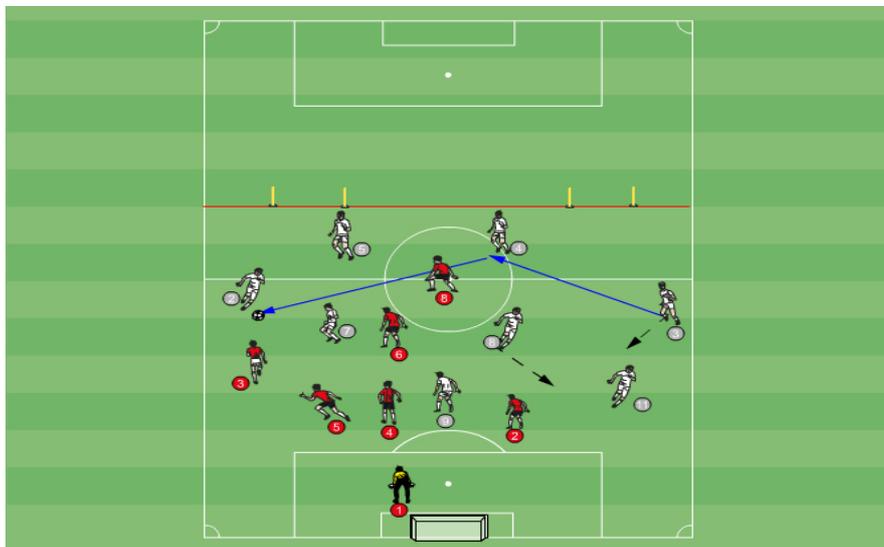




TRAINING EXERCISE

Four Backs- Defending Own Half (8v6+GK)



Objective

Define the zonal defending roles and functions of 4 backs playing as a #2, 3, 4, and 5. Integrate the Goalkeeper (#1) into the tactical roles and functions of the four backs. Apply the principles of defending to improve back four performance in the defending half of the field. Review and refine the technical functions of the 4 backs. (Tackling, intercepting, clearances and distribution) Connect and coordinate the roles of the GK and the central midfielders to the back four.

Description

This exercise environment establishes a numerical advantage for the attacking team. The concept is to create a challenge for the four backs to defend as an organized group in their own half of the field. The four backs must be tactically connected to the goalkeeper and to a limited number of midfielders. The exercise includes the element of transition into attacking roles for the back four. The attacking targets are two counter gates at the half-line.

Key Points

Observe and guide the GK (#1) to re-position according to key game cues; pressure on the ball, location of the ball and potential cues for ball service. Observe and guide the four backs to collectively shift laterally and vertically in order to remain compact as a group. Observe and guide the four backs and the GK to step the off-side line forward or drop the line toward

Defending Principles
Zonal Defending
Aerobic Power

U13 to Senior

15 to 22 Players

1 Full Size Goal, 1/2 Field (marked with proper lines), 2 sets of colored vests @ 11, 2 Corner Flags, 12 Field Markers

Intensity: Medium

00:24 min
(3 x 00:06 min, 00:02 min rest)

the goal in response to the tactical cues of the moment. Observe and guide individual players with regard to technical functions. (Tackling, Interceptions, preparing the ball, clearances, and distribution)