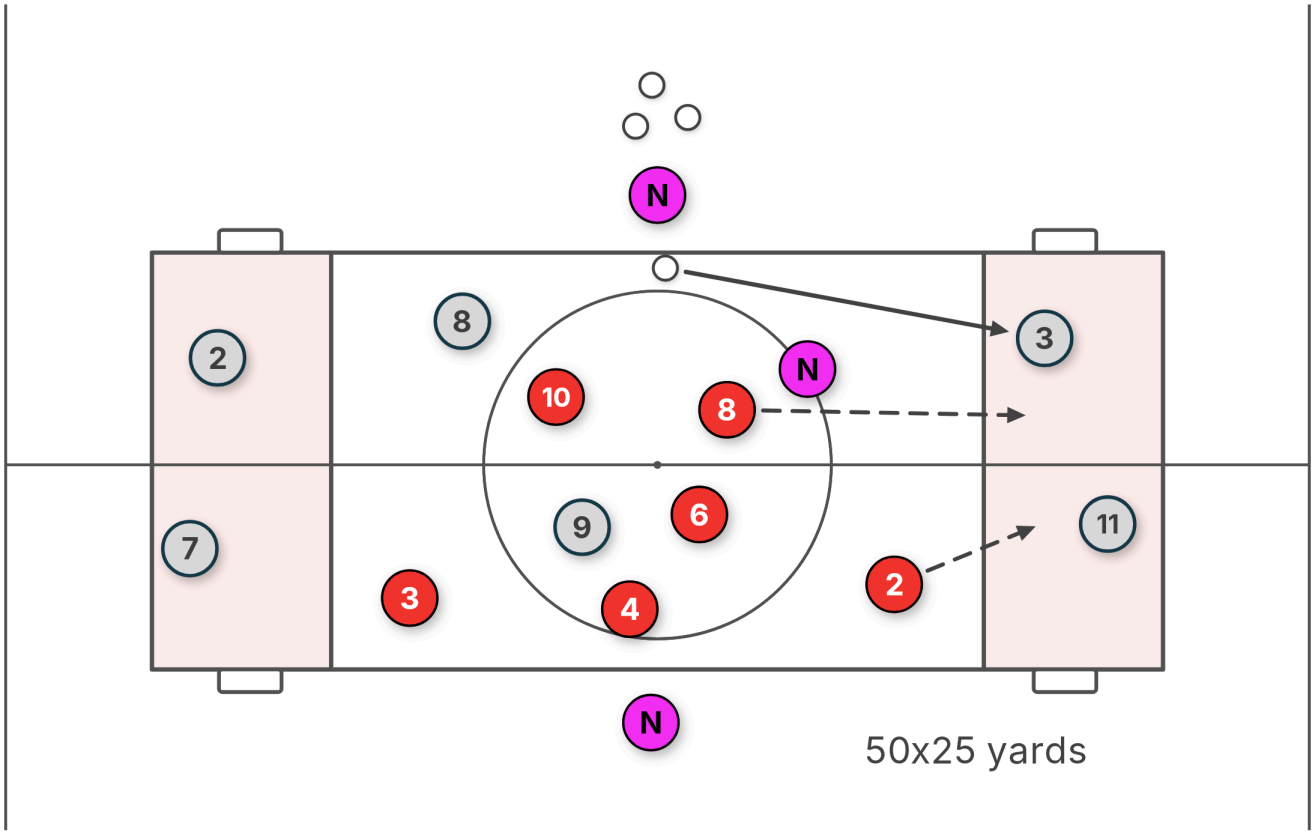
DEFENDING · MIDDLE THIRD · EXERCISE 3

6V6 PLUS 3 IN 3 ZONES

Session: Using a Midfielder to Defend Wide Overloads



SPACE	PLAYERS	SETS	WORK	REST	TOTAL
50x25 yds	6v6+3	4	4 min	1 min	20 min

SETUP

The opposing team starts each play, and can score in the 2 goals in front of them after 5 passes. The focus team can only have 2 players in wide zones at a time and counters to the small goals in front of them when they win the ball.

FOCUS TEAM'S OBJECTIVE

Focus on shifting quickly as a group to press the ball in wide areas, so they can quickly counter to the 2 small goals.

WHAT OPPONENT FOCUSES ON

Focus on moving the ball quickly using the whole space, so they can go to the small goals after 5 passes.

KEY COACHING POINTS

- Speed of play.
- Shifting as a group.
- Communication.

POSSIBLE VARIATIONS

Can take away the neutral if it is too difficult to cover the space.

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