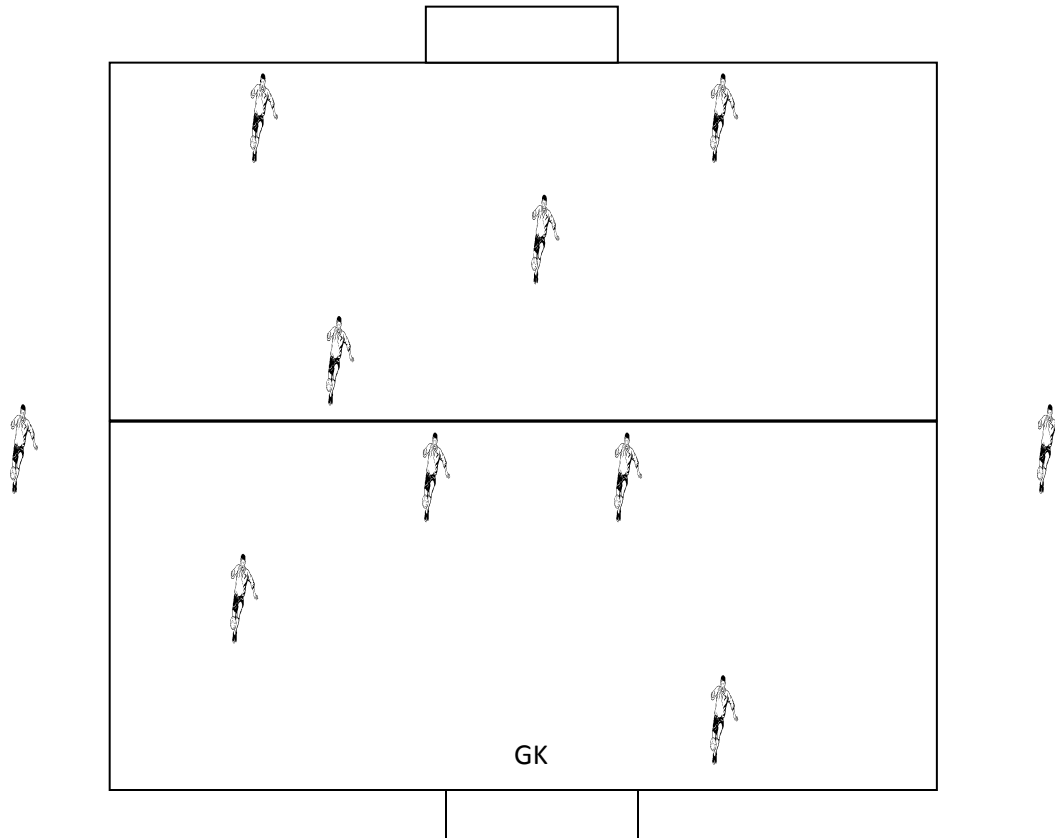


Improving Players Understanding and Ability To Play Early Balls Behind and In Front of Opponents Back Line and Use of The Cut Back Option.

Equipment: 10 cones, 10 bibs (4 blue, 4 Red & 2 yellow), 20 balls

Playing space: 44 yards wide, 36 yards long



Using The Cut Back Option:

One team maintains possession and play to the players in the wide space. The wide players must attack the goal line and pass to the cut back space (between the top of 6 yard and 18 yard boxes). The wide players play with one team for a set period of time (4 – 5 min.) to create a 6 v 4 and they cannot be defended. The defending team (4 players) can score immediately when they win possession.

The defending team can occupy the space in the box but they are NOT allowed to intercept the cut back pass. This will provide more repetition for finishing balls served into the cut back space.

The game always starts with the goalkeepers.

Coaching Points:

- a. Movement to get outside defenders vision
- b. The run inside the box to drive defenders back and then check back to the cut back space.
- c. Timing of runs – visual contact with server to initiate runs
- d. Verbal and non-verbal communication

Playing Early Balls Behind and In Front Opponents Back Line

When the ball is played to the wide players, the defending team must stand “freeze” with back to their goal. The attacking players must drag away outside of their defender’s vision and time their runs to use the offside space.

Variation 1: The defending players must back peddle thus creating opportunities for early bending balls into the offside space.

Variation 2: Defending players must turn and run/recovery facing their goal.

Coaching Points:

- a. Movement to get outside defenders vision
- b. Decision of when to run in front or behind your defender
- c. Tracking the deepest defender to stay onside
- d. Timing of runs – visual contact with server to initiate runs
- e. Verbal and non-verbal communication