

CHAPTER 3

TRAINING SESSION EXAMPLES



KEY POINTS FOR COACHES TO CONSIDER

1. The practices displayed in this chapter should only serve as a starting point for coaches.
2. The practices must then be adapted depending on many factors, including the age/level of the players, the characteristics of the players, the time available, the training structures and the team/club objectives.
3. Adapt and modify the teaching process.

TRAINING SESSION 1:

BUILD-UP PLAY FROM THE BACK

3. Build-up Play Through the Lines in a 4 Zone Conditioned Practice



Practice Description

- Mark out 4 horizontal zones as shown. Outside these zones, there are wide channels where only the neutral wing backs play.
- The practice starts with the GK in Zone 1. The 3 blue centre backs utilise the yellow neutral wing backs to move the ball to one of the 3 midfielders in Zone 2.
- **NOTE:** If a blue centre back is able to receive free of pressure from the 3 red opponents, he can dribble forward into Zone 2 to create a numerical advantage (4v3) in there.
- In Zone 2, the 3 blue midfielders utilise their advantage with the 2 neutral wing backs (and possibly 1 defender).
- The aim in Zone 2 is to pass to a player in Zone 4, which can either be for a central midfielder's forward run (**RCM** in diagram example) or a forward who drops back.
- Before this can happen, a neutral wing back (**LWB** in diagram example) must have touched the ball during the build-up.
- The 2 red players in Zone 3 can only intercept passes and must stay within their zone.
- The forward that receives beyond Zone 4 must score past the GK within 5 seconds.
- If the red defending team win the ball at any time, the teams switch roles and the practice starts again from the GK.

COACHING 3-5-2 TACTICS

125 TACTICAL SOLUTIONS AND PRACTICES



BUY NOW

Available in Full Colour Print and eBook!

PC | Mac | iPhone | iPad | Android Phone/Tablet | Kobo | Kindle Fire



**FREE
COACH
VIEWER
APP**



www.SoccerTutor.com
info@soccertutor.com

