



15 TRAINING DRILLS TO PREPARE FOR THE PRESEASON





READY TO START PLANNING THE PRESEASON?

In this e-book, we provide you with **15 training drills** that we think can be useful as inspiration, to prepare your preseason training sessions. As well as, remember that taking any of our courses, you will have access to our educational platform where we have **more than 500 training drills** to help you **plan the content according to the specific needs** of your team.

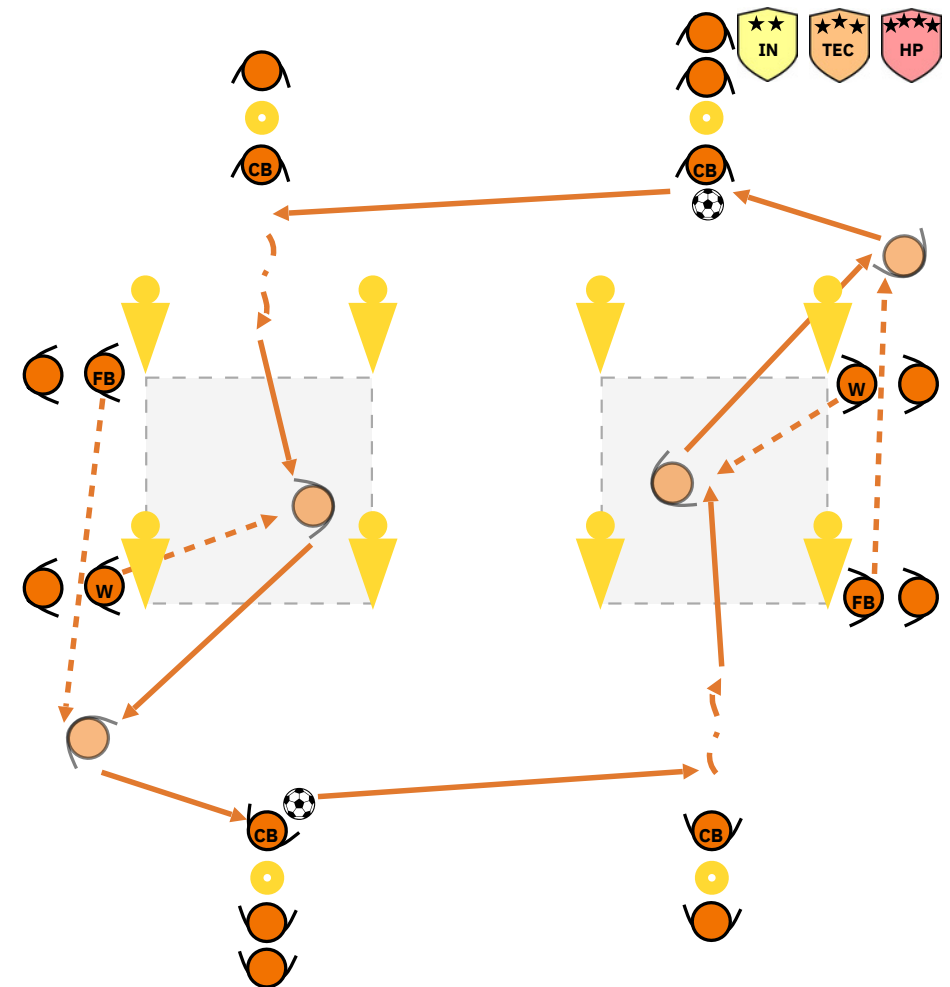
1.



ANALYTICAL EXERCISES

This **Analytical Exercise** training drill focuses on working on one of the specific motor skills: passing. The objective of the task is to make an advantageous pass to a teammate

CONTENT		CONCEPT	
SMS: Passing		- Pass the ball to give an advantage to the teammate.	
MICROCYCLE DAY	TIME	SPACE	
MD4 / MD-3 / MD-2 / MD-1	2 sets of 5 mins	40x40m	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength / Endurance / Speed / Activation	18 players	Cones, mannequins and balls	
DESCRIPTION			
<p>The following exercise will simulate an action in which the winger occupies the inside gap between the opposing team's defensive and midfield lines to receive a pass and play with the full-back who will have overlapped their position. The aim is to receive the ball on the run and reach the final third of the pitch. We will play with two centre backs, a winger and a fullback on each side.</p> <p>The action will start with a pass from the centre back to the centre back, then the winger will occupy the interval to receive the pass and play first time with the full back. The latter will pass to the centre back to start the sequence again.</p>			
RULES		SCORING	
Rotation: CB -> CB -> W -> FB -> CBB.		No scoring.	
GRADIENT		FEEDBACK	
(+) Play with 3 balls simultaneously. (-) Reduce the space.		Micro-concepts: The pass must be with an advantage to speed up the subsequent action. The control of the centre back will always be in progression + 1 or 2 touches to give the winger time to get inside the gap. The winger will occupy the inside space running in line to be able to play with an outside touch. The pass from the winger will be into space so that the full back does not slow down their run and arrives at speed to play first time with the centre back.	



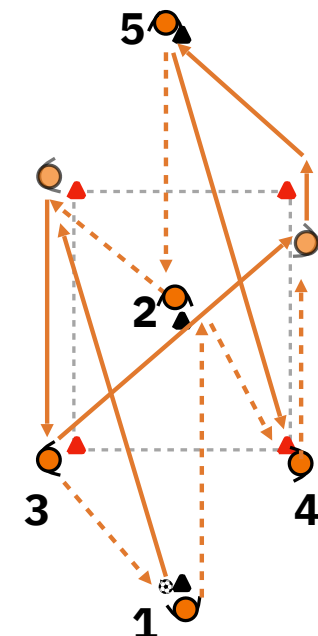
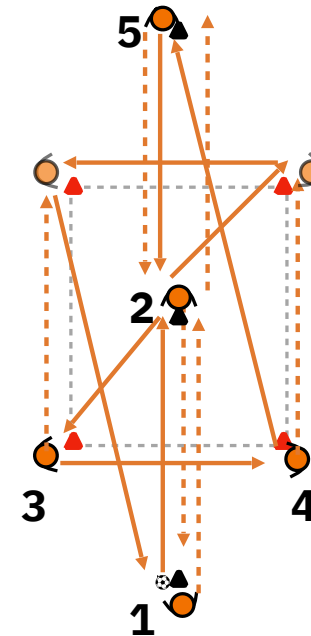
2.



COORDINATIVE CIRCUIT

This **Coordinative Circuit** training drill focuses on working on two specific motor skills: control and passing. The objective of the task is to keep the ball moving at the moment of reception, prioritizing a slow and low pass.

