

Central defenders



Players

- 1 = feeder
- 2,3 = attackers
- 4,5 = support players

2 central defenders

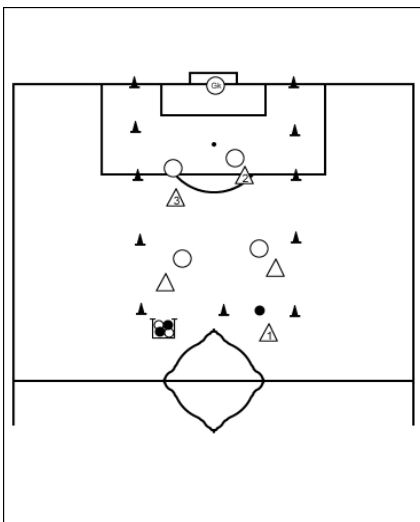
Drill

Attackers combine with each other, using a flank player as shown to create opportunities on goal. Encourage attackers to look for through runs behind defensive line.

When defenders win ball, they play to feeder players and drill starts again.

Key Coaching Points

- Communication between centre backs.
- Stay goal side but ready to step and intercept.
- Nearest player to ball should pressure.
- Deny attackers turning towards goal.
- Drop on anticipation of through ball.
- Step up the line on negative passes.



Progression

Expand playing zone and introduce 2v2 contest between attackers and defenders. These players do not leave their zone.

This adds 2 players to the drill. To keep playing numbers the same as previously, consideration can be given to having a 1v1 contest with the feeder providing a back option for the single attacker in the zone.

Attacker 1 becomes a pure target player and does not leave the line after feeding the ball, but can move laterally across entire width of field. Attackers in the zone attempt to promote ball to attackers being marked by central defenders.

Defenders attempt to pass to target player.