

Principles CONSTRUCTION from behind

Width

Depth

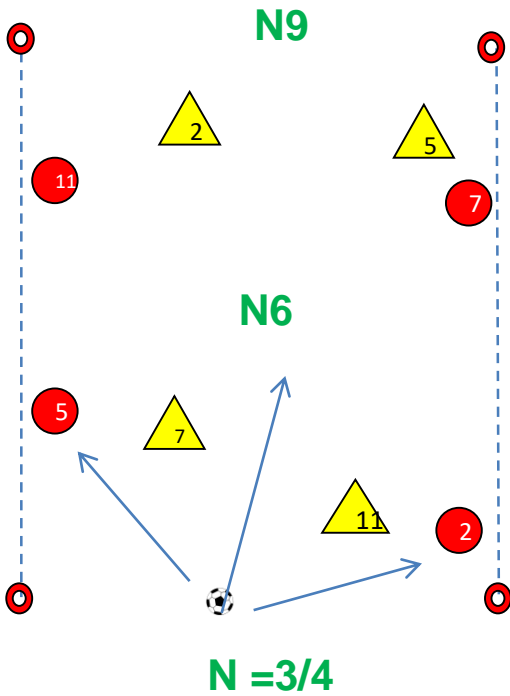
Length

Diagonal passing

Building up RED:

pass options = position play

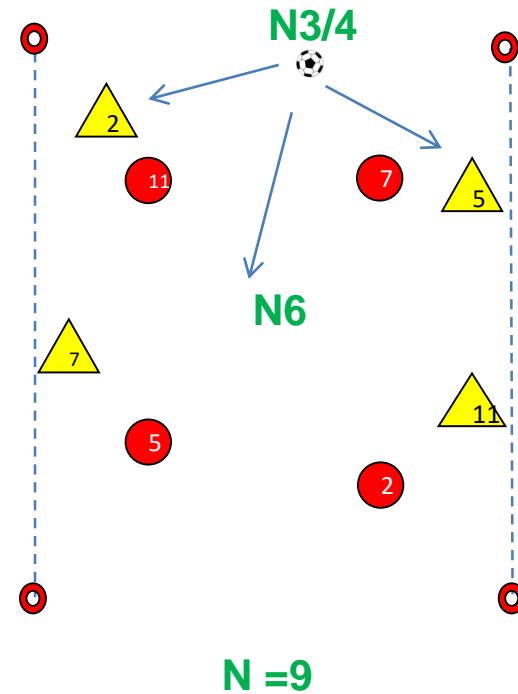
Principles WIDTH + DEPTH (red)



Transition: yellow in possession!

PRINCIPLE COMPACT BLOCK

(red)