CONTENT		CONCEPT	
SMS: Control and Passing		<ul style="list-style-type: none"> - Do not stop the ball on the first touch - Prioritise a firm ground pass 	
MICROCYCLE DAY	TIME	SPACE	
MD -4 /MD - 3	2x5 mins	30x20m. 5 equal structures	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength / Endurance	25 players: 5 per structure	Cones and balls	
DESCRIPTION			
<p>In each structure we must have 5 players, we will always have 2 on the sides (red cones) and 3 in the central channel (black cones). The passing sequence starts from player nº1 to player nº2 in the centre, this player will lay the ball off in front of player nº3 so that they can switch to player nº4. After these actions player nº1 changes position with nº2 and nº3 goes to the other cone to offer support to player nº5, who will receive the ball from nº4 (longer pass). Once the ball reaches the other end of the structure the process is the same but on the other side. Then, the players on the sides always move on two cones (red), the 3 players in the middle are switched after each intervention, leaving the 3 spaces occupied.</p>			
VARIANT Nº2		RULES Nº2	
<p>The player in the middle can occupy a side cone, to offer more a longer supporting angle when the ball is in the corners. In addition, there is movement and interchange of positions between the 5 players.</p>		<ul style="list-style-type: none"> - Both ends of the structure must always be occupied with at least 1 player. - Passes may be repeated between players to allow time to occupy the opposite end of the structure. 	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> (+) Play on 1 touch in a bigger space. (-) No touch limit in a smaller space. 		<ul style="list-style-type: none"> - Make the pass firm and to the teammate's feet. - Alternate short and long passes. - Do not stop the ball at the point of the first touch. - Direct the control towards the space where we want to give continuity to the action. 	



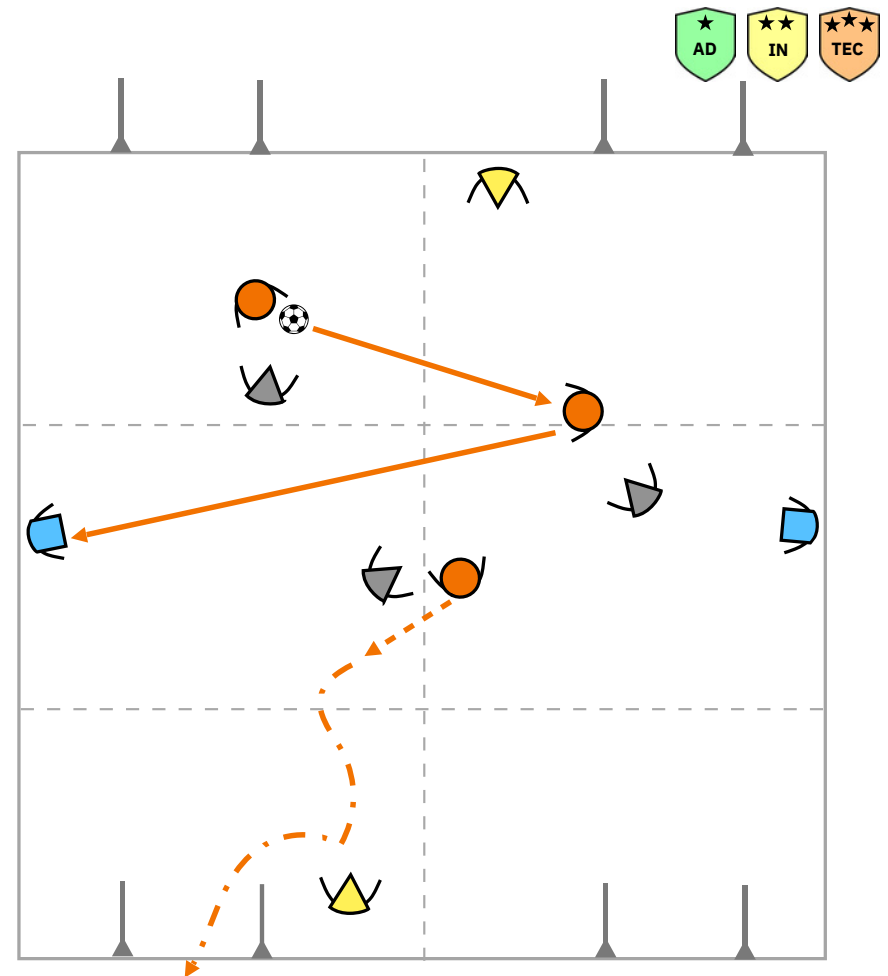
3.



GENERAL COORDINATION GAME

This **General Coordinative Game** focuses on working on one of the specific motor skills: simple control. The objective of the task is to move in the direction in which the ball has been controlled, with the supporting foot, using a single touch on the ground.

CONTENT		CONCEPT
SMS: Controlling the Ball		With the supporting foot and using only one contact to the ground, exit in the direction in which the control has been directed.
MICROCYCLE DAY	TIME	SPACE
-	4 sets of 2 mins with 30 seconds breaks	16x15m with 6 zones: 8x5m sub-spaces
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT
-	8 players: 2 v 2 + 4 Neutral	Bibs, cones and balls.
DESCRIPTION		
We play a possession with two teams on the same spaces. The neutral players will be placed one in each sub-spaces on the corners. The objective is to receive the ball and get into a free space.		
RULES		SCORING
- Defenders: man to man marking.		- Attackers: they will get a point every time they can get into a free space with just one touch. In case they can get into a free space and play to a neutral player is going to be two points.
GRADIENT		FEEDBACK
(+) Add more players. (-) Don't use the defensive rule of man to man marking.		- Orientate the body. - Don't stop the ball. - Use one touch. - Accelerate before to receive the ball.



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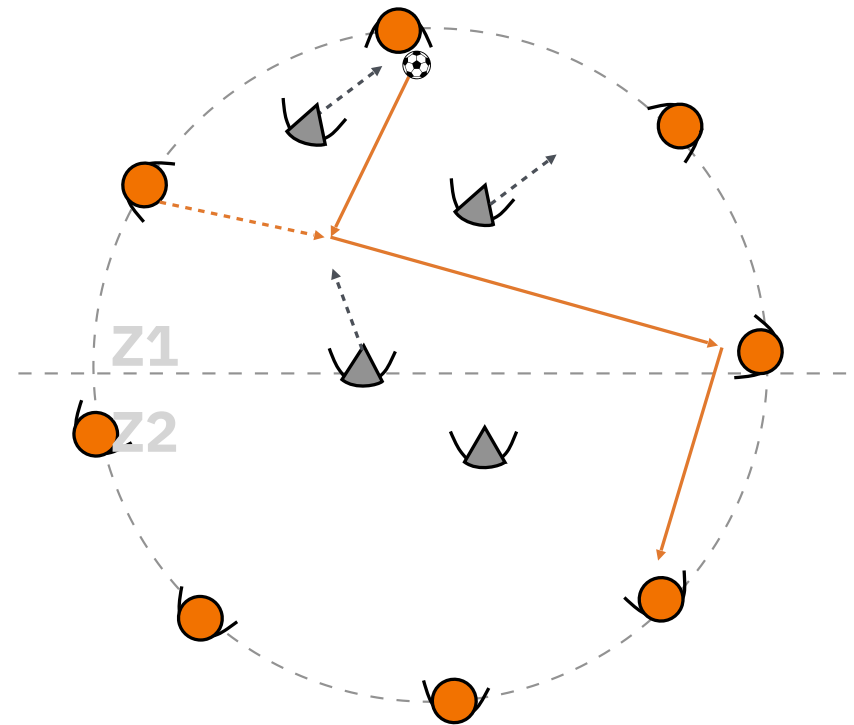
4.



