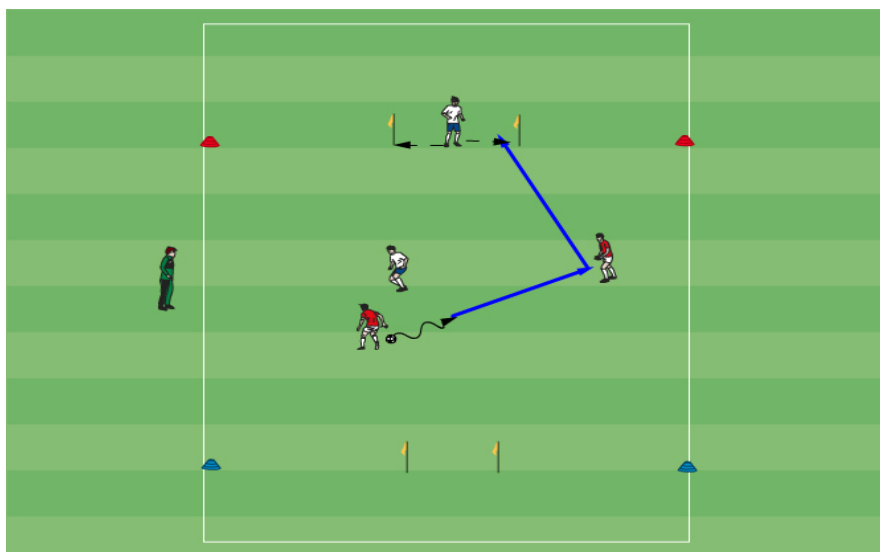




TRAINING EXERCISE

Last Player Back



Objective

To develop dribbling to set up a pass. To develop passing accuracy. To introduce combination play. To develop how to attack when there is a numerical advantage. To develop how to defend when there is a numerical disadvantage. Transition from attack to defense. Transition from defense to attack.

Description

This activity can be played with pairs or groups of three-four. If in pairs, make a small field with goals on each end. The goals should be approximately 5-7 steps apart. Play like a normal game. The rules: 1) Can only score a goal on the ground. 2) When a team loses possession or is on defense, the last player back must go back and stand and stay on the goal line. They may stop a goal from being prevented. 3) When a team that is defending regains possession they now both attack.

Key Points

Dribble at a defender to set up a pass to a teammate. Passing accuracy. Support in advance of the ball whenever possible. Create a numerical advantage through spatial awareness.

Passing and Receiving
Attacking Principles
Transition
Running with the Ball
Shooting
Ball Control

U8 to U9

4 to 10 Players

Balls, cones, flags for goals work best.

Intensity: High

00:12 min
(6 x 01:00 min, 01:00 min rest)