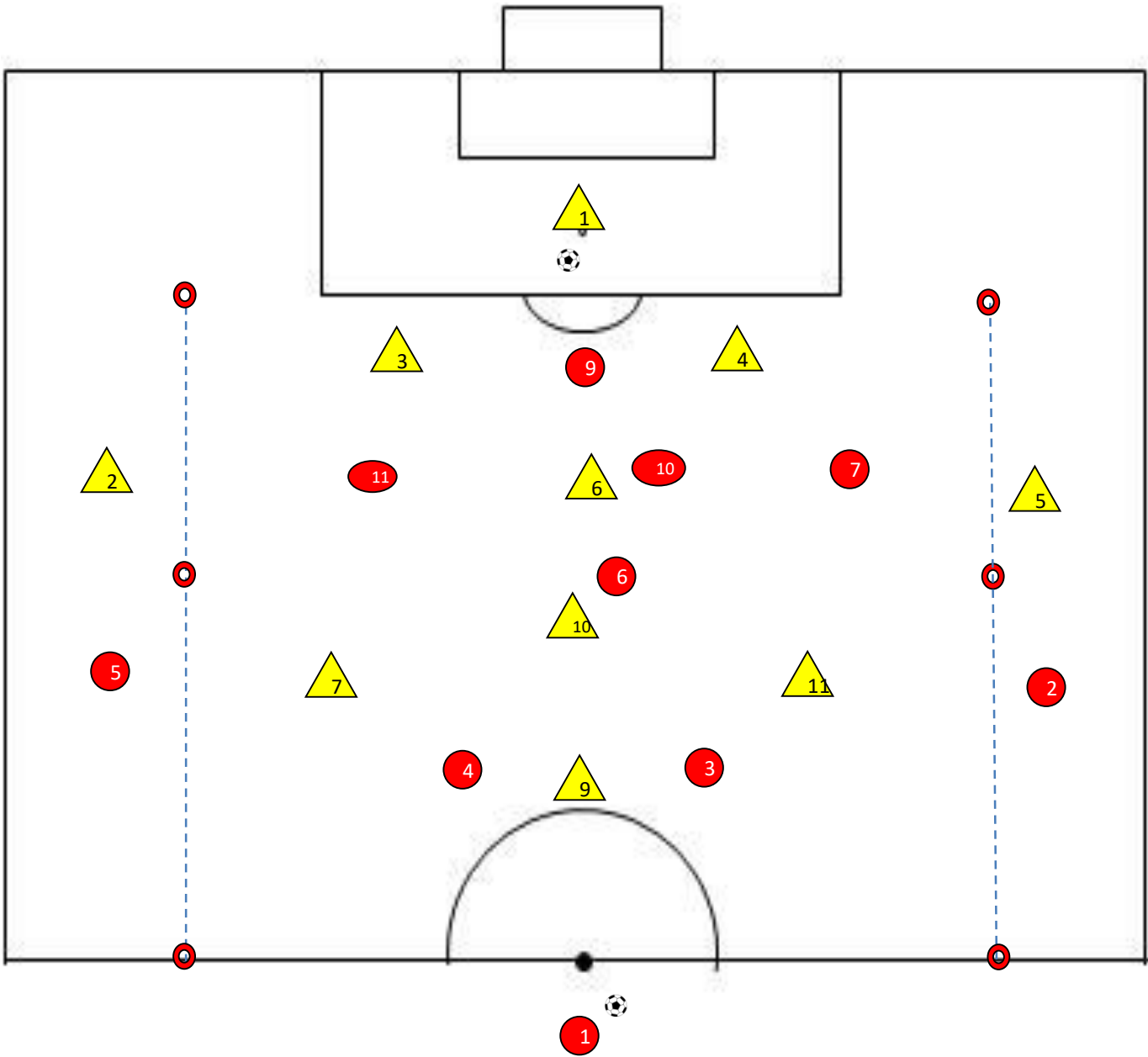
CONSTRUCTION from behind

Width

Depth

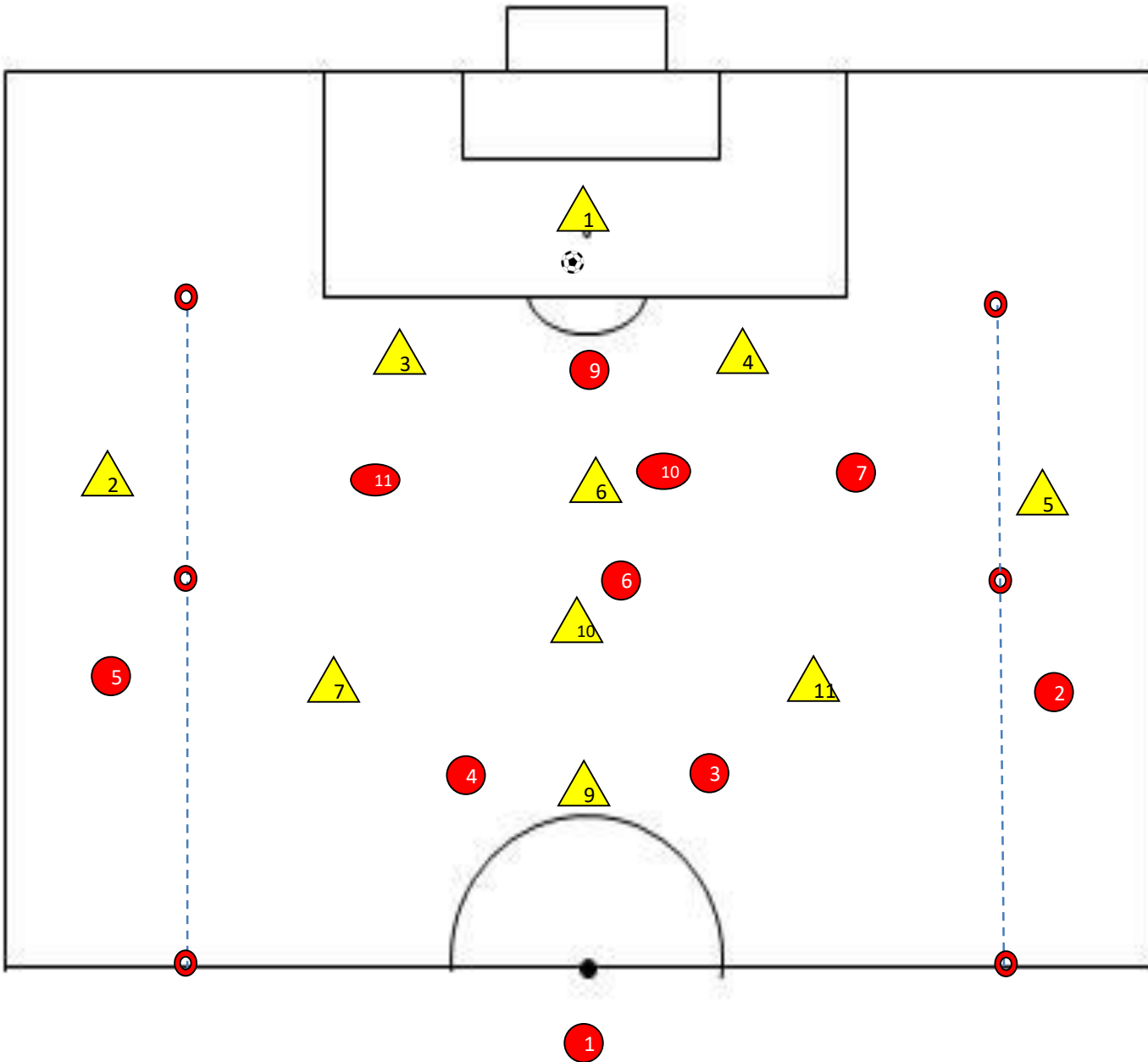
Length

Diagonal passing



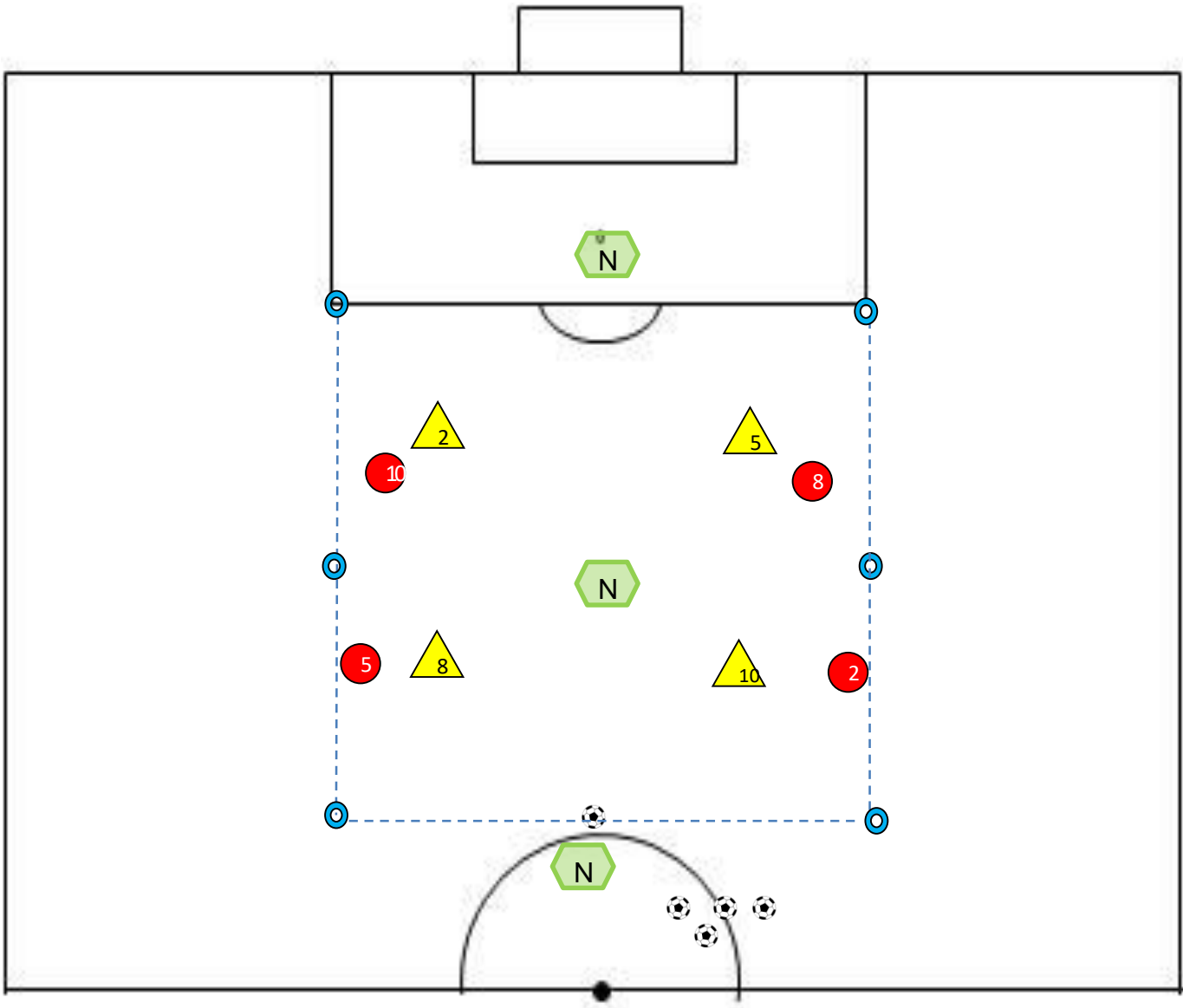