RONDO

This **Rondo** aims to work on the individual basic fundamentals of passing and support. The objective is to hide the pass to catch the defenders off guard and to know how to use lateral support with the body.

CONTENT		CONCEPT	
- IBF: Passing - IBF: Support		- Hide the pass to catch defenders wrong footed. - Supporting with the body side on.	
MICROCYCLE DAY	TIME	SPACE	
MD-4 / MD-3 / MD-2	3 sets of 5 mins.	15m diameter divided into 2 spaces.	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength / Endurance / Speed	12 players: 8 vs 4	Balls, bibs and cones.	
	DESCRIPTION		
Circular rondo divided into two spaces. Attackers can move freely, while defenders must be 2 in each space. There can only be 3 if an attacker receives the ball inside. The attackers score a point each time they achieve an 'out-in-out' sequence. The defenders will be defending for five minutes, and the team with the fewest points scored wins.			
RULES		SCORING	
-The defenders must be 2 in each zone, or 3 in the same zone if they play inside. - Attackers are free to move around the outside of the rondo and may even receive the ball on the inside.		- On completion of the sequence 'out-in-out' 1 point is scored.	
GRADIENT		FEEDBACK	
- (+) There can be up to three defenders in the same zone. - (-) Defenders can only defend within their own zone.		- What do we have to do to prevent defenders from intercepting the pass? - How do we support the ball while see other options on the inside?	



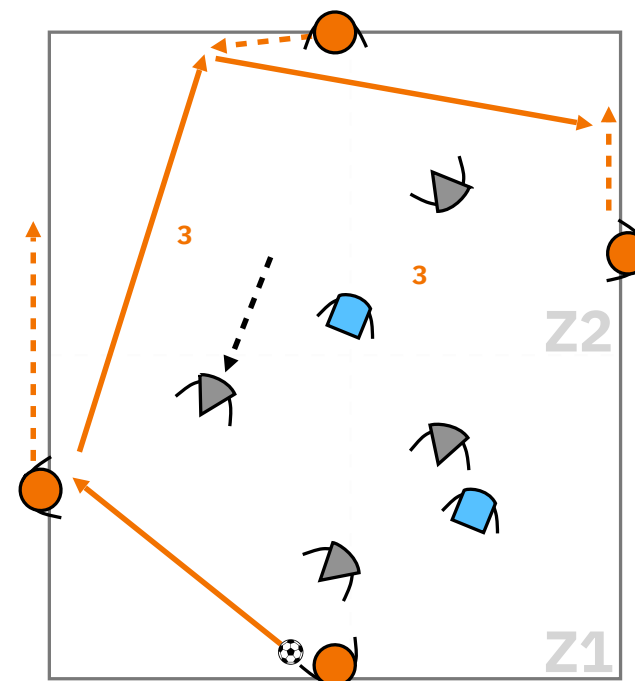
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POSSESSION GAME

This **Possession Game** is used to work on the individual basic fundamental of support, with the objective of not hiding behind the defender.

CONTENT		CONCEPT	
IBF - Support		Avoid hiding behind the defender	
MICROCYCLE DAY	TIME	SPACE	
MD-4	3 sets of 4 mins with 1 minutes break	24x30m. 2 sub-spaces and 4 lanes	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength	10 players: 4 vs 4 + 2 neutral players	Bibs, balls and cones	
DESCRIPTION			
<p>We play with 2 teams of 4 players and 2 neutral. The attackers are placed around the field and the defenders are playing inside of it. Moreover, both neutral players are playing in the middle of the field. The attackers have the objective to maintain the ball possession. When the defenders still the ball they will switch roles, becoming attackers and going out as soon as possible. The attackers will become defenders and should make high pressure to recover the ball immediately.</p>			
RULES		SCORING	
<ul style="list-style-type: none"> -Defenders: maximum of 3 players in the ball área (sub-space) - Attackers: The attackers can move around his area (freely), but not rolling into the inner spaces. 		<ul style="list-style-type: none"> - Attackers: If they can play in 3 of 4 lanes they get 1 point. 	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> - (+) No limit of defenders in the on-ball area. - (-) maximum of 2 defenders in each sub-spaces. 		<ul style="list-style-type: none"> What can I do to receive the ball? How can I avoid the defender's marking? When should I move to receive the ball? 	



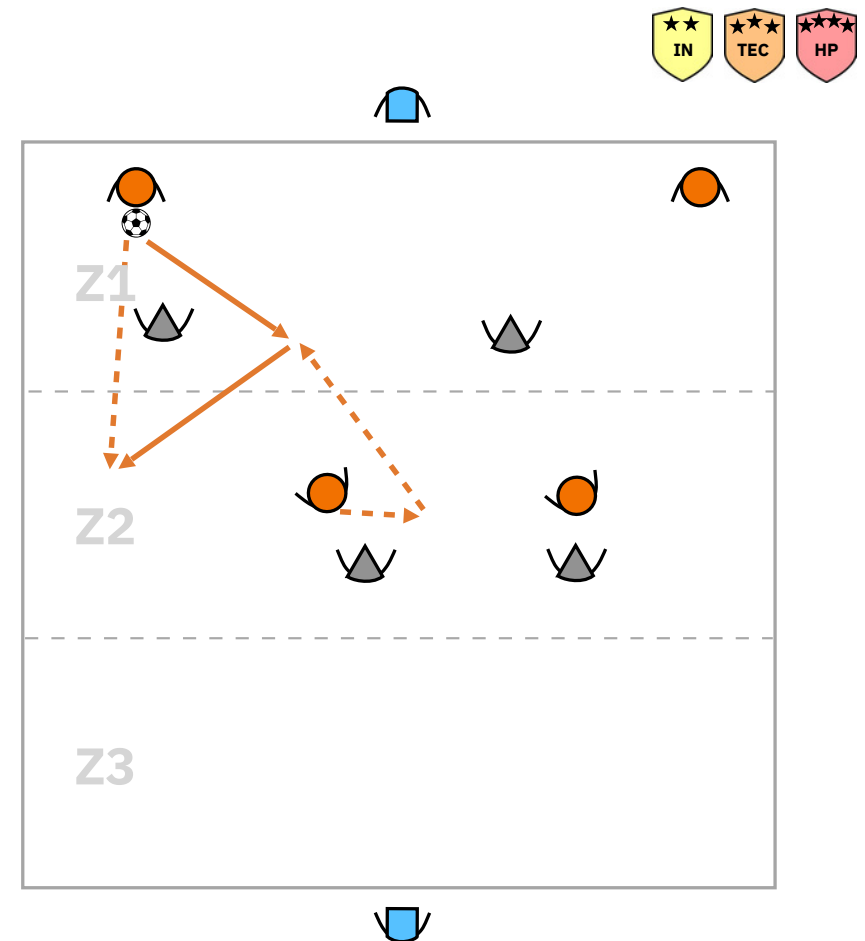
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POLARISED POSSESSION GAME

This **Polarised Possession Game** is used to work on two individual basic fundamentals: dismarking and wall passing. The objective is to make a prior movement towards the opposite spaces where you will run into, and to return the ball to the teammate with a single touch.

