

c) Receiving Between the Lines and Playing the Final Pass



The attacking midfielders (8 and 23) usually took up positions behind the opposition's midfield line. This positioning enabled them to either drop back into defensive positions when possession was lost or to move further forward to receive between the lines when attacking. In all these different tactical situations, the team's balance was always retained.

As soon as Pirlo (21) receives the ball in the centre, the attacking midfielder on the strong side (Marchisio) drops back. This movement enables the left wing back Asamoah (22) to move into an advanced position, while the other attacking midfielder Vidal (23) makes a forward movement to receive in between the lines. Lichtsteiner (26) stays in a deep position because Asamoah has moved forwards. Pirlo (21) passes to Vidal (23) and the 2 forwards (Tevez and Llorente) and Asamoah make runs to receive a through ball in behind the defensive line (3 options).



ASSESSMENT:

There were situations when the attacking midfielders received on the run between the lines as shown in the example above. However, there were also situations when they received with their backs to goal and then turned with the ball.

PROGRESSION

2. Receiving Between the Lines and Playing the Final Pass (Opposed)



Objective

The attacking midfielders practice receiving between the lines and then playing a final pass in behind.

Description

This is a progression of the previous practice. This time there are 5 real defenders (3 centre backs and 2 wing backs) instead of the mannequins who try to prevent the black players from scoring. The practice works in the same way but this time the black team are fully opposed when trying to play the final pass and score a goal.

Restrictions

1. The 3 red centre backs are not allowed to move outside of the blue zone at any point unless the ball is passed to a wing back (22 or 26) in behind (the offside rule is applied throughout).
2. The 2 red wing backs are not allowed to enter the blue zone at any time.

Variation: This practice can be used against various formations e.g. by using a red back four.

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