

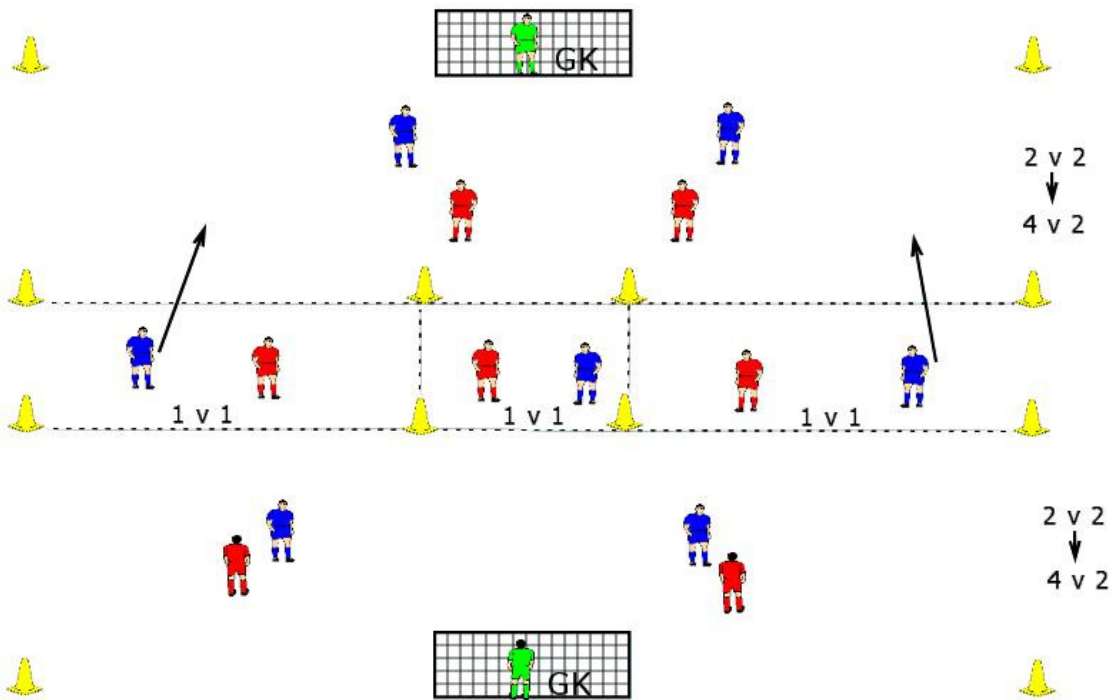
Drill Name: 8 v 8 Defined Areas

Topic: Building up from the back & Attacking combinations

Objectives:

- To build up effectively from the back
- 1 v 1 in wide areas
- No6 - movement in tight areas
- No9 & No10 attacking combinations

Diagram:



Description:

- 8 v 8 with 2 goal keepers
- Attackers & defenders are confined to their own area
- Wide players can enter attacking third & join attacking team to create a 4 v 2 situation

Progressions:

- Limited touches
- Remove areas

Coaching Points:

- Movement
- Wide shape (back linking mid)
- Speed of attack
- Defensive pressure when wide players attack defender