Warming up : final part
 GK +9 / 9+GK

Ball circulation: each team 1 ball
 Challenge: 2 balls on each side



Warming up : final
part
GK +9 / 9+GK

Principles BUILDING UP FROM BEHIND:
breaking down to smaller building blocks



4+3N/4

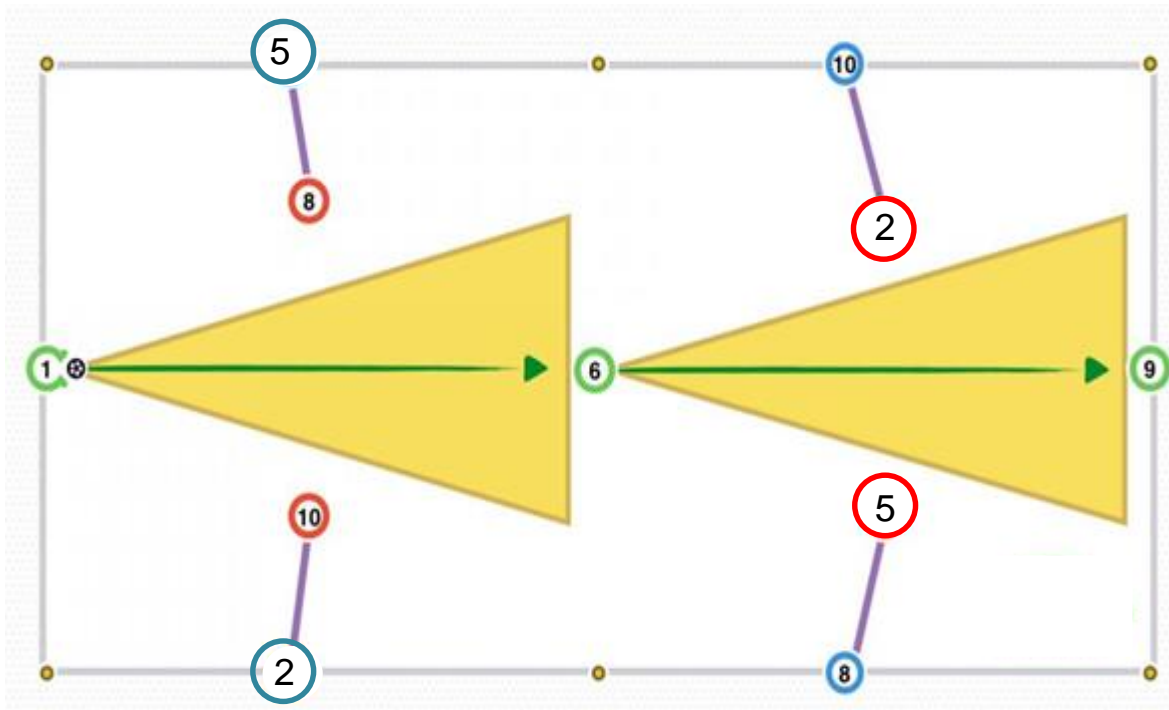
Building up with transition

Specific positions 2-5-8-10 of both teams + 3 neutral players to create numeric superiority