CONTENT		CONCEPT	
IBF: Dismarking IBF: Wall Pass		<ul style="list-style-type: none"> - Return the ball to the teammate using 1 touch (preferably). - Make a previous movement towards the opposite space where you are going to make the dismarking movement. 	
MICROCYCLE DAY	TIME	SPACE	
MD-4 / MD-3	3 sets of 3-4 mins with 1 min breaks.	20x30m with 3 equal zones	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength / Endurance		Cones, bibs and balls	
	10 players: 4 v 4 + 2 Neutrals		
DESCRIPTION			
Each team's objective is to carry the ball from Z1 to Z3 and connect with the far neutral to score 1 point.			
RULES		SCORING	
The defending team must defend compactly in two zones (on the ball and adjacent).		In defence, we will score 2 points if we recover the ball in Z3 and connect directly with the neutral.	
GRADIENT		FEEDBACK	
(+) In attack, the Z1 neutral can only be played a maximum of 1 time per possession. (-) The defending team can defend by occupying 2 zones..		<ul style="list-style-type: none"> - What can we do to receive the ball if there is numerical equality inside? - How can we lose the defender? - What is the easiest way to get past a defender collectively? -How many touches should you use to return the ball to speed up the play? 	



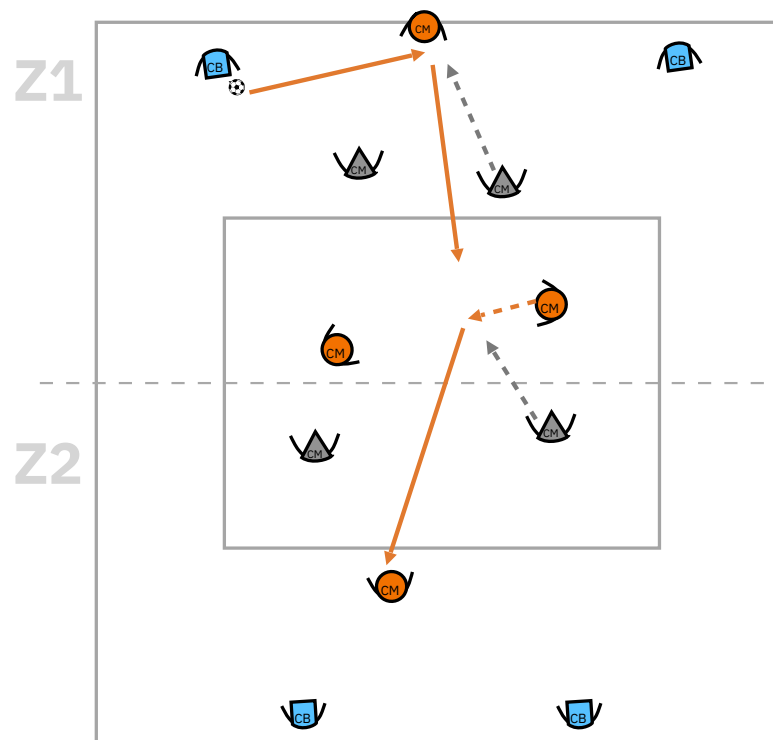
7.



POSITIONAL GAME

This **Positional Game** focuses on the collective basic fundamental of passing lanes. The objective is to find diagonal positions relative to the ball player and the other teammates.

CONTENT		CONCEPT	
CBF: Passing Lines		- Look for diagonal positions with respect to the on-ball player and teammates.	
MICROCYCLE DAY	TIME	SPACE	
MD - 4	3 X 5mins	25 x 35m. With 2 equal zones and an inside square.	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength	12 players: 4 VS 4 + 4 neutrals	Balls, bibs and cones.	
DESCRIPTION			
<p>We will play with 2 teams of 4 players, in addition to having 4 outside neutrals, playing 2 in each zone. The neutrals will act as centre backs when the ball is in their zone, trying to progress in the play and overcome the jumps to press from the defenders. The team in possession of the ball is positioned with two players inside the square and one in each zone, being on the outside of the square. The defenders are positioned with two outside the square, in zone 1, trying to press and recover the ball. The other two defenders can be inside the square in zone 2. The aim of the attacking team is to get the ball to the outside neutrals in the opposite zone, passing through the inside square. If the defenders recover the ball, the same dynamic is carried out for them, turning them into attackers and the defenders into defenders dynamically.</p>			
RULES		SCORING	
<ul style="list-style-type: none"> - Attackers: only the wide midfielder within zone 2 can enter the square. - Defenders: maximum 3 players in the ball zone. Outside neutrals: always play from their own zone. 		<ul style="list-style-type: none"> - Attackers: each time they manage to connect directly from inside the square with the opposite teammates they score 1 point. When the ball reaches them the attacking direction of the task is reversed. 	
GRADIENT		FEEDBACK	
(+) defenders inside the square can both enter the ball zone (-) increase the width and depth of the inside square.		When should we approach and support the teammate under pressure? How can we overcome the opponent's pressure? What do I have to do to play in progression?	



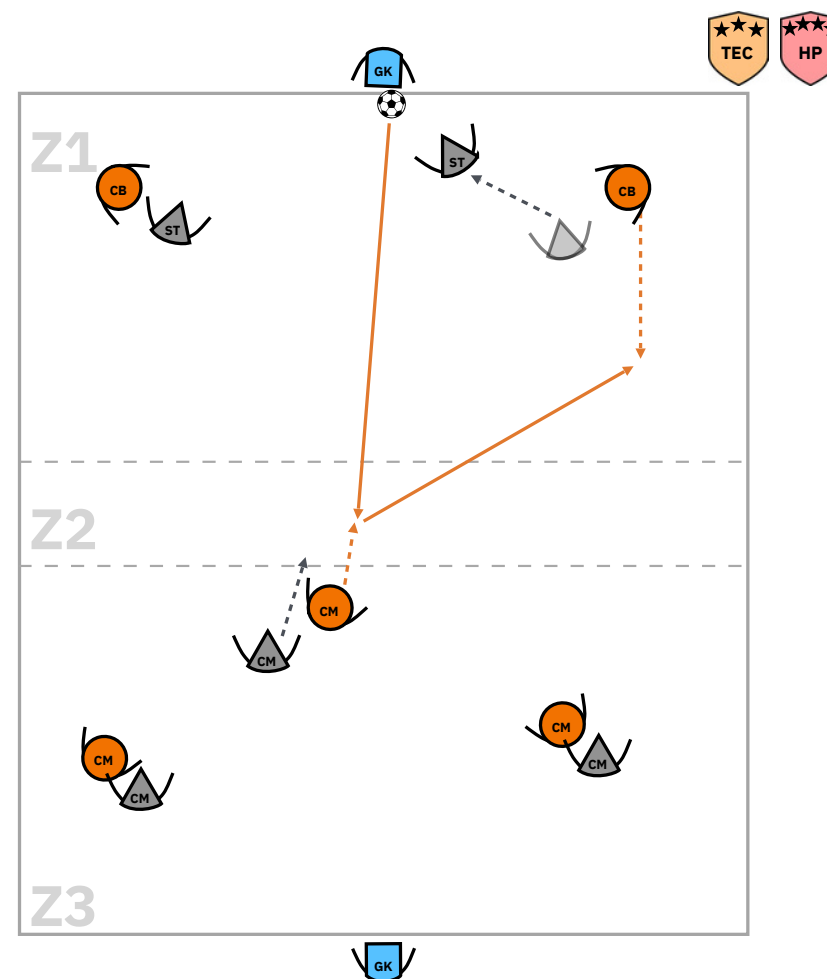
8.



