

TRAINING SESSION EXAMPLE 4

PLAYING THROUGH THE LINES

Key Before Training:

1. Everything would be ready for when the players enter the training pitch i.e. Cones, poles, mini goals, mannequins etc.
2. ALL stations are ready (no interval and no set-up time needed).



5. Playing to Forwards in Between the Lines in a Conditioned 9v9 (+ GKs) Zonal Game

8 min


Practice Objective: Recognising the correct moment to play forward through the midfield line and go for goal.

Practice Description

- We play a 9v9 (+GKs game) in the area shown, with 2 sets of 4 players operating in the middle red and blue zones. These players must stay within their specific zone throughout.
- The practice starts with the Coach's pass to one of the middle players. The team in possession (reds) must try to break through the blue line and pass the ball into one of their forwards, who then try to exploit their 3v2 advantage and score.
- If the 4 blue players in the midfield intercept the ball, they can try to play the ball to their forwards right away (or keep possession of the ball first).
- The practice always restarts from the Coach.

Coaching Points

1. Players in possession need to recognise when to delay or speed up play (rhythm).
2. Firm passes through the gaps.
3. Quick, clever, and clinical finishing.
4. The 3 forward players behind the 4 midfield players keep moving to receive the ball in gaps.
5. The defending team must work together. Don't leave any gaps. Coach each other.

Progression

- Start from the GK - the centre backs open out to receive and start the build-up.
- The centre backs try to break the first defensive line by passing through the forwards into a midfield player.

SOURCE: René Meulensteen's Manchester United training sessions at Carrington Training Ground, Manchester - 2007-2013

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