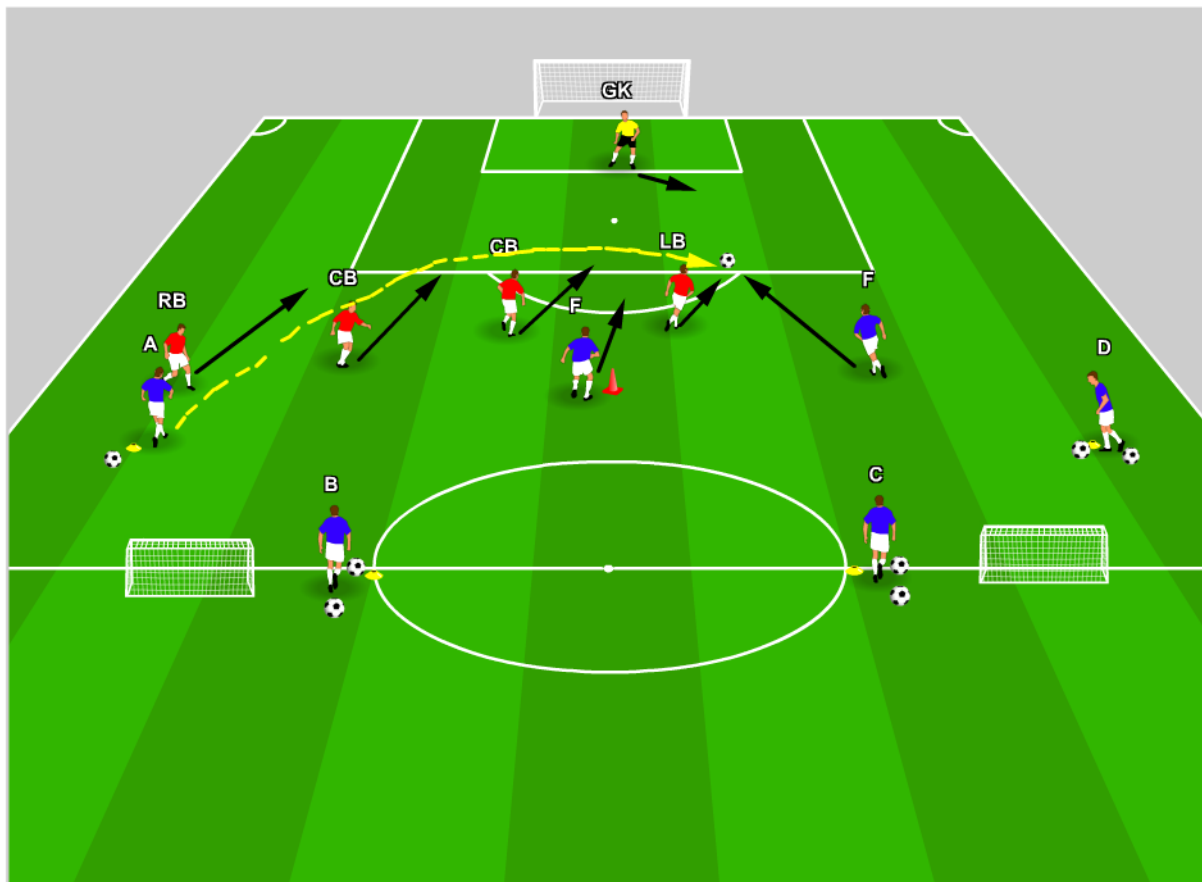


GK and Back-line Defending Critical Space in a Function



Date:	10 Jun 2011	Measurement:	Half Pitch
Time:	-	Players:	11
Duration:	-	Level/Age Group:	U14+

Description: This functional practice is set-up with GK and back line defense. When the coach calls out the name of the server, the defense immediately shapes to deal with the through ball, bent in, driven in and lofted in and also passed in.

If the defense get the ball under control, they look to play the ball into one of the small goals on the half-way line. If the 2 forwards win the ball, they look to score on goal.

Objective: To improve back-line defense dealing with long balls and through passes.

Coaching Points:

1. Early communication from the GK as to whether he will play the ball or which defender should deal with the serve.
2. Coherent movement from the back-line and GK to deal with each serve.
3. Reinforce defensive communication and intelligent decision making from the GK and back-line throughout and particularly in through ball situations.

Progression: See Players Roles and Responsibilities in the 4-3-3 Attacking and Defending Book Set Combo for more progressions and practices.

This Practice was taken from "Players' Roles and Responsibilities in the 4-3-3 Attacking and Defending Book Set Combo"

Provides an in-depth description of **how to train your team to attack and defend using the 4-3-3 formation.**

The sessions build from working with the back line to build and support the attack and progress to include the actions of the midfielders and forwards.

These practices lead to working in 11 vs. 11 scenarios also includes the **latest ideas for attacking and defending set-pieces**, from *throw-ins* to *corner kick and free kick plays*. **Functional training and phase of play exercises** put the players in specific game situations so that they can practice their reaction to every circumstance they will face in the game.

Many small-sided games are also included to allow the players see those situations in a game environment.

Purchase the book

Rest of the World Shop:

<http://shop.soccertutor.com/Player-Roles-in-the-4-3-3-Attacking-Defending-Book-p/wcc-b1104.htm>

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<http://shopusa.soccertutor.com/Player-Roles-in-the-4-3-3-Attacking-Defending-Book-p/wcc-b1104.htm>

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