REDUCED POSITIONAL GAME

This **Reduced Positional Game** is used to train the universal collective fundamental of playing with the third man. The objective is to receive the ball behind the pressure line to offload it with a single touch advantageously for the teammate, as well as to identify oneself as the third man to support and receive the ball in an advantageous situation.

CONTENT		CONCEPT	
UCF: Playing with the 3rd man.		Receive behind the line of pressure to lay-off with one touch to create an advantage for the teammate + identify yourself as the third man to support and receive the ball in an advantageous situation.	
MICROCYCLE DAY	TIME	SPACE	
MD-4	4 sets of 4 mins	25x35m with 3 zones.	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength	12 players: 5 vs 5 + 2 outside neutrals	Balls, bibs and cones.	
DESCRIPTION			
<p>Each team plays with two centre backs and three midfielders in attack, and two forwards and three midfielders in defence. The space contains a halfway zone in which defenders can only enter if an attacker or the ball enters. In order to score, the ball must be moved from one neutral to another without losing possession of the ball. These will act as GKs or forwards depending on which team is in possession of the ball.</p>			
RULES		SCORING	
<ul style="list-style-type: none"> - Defenders must mark individually in the far zone. - Defenders can only enter the halfway zone when the ball enters, not before. - Attackers play free. 		<ul style="list-style-type: none"> - Move the ball from neutral to neutral = 1pt. - If you win the ball from the neutral and get to the far neutral = 2pts. 	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> (+) Defenders can enter the halfway zone when their direct opponent enters. (-) If the attacker enters the far zone, the defender can enter once they receive the ball. 		<ul style="list-style-type: none"> - Where should we position ourselves when our direct defender jumps to press? - What do we achieve with this new position? - How does the second player have to pass the ball to take advantage of the situation? 	



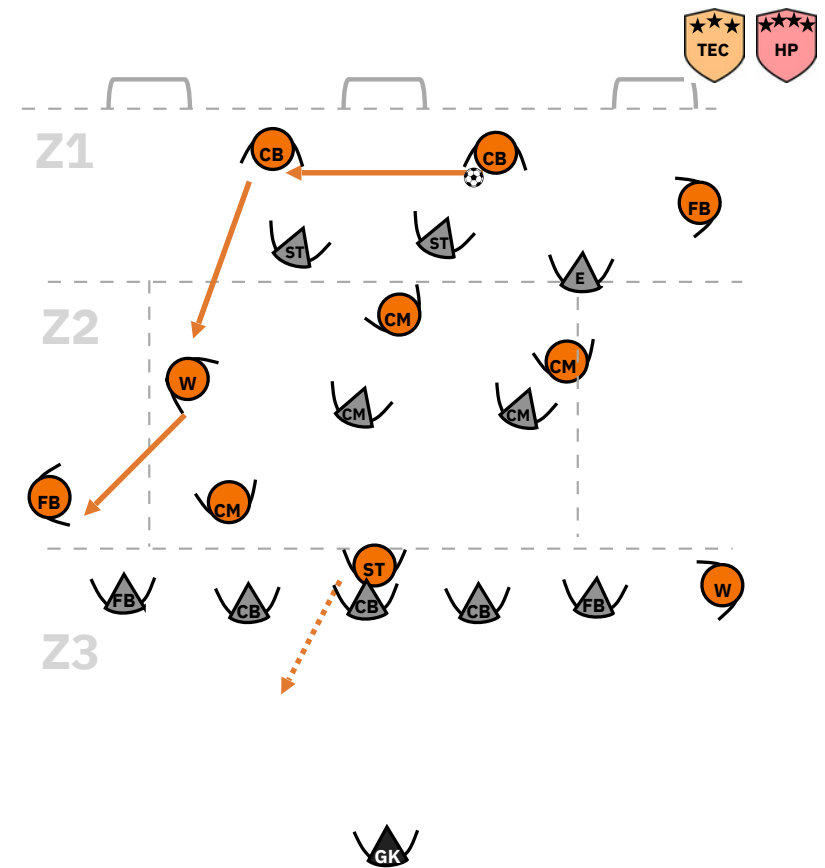
9.



DISCONTINUOUS INVASION GAME

This **Discontinuous Invasion Game** aims to work on the collective basic fundamental of ball circulation strategies. The objective is that when our teammate with the ball is under heavy pressure, we can offer clear support after ball circulation and patterned player movements in the intervention zone.

CONTENT		CONCEPT	
CBF: Ball Circulation Strategies		- We will drag a defender from the halfway line to leave space for the ball to progress between the defensive line and the forward line.	
MICROCYCLE DAY	TIME	SPACE	
MD - 2	2 X 8mins / 4 x 4mins	60 x 80m. 3 different zones	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Speed	21 players: 10 vs 10 + 1GK	1 full-sized goal, 3 small goals, balls, cones and bibs.	
DESCRIPTION			
<p>We play with an attacking team in a 4-2-3-1 structure, two centre backs, two full backs, two midfielders, two wingers, one attacking midfielder and one striker. The defending team is positioned in a GK-5-2-3; goalkeeper, three centre backs, two wing backs, two midfielders and 3 strikers. The aim of the attackers is to break through zones to finish to the goal. On the other hand, if the defenders win the ball back, they must finish in the small goals in zone 1.</p>			
RULES		SCORING	
<ul style="list-style-type: none"> - Attackers: must cross zones with a pass. - Defenders: maximum two players of the defensive line can be inside zone 2. 		<ul style="list-style-type: none"> - Attackers: goal after playing in all 3 channels is worth double. - Defenders: goal in the small goals in less than 5 passes is worth 3 points. 	
GRADIENT		FEEDBACK	
<p>(+) free for defenders to enter zone 2 in the central channel. (-) Only one defender can enter zone 2.</p>		<p>What kind of passes help us to attract defenders? What spaces do we need to occupy to overcome the opposing midfielders? How can we attack the advantages once they have been opened up?</p>	



