



Use of the central zone - movements to create separation

Category: Academy: Playing through the thirds

Difficulty: Moderate

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Description

General Principle: POSSESSION WITH A DETERMINED STRUCTURE THAT CREATES AND UTILIZES ADVANTAGES TO PROGRESS AND CREATE CHANCES IN THE FINAL 3RD. (NUMERICAL / POSITIONAL / QUALITATIVE / EMOTIONAL)

Sub Principle: UTILIZE THE CENTRAL ZONE OF THE FIELD WITH A RECOGNIZED TEAM STRUCTURE

Sub-sub Principle: WHEN MAN MARKED, CREATE/ATTACK A NEW SPACE

Player Actions: COUNTER MOVEMENTS TO GET SEPARATION

Definitions: Create separation from opponent by using a counter movement to receive. Opposite movements out/in, in/out, fwd/back, back/fwd. Change direction and speed.

3 vs 2

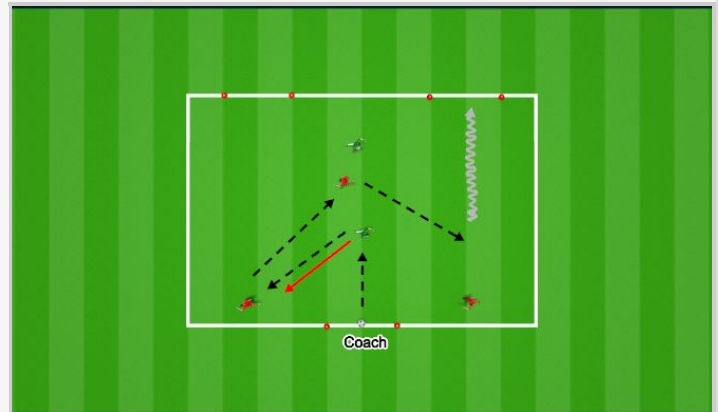
Organization:

Instructions:

- First pass goes to def who passes it to either attacker and then defends.
- The attackers are trying to get through either gate to score a point.
- If the defenders win the ball they can score a point by passing to the coach

Coaching Points:

- Angle of press - Straight at the offensive player, angled, or to cut off the future pass.
- Offense to make counter movements to create separation from opponent (in/out, fwd/back).
- Decision lay off vs turn - Encourage supporting movement from the extra offensive player



7 vs 3 (20 mins)

Organization:

Two small fields

Instructions:

Continue press ideology from prior drill

Coaching Points:

- To the ball
- Rec. Angle of press (angle of passing line open).
- Make counter movements to create separation from opponent (in/out, fwd/back etc).
- Decision lay off vs turn.



Progressions:

5 vs 5 (30 mins)

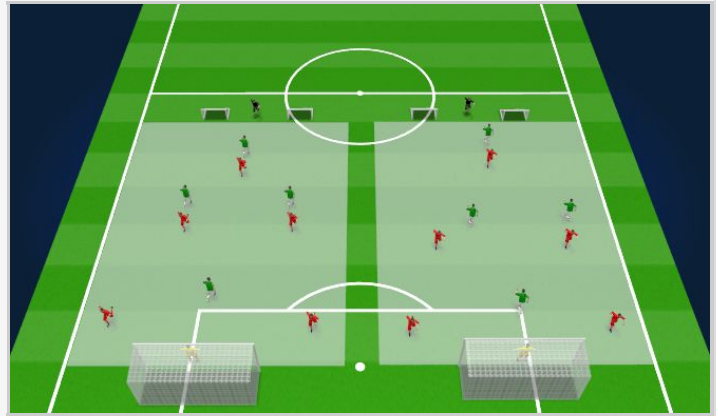
Organization:

Instructions:

- Goalkeeper starts by playing to the attacker on which he passes to one of the defenders and then the 5 vs 4 starts.
- The attacking team, green, cannot use the GK in order to keep possession.
- If the defending team, red, wins the ball they can score on the big goal.

Coaching Points:

- Rec. Angle of press (angle of passing line open).
- Make counter movements to create separation from opponent (in/out, fwd/back).
- Decision lay off vs turn.



Half field scrimmage (30 mins)

