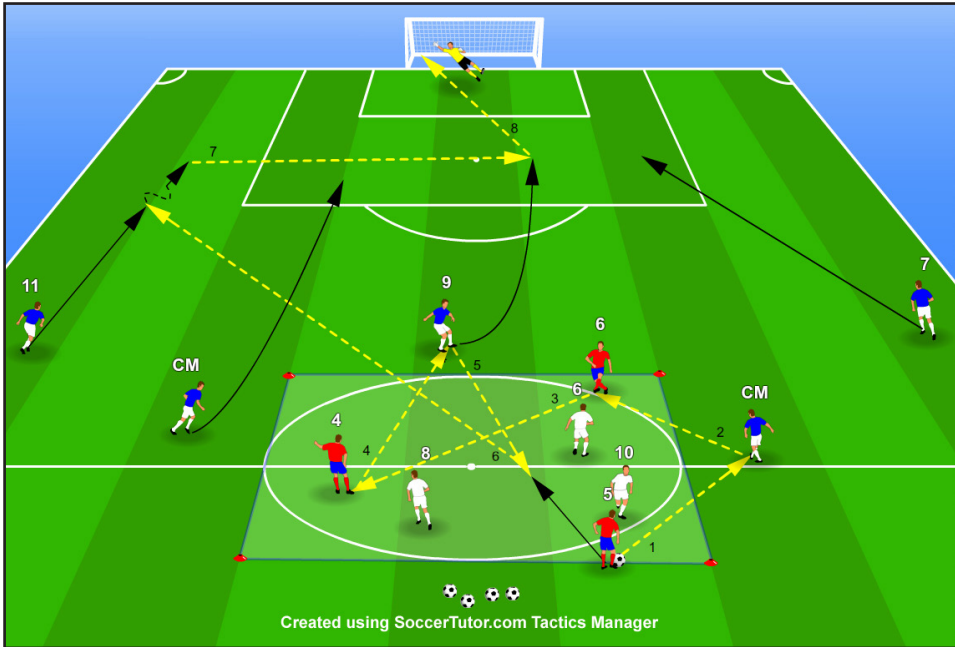


Maintaining Possession in the Centre with Quick Break Attack and Finishing



Objective

To practice maintaining possession in the centre of the pitch in a small space followed by a diagonal forward pass, crossing and finishing.

Description

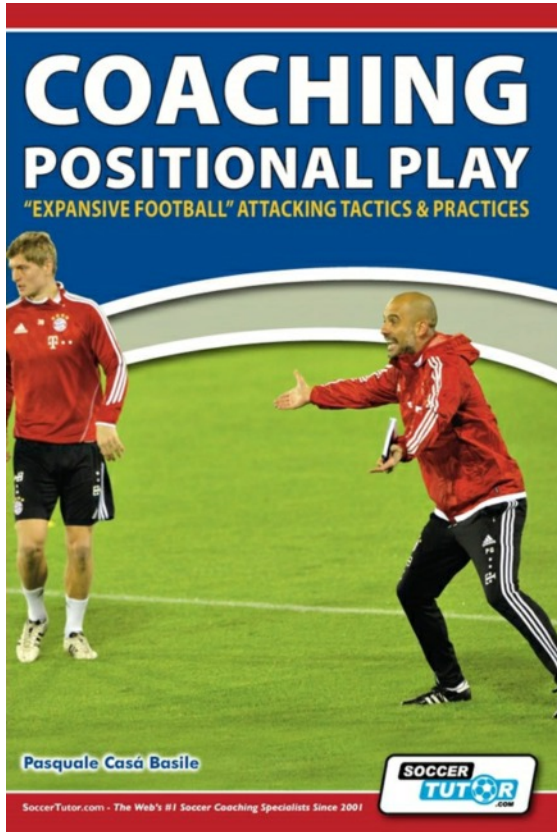
Using a full pitch, we mark out a square in the middle as shown in the diagram. We have two teams of 3 players within the square. Outside the square we have 5 neutral players (2 centre midfielders, 2 wingers and 1 striker).

The 2 centre midfielders can and should play as support players for the players inside the square to maintain possession but they must not enter the square and are limited to 1 touch only.

When a team has played 4 passes inside the square (with support from the blue neutral players) they send a long, low ball out to the winger (to the left and No.11 in the diagram example).

All of the neutral players (centre midfielders, the striker and the opposite winger) make runs forward to meet the cross and try to score past the goalkeeper.

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