

ALTERNATION GAME

| Defensive LGF : Prioritise defending the players closest to the goal. UCF Finishing Zone: Searching for a game in progression vertically in relation to the attack (Priority: 1) pass to teammate to finish ; 2) progress to beat defender or fix them to create an option 1 ; 3) play out wide if 1 and 2 not possible). | | Quickly identify the players closest to the goal at t time as we make the run towards it. Make a pass that gives an advantage to the team finish. | |
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| MD-4 | | Dsecs with 30 sec eaks | 40x50m with 2 wide chan |
| CONDITIONAL ORIENTATION | N° OF P | LAYERS | EQUIPMENT |
| Strength | 18 players: 4 v 4 | - + 4 + 4 + 2 GKs | Cones, bibs and balls |
| | DESCR | IPTION | |
| team (attacking together with Each sequence starts with two players against two defenders from the central performing the actions at high speed ar target or goalkeeper save) two new att those who were attacking change roles not defend. In the new | s from the central channel (greys). The nd filling the area by t tackers from the cent to defend that action | annel (oranges) + two p objective will be to fin rationally occupying th tral channel (grey) + two | players from the wide channels (hish the play as quickly as possi he space. When the play ends (g vo from the wide channels (green s). The wide players only attack |
| RULES | | SCORING | |
| 1st set: The wide players are not allowed to enter the central channel. 2nd set: The wide players can enter the central channel to shoot only when the ball is in the opposite channel. Central channel rotation: attacking and defending in 2 and 2. Wide channel rotation: only attack 2 and 2. | | - In attack, for every 3 goals scored by the team centre from a cross, 1 point is awarded to the tea crossing role. | |
| GRADIENT | | FEEDBACK | |
| (+) Allow the wing backs to drive into the central channel. | | DEF: Which players will we mark as a priority DEF: What should we do while running towards g | |

(-) Reduce the playing space / allow the help of a defender from the wide channel, i.e. defend with 3.
 - ATT: What should we do while running towards goal?
 - ATT: What three options do we have to look for the finish?
 - ATT: What can we provoke when we drive with the ball?

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