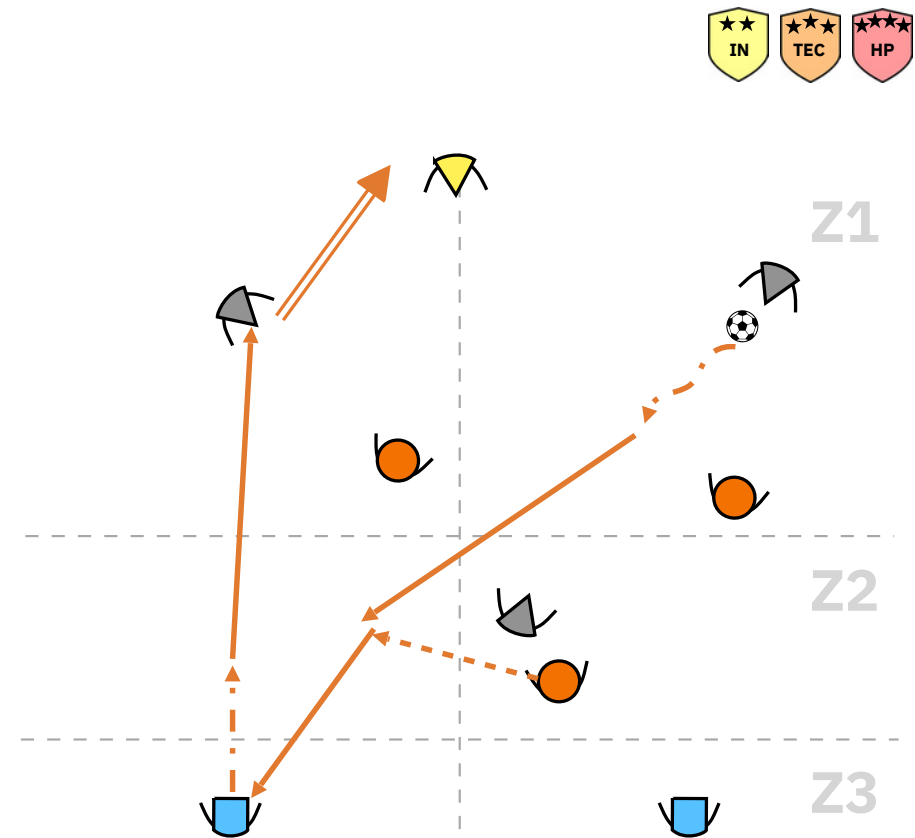
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ALTERNATION GAME

This **Alternation Game** is used to work on the basic individual fundamental of support. The objective of the task is not to hide behind the defender.

CONTENT		CONCEPT	
IBF - Support		Avoid hiding behind the defender	
MICROCYCLE DAY	TIME	SPACE	
MD-4	4 sets of 3 mins with 1 min break	30x40m	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength	9 players: 3 vs 3 + 2 attacking neutrals and GK	Goal, balls, bibs and cones.	
DESCRIPTION			
Initially the attacking team plays with a GK+ 3 players against 3 defenders. The 2 neutrals, located in zone 3, cannot participate outside their zone until one of them receives the ball. The playing space is divided into 3 different zones: zone 1 measures 30x20m, zone 2 measures 30x15m and finally zone 3 is 30x5m. All zones are divided into two equal channels. The attacking team starts the game from the penalty area zone with the objective of connecting a pass with one of the neutrals to 'unlock' them and generate a 5 vs 3. Once the neutrals are successfully played to, the attacking team must score a goal in the goal. If the defenders recover the ball, the neutrals return to their position in zone 3 and must connect with them again to attack the goal.			
RULES		SCORING	
<ul style="list-style-type: none"> - Attackers: must pass from one zone to the other. - Defenders: maximum 2 in each zone. 		<ul style="list-style-type: none"> - 1 point is scored each time a goal is scored. If you manage to play to the neutrals from zone 2 and then score, the point is doubled. 	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> - (+) Defenders will man-mark. - (-) One of the neutrals can participate in zone 2 generating an additional superiority. 		<ul style="list-style-type: none"> - What can I do to receive the ball? - How can I avoid the defender's marking? - When should I move to receive the ball? 	



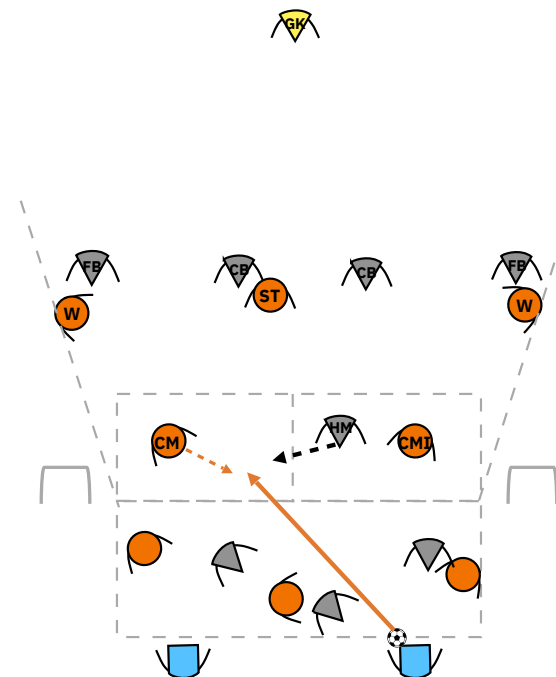


OPPOSITION CHAINED GAME

This **Chained Opposition Game** focuses on working on the collective basic fundamental of passing lanes, and the individual basic fundamental of passing. The objective is to offer a passing lane behind the direct opponent to overcome their pressure line, and to make an advantageous pass to a teammate.



CONTENT		CONCEPT	
- CBF: Passing Lines - IBF: Passing		- Give a passing line behind the direct opponent to overcome their line of pressure. - Make a pass with an advantage for the teammate	
MICROCYCLE DAY	TIME	SPACE	
MD-4	20 mins in short sets	½ 11v11 pitch	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength	19 players: 3 vs 3 + 2 neutrals + 5 vs 5 + GK	Cones, bibs and balls	
DESCRIPTION			
<p>Possession zone of 3v3+2Ns outside where they will have to pass to the inside players (intermediate zone) vs. a holding midfielder. Once the first zone has been overcome, it will be a discontinuous invasion game of 5 vs 5+N. If the defenders regain the ball, they will have 4 passes to score in the small goals. The players will change roles in each set, and each team will start the attack once, regardless of whether they attacked previously or not.</p>			
RULES		SCORING	
<ul style="list-style-type: none"> - The defenders in the first zone cannot defend backwards. - The attackers, once they connect with the inside defenders, will finish their role. 		<ul style="list-style-type: none"> - Goal =1 pt. - If defenders score on small goals in four passes, they score 1 point. 	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> - (+) a defender can defend backwards when the ball comes out of possession. - (-) the holding player must defend only one space and free the other space while the ball is in possession. 		<ul style="list-style-type: none"> - Who is the player with the biggest advantage? - What spaces do we need to occupy in order to overcome the pressing line? - Which pass guarantees us more control? 	