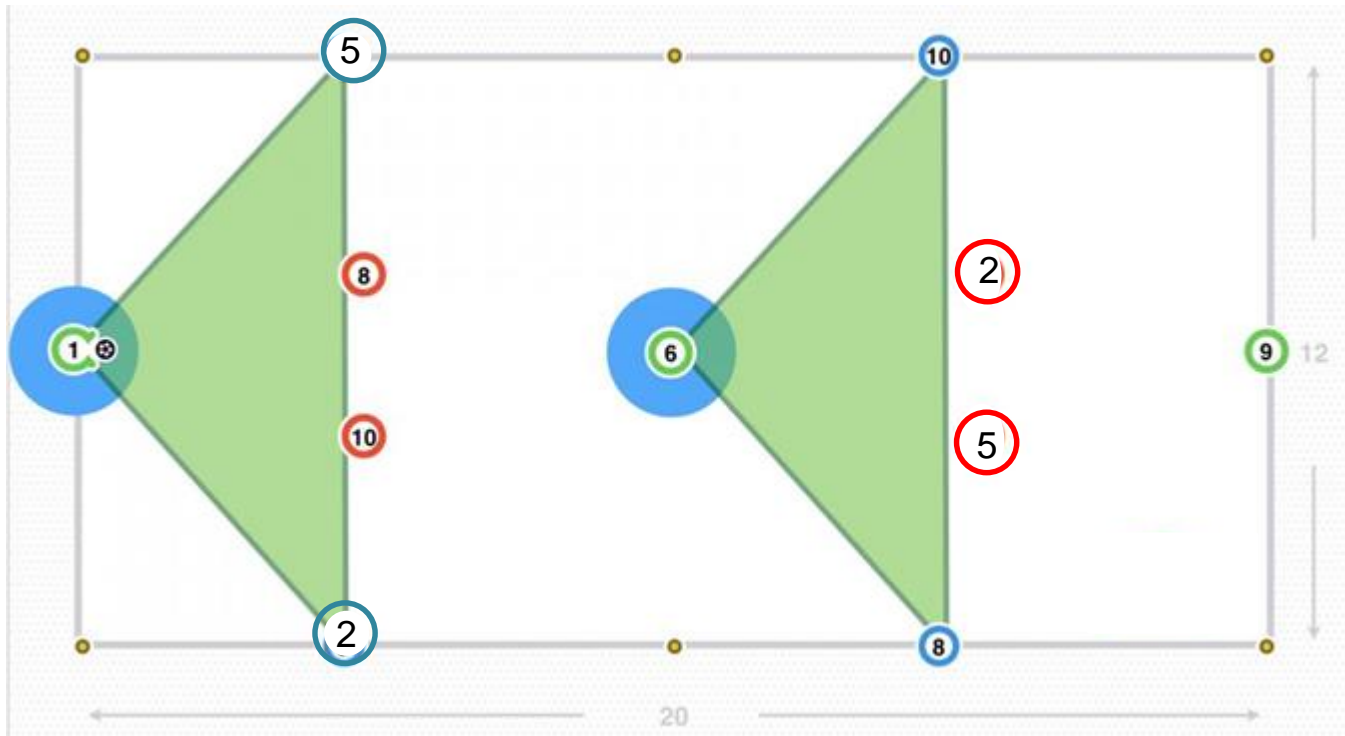
Coaching WIDTH and DEPTH

Blue team stretches the team in WIDTH!!

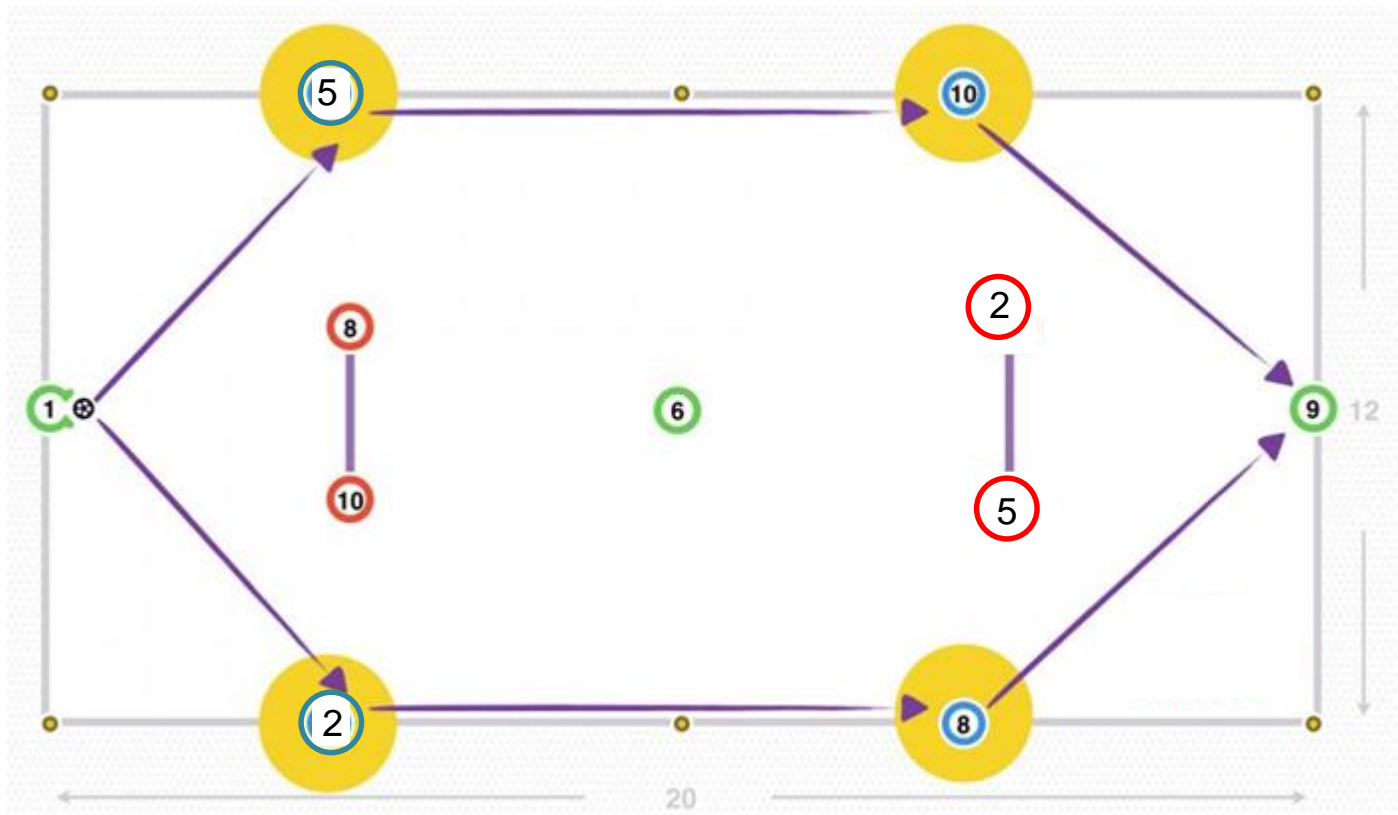
=looking for opportunities to pass THROUGH the block

