

Keeping Possession in the Low Zone, Switching Play & Fast Attacks in an 11 v 11 Zonal Game



Levels: U12-18+

Measurement: Full-Pitch

Duration: 25 Mins

Players: 22

Objective:

Keeping Possession in the Low Zone, Switching Play & Fast Attacks in an 11 v 11

Description:

Using a full pitch we split it down the middle with a line from one box to the other. We also create 2 grids in the area in between 1 box and the halfway line. We play an 11v11 game with the red team in a 4-4-2 formation (with a bowl) and the white team in a 4-2-3-1 or 4-4-2.

The game always starts with the reds in possession, building up from the back. The players are in the positions shown in the diagram. When playing in the left grid we have a 7v4 situation + 3 white defenders outside.

In the right grid we have a 3 (+1) v 2 (+1) situation with 1 red centre back (5), the right back (2) and the second striker (7).

The objective for the red team is:

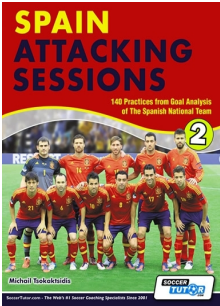
1. To keep possession in one grid and complete 6-8 passes there before changing the point of attack to the other grid and launching a fast attack from there.
2. To keep possession in one grid and complete 6-8 passes there before changing the point of attack to the other grid and creating a new 7v4 situation there, keeping possession again (6-8 passes) before changing the point of attack again back to the starting grid and launch the fast attack from there.

If the white team win the ball, they attack and try to score (counts double if they do). This rule means the reds are forced to move very quickly from attack to defence. All players move in quickly and close the space. If they win the ball back, they open up again and take their original positions and start the drill again.

Keeping Possession in the Low Zone, Switching Play & Fast Attacks in an 11 v 11 Zonal Game

This Drill is Taken From...

By Coach



140 Practices From Goal Analysis of the Spanish National Team

[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](#)