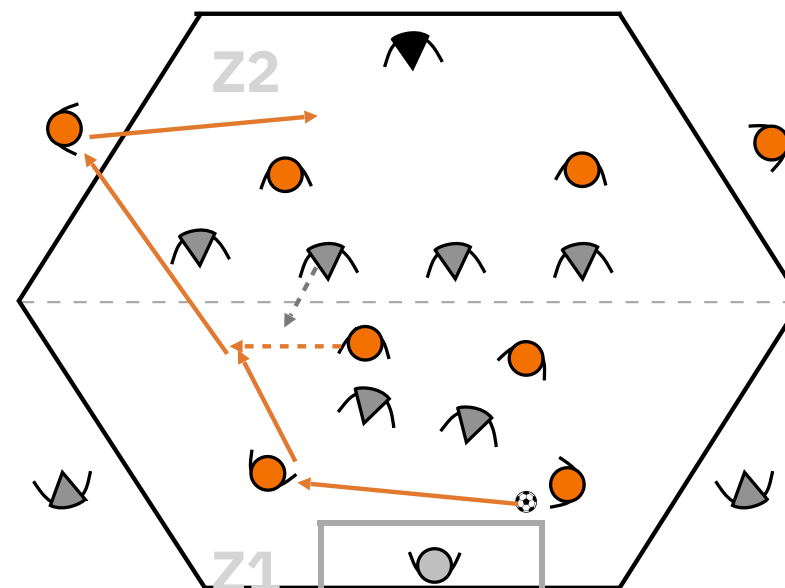
12.



REDUCED GAME

This **Reduced Game** aims to work on the collective basic fundamental of passing lanes. The objective of the task is to open multiple passing lanes avoiding getting hidden behind the defender.

CONTENT		CONCEPT	
CBF: Passing Lines		Open multiple passing lines (do not hide behind the defender).	
MICROCYCLE DAY	TIME	SPACE	
MD - 2 / MD -1	3x5 mins	40x32m. 2 equal zones of 40x16m.	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Speed / Activation	18 players: GK+6+2 vs GK+6+2	Cones, bibs, balls and a full-sized goal	
DESCRIPTION			
<p>We will play with two teams made up of the same players, GK+6 and two players offering support from the outside in zone 2 for each team. Therefore, in the inside space we will have a GK+6 vs GK+6. The attacking team can have a maximum of 4 players in zone 1, while the defenders must be structured with a line of 4 inside zone 4 and a line of 2 forwards in zone 1. The objective of the attackers will be to progress to zone 2 and finish in the opponent's goal. As for the defenders, they will have to recover the ball and then also try to finish in the opponent's goal.</p>			
RULES		SCORING	
<ul style="list-style-type: none"> - Attackers: to move from one zone to the other, a pass must be made. - Defenders: only 1 player can jump from the line of 4 in zone 1. 		<ul style="list-style-type: none"> - Attackers: goal after connecting with outside players is worth double. Normal goals are worth 1 point. - Defenders: recovering the ball in zone 1 and scoring a goal is worth 3 points. 	
GRADIENT		FEEDBACK	
<p>(+) The goal must be from zone 2. (-) No player of the line of 4 in zone 2 may enter zone 1.</p>		<p>¿Where should we receive the ball to be able to progress in attack? When should we drop down to give the option of passing to the centre backs? How should we shape our body to facilitate the progression of play?</p>	



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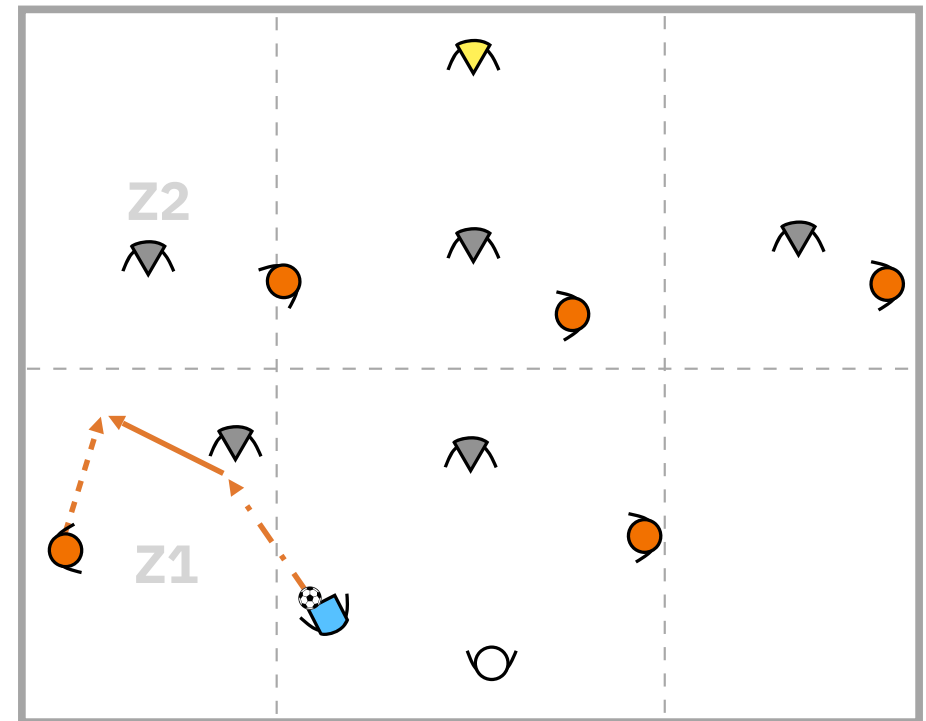


REDUCED GAME

This **Reduced Game** aims to work on the collective basic fundamental of numerical superiority, with the objective of solving 2 vs 1 situations by passing or progressing.



CONTENT		CONCEPT	
CBF: Numerical Superiority		Solve 2-on-1 situations by passing or progressing (ATT).	
MICROCYCLE DAY	TIME	SPACE	
MD-4 / MD-2	3 sets of 4 min with 1-2 min breaks / 4 sets of 2 mins with 2 min breaks	30x18m with 6 equal sub-spaces.	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength / Speed	13 players: 5 v 5 + 2 GKs + 1 Neutrals	Cones, bibs and balls.	
DESCRIPCIÓN			
The objective will be to score in the opponent's goal.			
RULES		SCORING	
<ul style="list-style-type: none"> - Defensively, there can only be one defender in each sub-space. - There is offside in Z2. - Every time the ball goes out the goalkeeper restarts the play. 		- Goal = 1pt.	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> (+) Allow 2 defenders per sub-space. (-) Increase the playing space. 		<ul style="list-style-type: none"> - How can we overcome the defender inside the sub-space? - How many players do we need? - What options do we have to overcome it with 2v1? - Which way do we fix the opponent if we want to beat them on the outside? - What if we want to beat them on the inside? 	