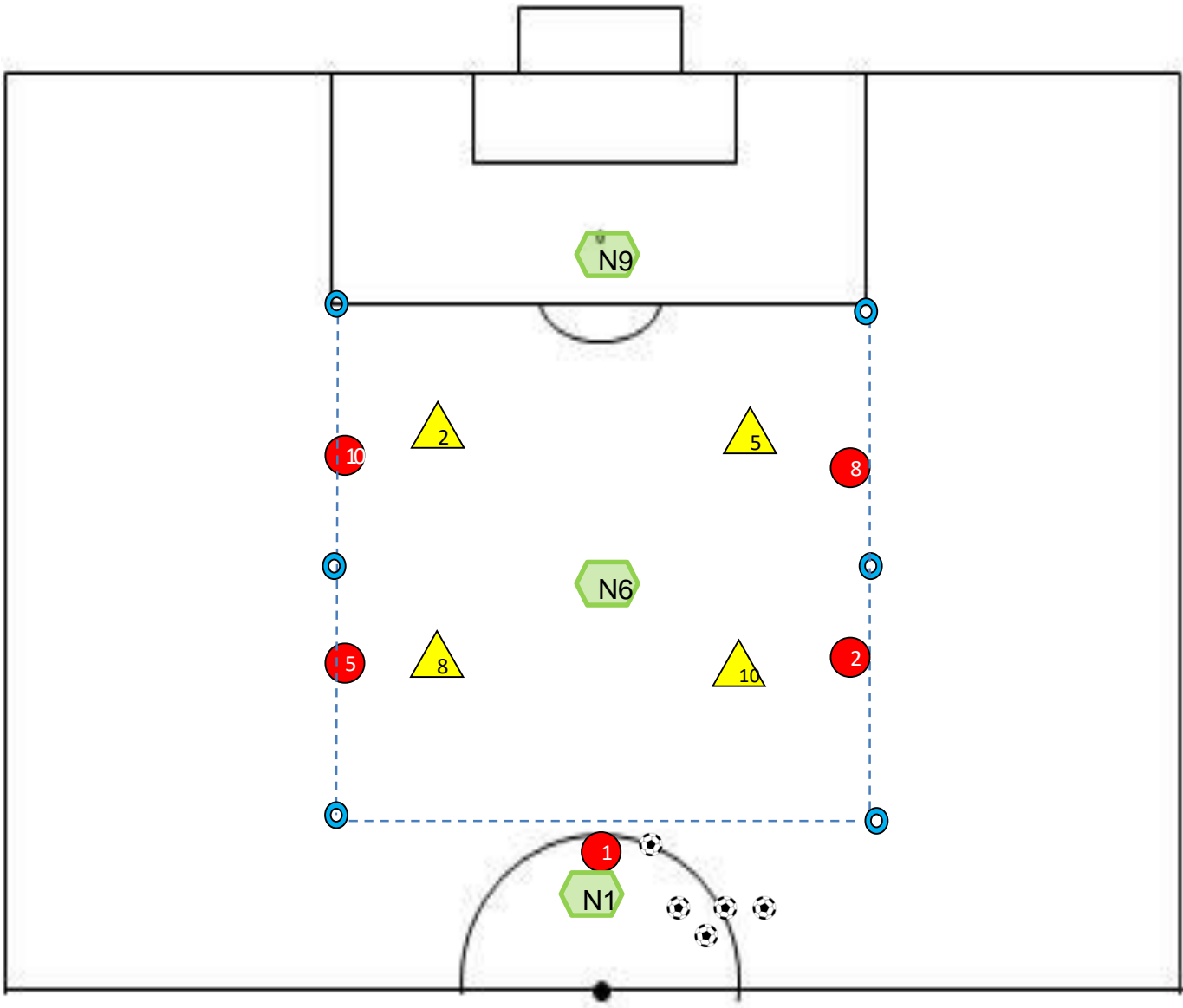


Coaching WIDTH and DEPTH



Coaching: pass options : AROUND the block (center closed)



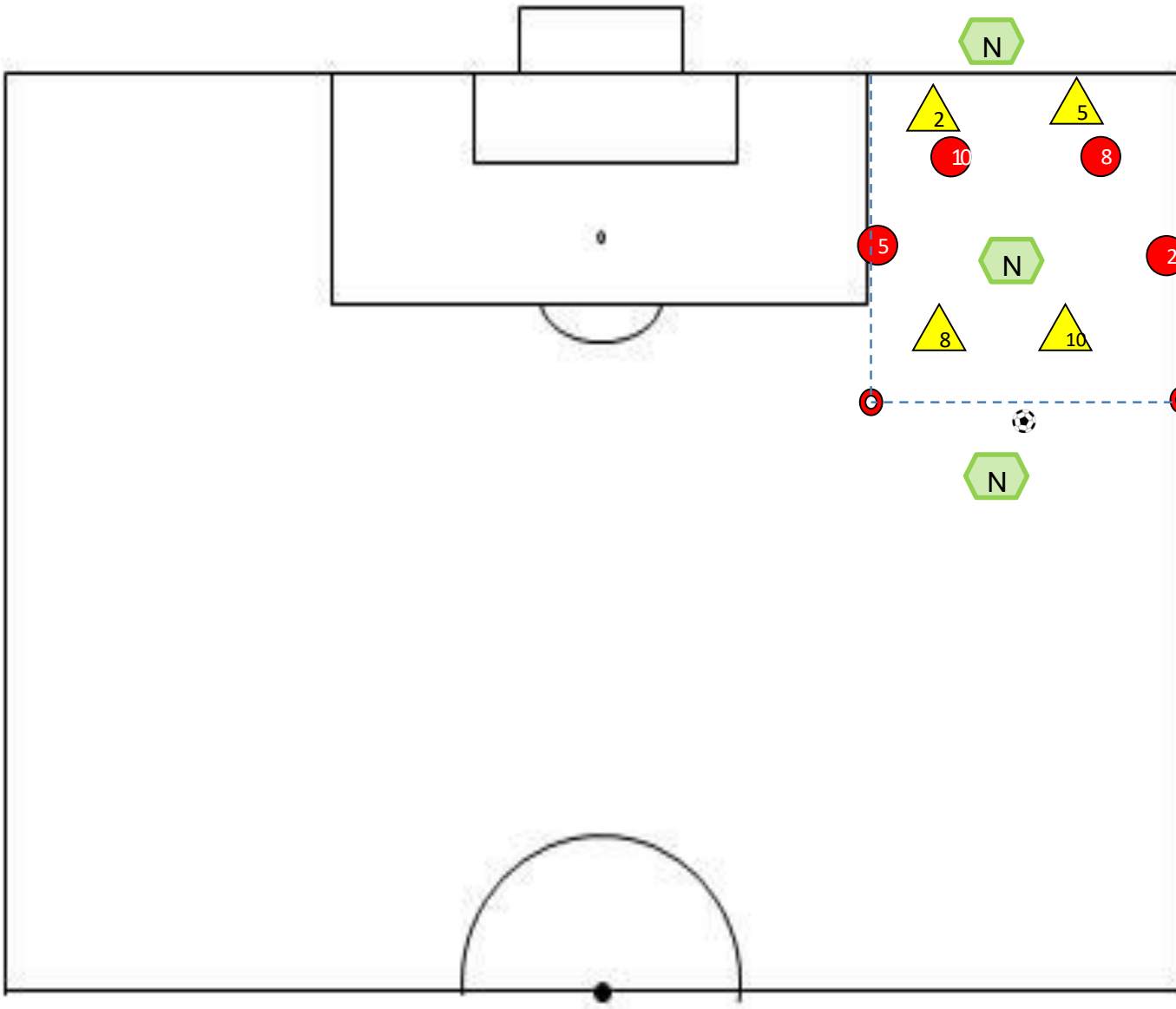


4v4+3N

**ADAPT TO THE
LEVEL OF THE
PLAYERS
= BIGGER SPACE!**

Building up with
transition

Specific positions 2-5-
8-10 of both teams +
3 neutral players to
create numeric
superiority



