

35. FC BARCELONA: Switching Play through a Central Zone Transition Game



Objective

We work on possession play within preconditioned rules (number of passes etc) and in doing so practice switching the play through a central area.

Description

We have an 8 v 4 situation in this 3 zone possession game. The area (flexible in size) is split into 3 zones: 2 for the team in possession and 1 central zone for a team of defenders.

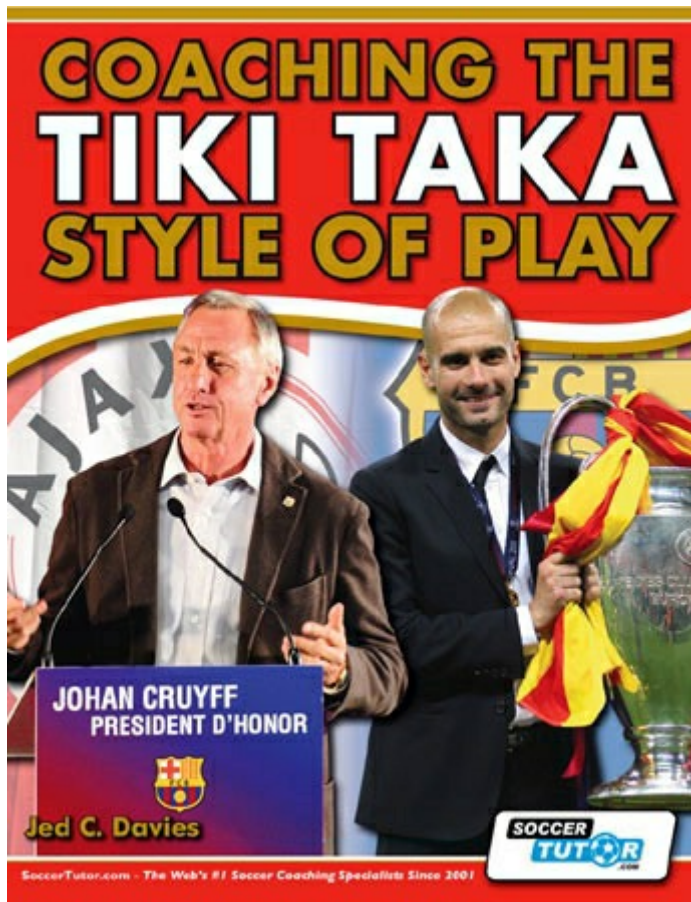
The defenders must work in pairs and look to press the attackers while they have to pass the ball between themselves a particular number of times, before looking to switch the ball through the central area to the other side (and the 2 blocking players within this space).

If the central players intercept the ball, they then switch roles with the 4 players at the end where the ball was lost. This should encourage all players to think about how they should defend.

Coaching Points

1. To maintain high levels of pressing, the coach should keep the number of passes required low.
2. This exercise may be difficult at first and you may need to restrict the players in the middle so that they do not block passes going through.
3. If players are struggling to keep possession, it may be beneficial to limit the number of defenders who are pressing to just one.
4. The area has been 'centralised' to represent a match-realistic scenario where defenders are defending deep in narrow and compact zones at the edge of the penalty area.





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