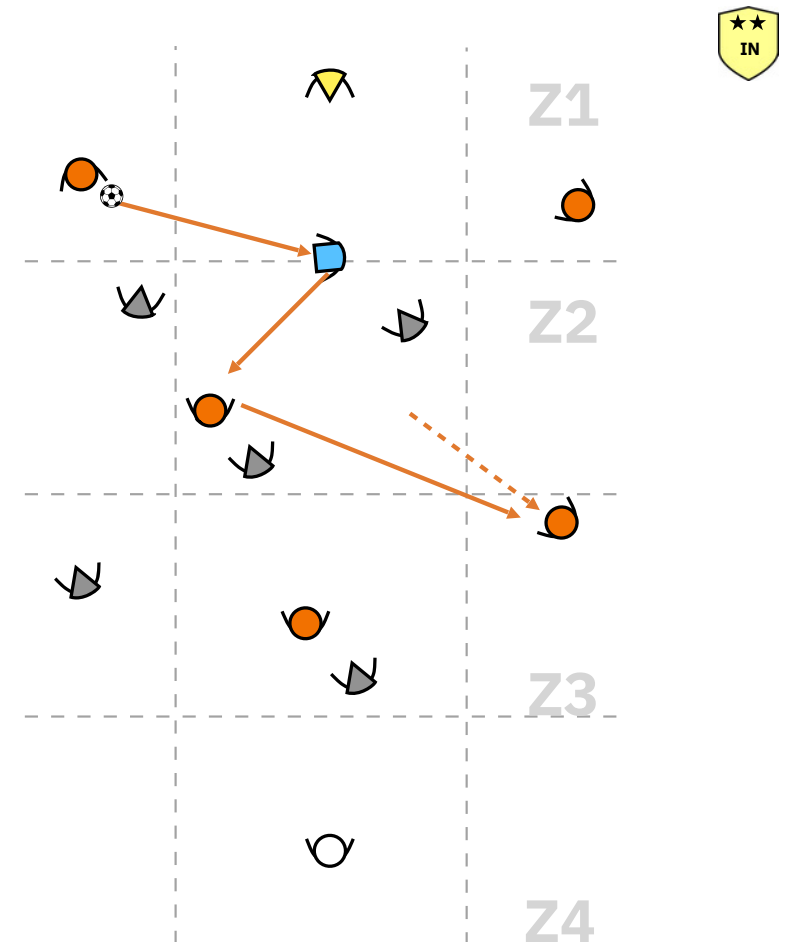
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REAL CONDITIONED GAME

This **Real Conditioned Game** aims to work on the collective basic fundamental of switching play. The objective of this task is to occupy the free spaces in width to receive the switch of play.

CONTENT		CONCEPT	
CBF: Switching the play		Occupy the free spaces of play in width to receive the switch of play.	
MICROCYCLE DAY	TIME	SPACE	
-	3 sets of 6 mins with 1 min break	34x50m	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
-	12 players: 5 v 5 + 2 GKs + 1 neutral	Cones, bibs, balls and goals	
DESCRIPTION			
<p>We will play with two teams of GK+5 and an attacking neutral who will be able to move without limitations. The two teams will play with 2 defenders, 2 midfielders + the neutral and a striker. The aim is to progress in the play to finish in the opponent's goal from inside zone 4.</p>			
RULES		SCORING	
- Defenders must compact the team and shift to the central channel when the ball arrives to the wing.		- If the attacking team score a goal after playing in the 3 channels = 3pts	
GRADIENT		FEEDBACK	
(+) You can only pass out of the zone and channel - you cannot drive with the ball into another zone. (-) Maximum of 3 players in a zone		What space can I occupy if I am away from the play? How should we take advantage of the opposition's shifting? When should I open up the width of the pitch?	



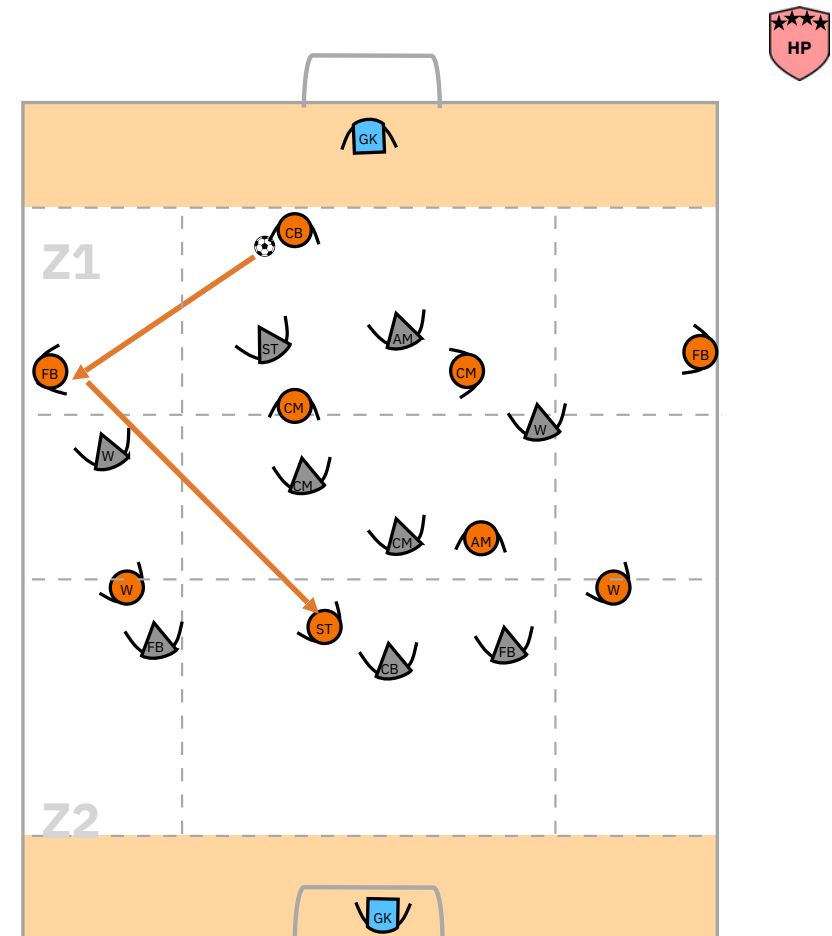
15.



REAL CONDITIONED GAME

This **Real Conditioned Game** is used to simultaneously work on the Game Model of the two roles: offensive and defensive. For the attacking team, the objective will be to lower the position of the players in the first line to offer passing lanes that allow us to overcome the opponent at the build up moment (play to attract). For the defending team, the objective will be to defend compactly prioritizing the defense of the central lane while reducing the distance between lines.

CONTENT		CONCEPT	
1 GM - ATT: CIRCULATION OF THE BALL (PLAY TO ATTRACT) 2 GM - DEF: CBOMPACT TEAM BEHIND THE BALL		- Lower the position of the players in the first line to give a passing line. - Prioritise the defence of the central channel, keeping the block compact with reduced distances between lines.	
MICROCYCLE DAY	TIME	SPACE	
MD - 4 / MD - 3	3x5 mins	40x60m. 2 zones	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength / Endurance	20 players: 9 vs 9 + 2 attacking neutrals	4 small goals, balls, cones and bibs	
DESCRIPTION			
We will play with two teams of 9 players in a 3-2-3-1 structure in attack; one centre back, two full backs, two midfielders, one attacking midfielder, two wingers and one striker. In defence, the teams defend in a 3-4-2 structure. The aim of the attackers is to progress in the play and finish in one of the small goals from close range. On the other hand, the defending team must try to win the ball back in order to attack.			
RULES		SCORING	
- Attackers: minimum of 3 players must be in zone 2. - Defenders: free.		- Attackers: the goal can be from outside the scoring area (orange) if the play is connected with the neutral. If not connected, it must be from inside. - Defenders: if they score with less than 3 passes, the goal counts double.	
GRADIENT		FEEDBACK	
(+ Play on 2 touches. (-) Free for the attackers.		How should you defend the midfielders' line? How can you prevent the inside pass?	





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