

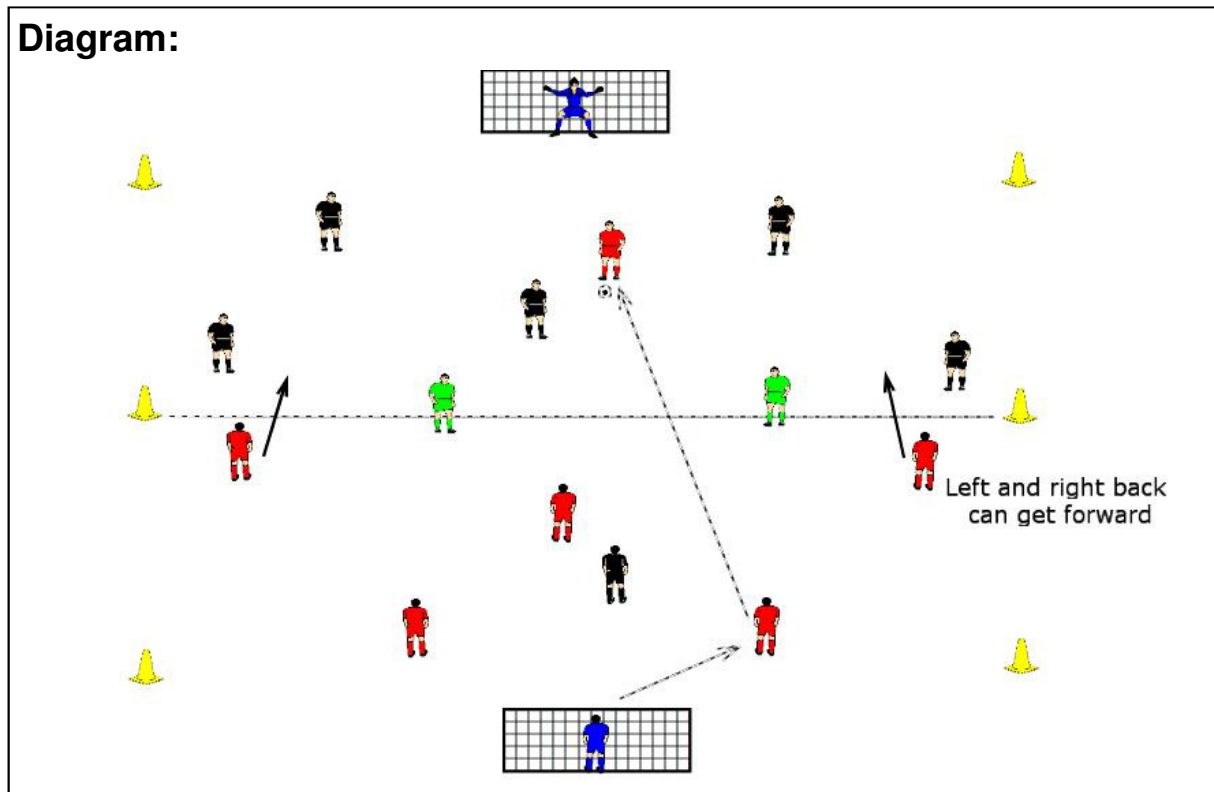
Drill Name: 6 v 6+ 2 areas & Neutral holding midfielders

Topic: Training Game

Objectives:

- Building up from the back
- Link play with midfielder
- Right and left back getting forward & joining attack
- Goal Keeper building up play from the back.

Diagram:



Description:

- 5 v 1 when building up from the back.
- Right & left back can join attack
- Linking midfielders 6 & 8 can turn and attack defensive line
- Players must retreat into defensive areas when ball is lost.

Progressions:

- Add more attackers in attacking half (7 & 11)

Coaching Points:

- Penetration
- Mobility
- Body position (linking Midfield)