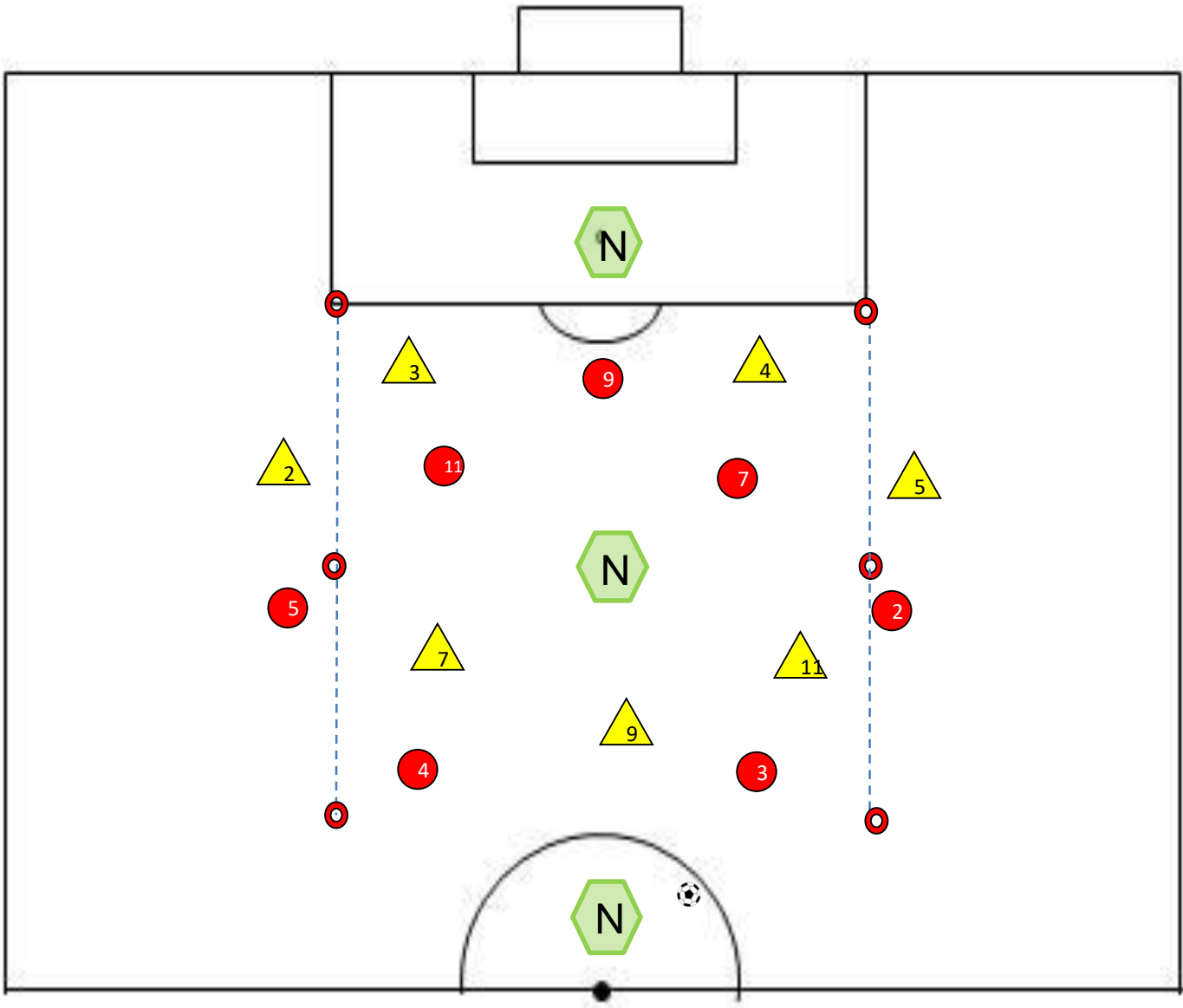
4v4+3N

**ADAPT TO THE
LEVEL OF THE
PLAYERS**

**Adapting the space
: 20 m x 12 m!!**

Building up with
transition

Specific positions 2-5-
8-10 of both teams +
3 neutral players to
create numeric
superiority



7v7+3N

**ADAPT TO THE
LEVEL OF THE
PLAYERS**

Adapting the space

Building up with
transition

Specific positions 3-4-
7-9-11 of both teams
+ 3 neutral players to
create numeric
superiority