

Playing in Behind a High Defensive Line in an 11v11 Game



Levels: U15-Pro

Measurement: Full-Pitch

Duration: 20 Mins

Players: 22

Objective:

To develop the ability to attack in behind the defensive line against opponents who use a high defensive line.

Description:

Using a full pitch, we split the area into 3 zones as shown in the diagram. The central zone is the high line defensive zone for the red team. There is a safe zone for the white team and the third zone is the final attacking zone for the white team.

The practice always starts with the white team in possession who build up play from the back under high pressure from the red team. The objective is to keep possession under pressure and breakdown this pressure with passes in behind the defensive line. The red team are not allowed in the safe zone and they can only enter the attacking zone once the ball has been played in there. The red team has 8-10 seconds or a maximum of 6-8 passes to score if they win the ball (quick transition play). This rule makes the white team have a quick transition to defend.

Rules

White team must complete 6-8 passes before passing the ball into the final zone.

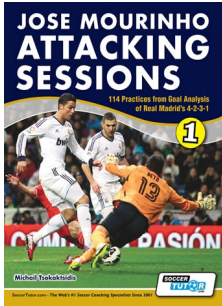
Progression:

A progression from '4 Zone Possession Game'

Playing in Behind a High Defensive Line in an 11v11 Game

This Drill is Taken From...

By Coach



114 Practices From Goal Analysis of Real Madrid's 4-2-3-1

[FIND OUT MORE](#)



Michail Tsokaktsidis

UEFA 'A' Coach .

Equipment Needed



Space Markers



[FIND OUT MORE](#)

Rubber Marker Discs



[FIND OUT MORE](#)

Training Ball



[FIND OUT MORE](#)

Mini Pro Cones



[FIND OUT MORE](#)