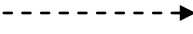



TOPIC: Functional Training for Backs

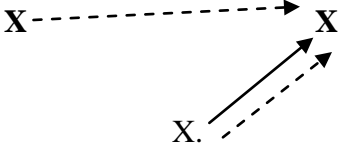
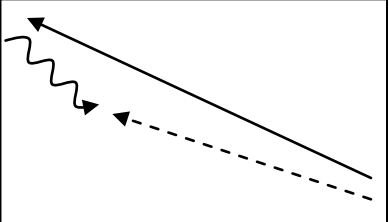
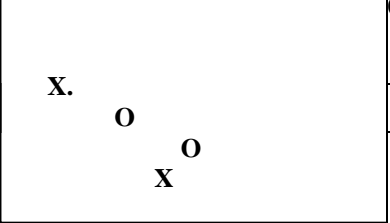
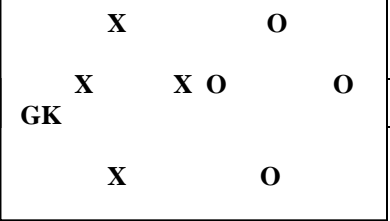
Key:

Running without the ball 

Running with the ball 

Pass 

By: Greg Holker

<p align="center"><u>Technical Warm-up</u></p> 	<p align="center"><u>Organization</u></p> <ul style="list-style-type: none"> • Groups of three • Pass and move • On cue, two players without ball close down player with ball • Player with ball dribbles at def. 	<p align="center"><u>Coaching Points/Guided Questions</u></p> <ul style="list-style-type: none"> • Closing speed, distance • Cover with appropriate distance/angle • Patient pressure • Don't need to take the ball – not 100% pressure
<p align="center"><u>Small Sided Activity</u></p> 	<ul style="list-style-type: none"> • (10x20) • 1v2, two defenders play to one attacker. • Attacker dribbles to end-line • 2v2, add second attacker 	<ul style="list-style-type: none"> • Press ball quickly • Make attacker uncomfortable • Patient – No stabbing • Guide ball where you want it (weaker foot, smaller space) • Counter attack when won • Switching
<p align="center"><u>Expanded Small Sided Activity</u></p> 	<ul style="list-style-type: none"> • (10x20) • 2v2 to small goals • Can pass or dribble through goal • 3v3 to small goals 	<ul style="list-style-type: none"> • Protect the goal, stay between ball and goal at all costs • Front foot tackles • Communicate • Switching pressure • Keep ball on one side if possible • If attacker faces backward close down the field fast
<p align="center"><u>Game</u></p> 	<ul style="list-style-type: none"> • (25x40) Midfield line • Defend in own half • One point to win ball in opponent half • Free play 	<p>Types of defending</p> <ul style="list-style-type: none"> • Low pressure or High pressure based on location • Deciding what to do and why based on cues