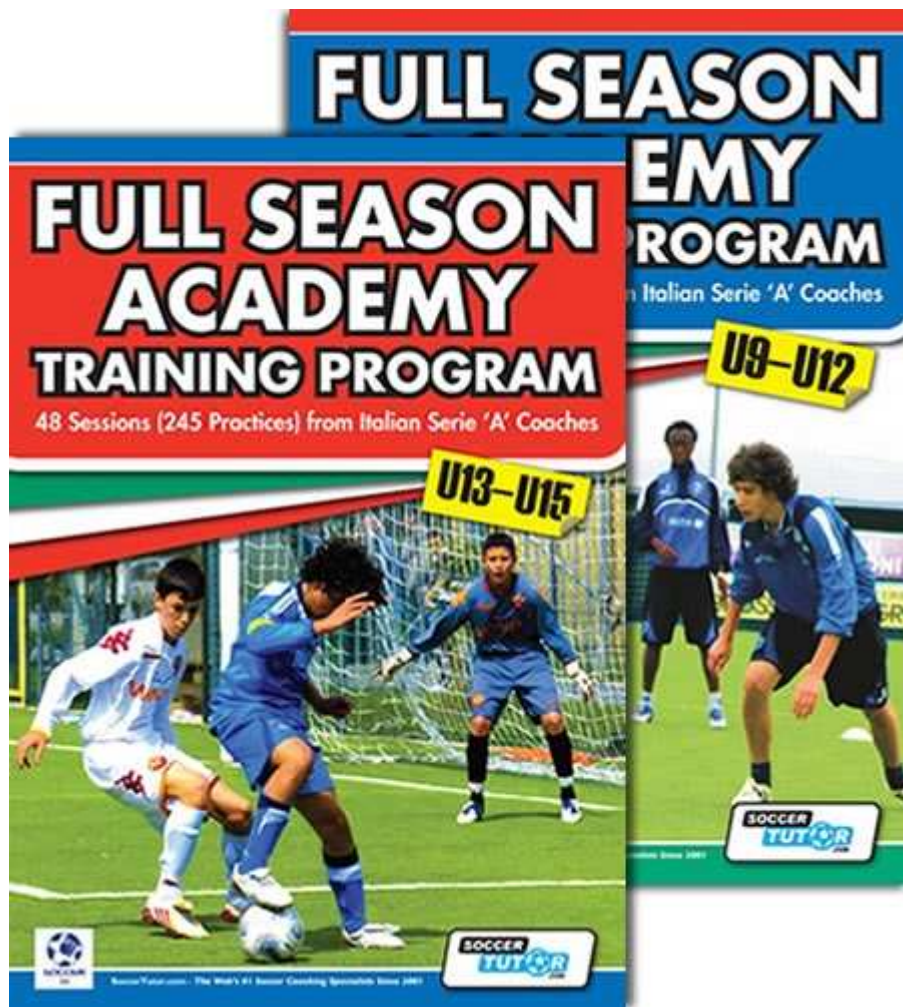
If a team loses possession or does not complete the lofted pass to the other team, they become the defending team who must apply pressure and try to intercept the ball.

Coaching Points

1. This practice requires all types of passes (short, medium, long, to feet and into space).
2. The defending players need to apply collective pressure to close off the passing angles.

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