



EBOOK

50 CONTEXTUALIZED



**FOOTBALL TRAINING
EXERCISES**

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team sports management

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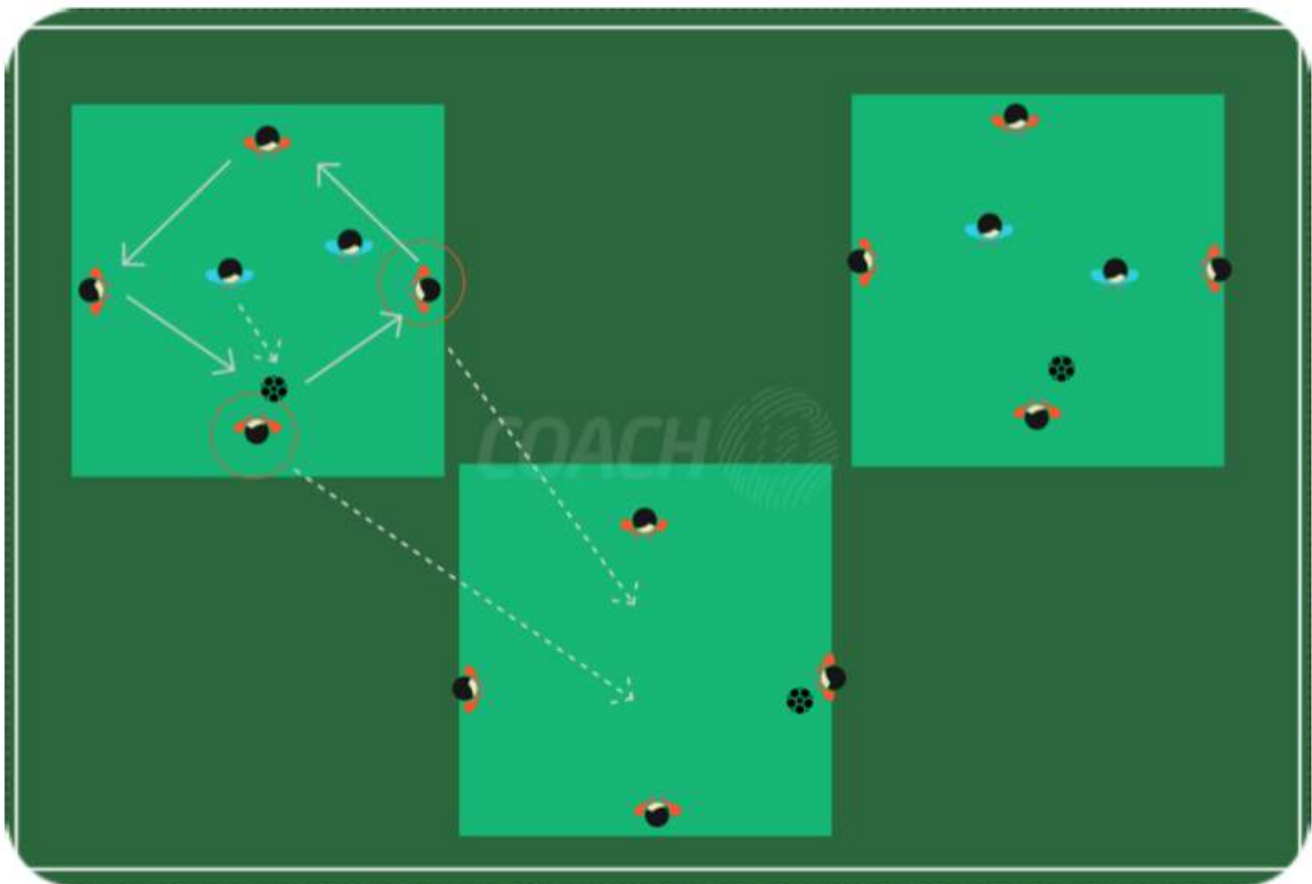
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Exercise 9. Rondos with defensive transition

Description/Objectives: 4v2 or 6v2 actions. For this exercise it is essential that you create pairs that will work together to recover the ball.

Three playing areas are drawn, with some distance between them. One of these areas has no one defending, so the outside players exchange the ball among themselves. In the other two areas a normal rondo develops, and when the defending group recovers the ball, the pair that lost the ball should quickly go out to press in the free playing area.

In addition to short space combinations by those with the ball, we bring to this exercise a defensive transition stimulation.



Form: 4v2 or 6v2

Duration/pause: 2x5' | 1'

Orientation: Tension/Duration

Regime: Anaerobic/Aerobic

Progressions: Increase or decrease the space between the fields.

The playing area will be between 10x10m and 15x15m.

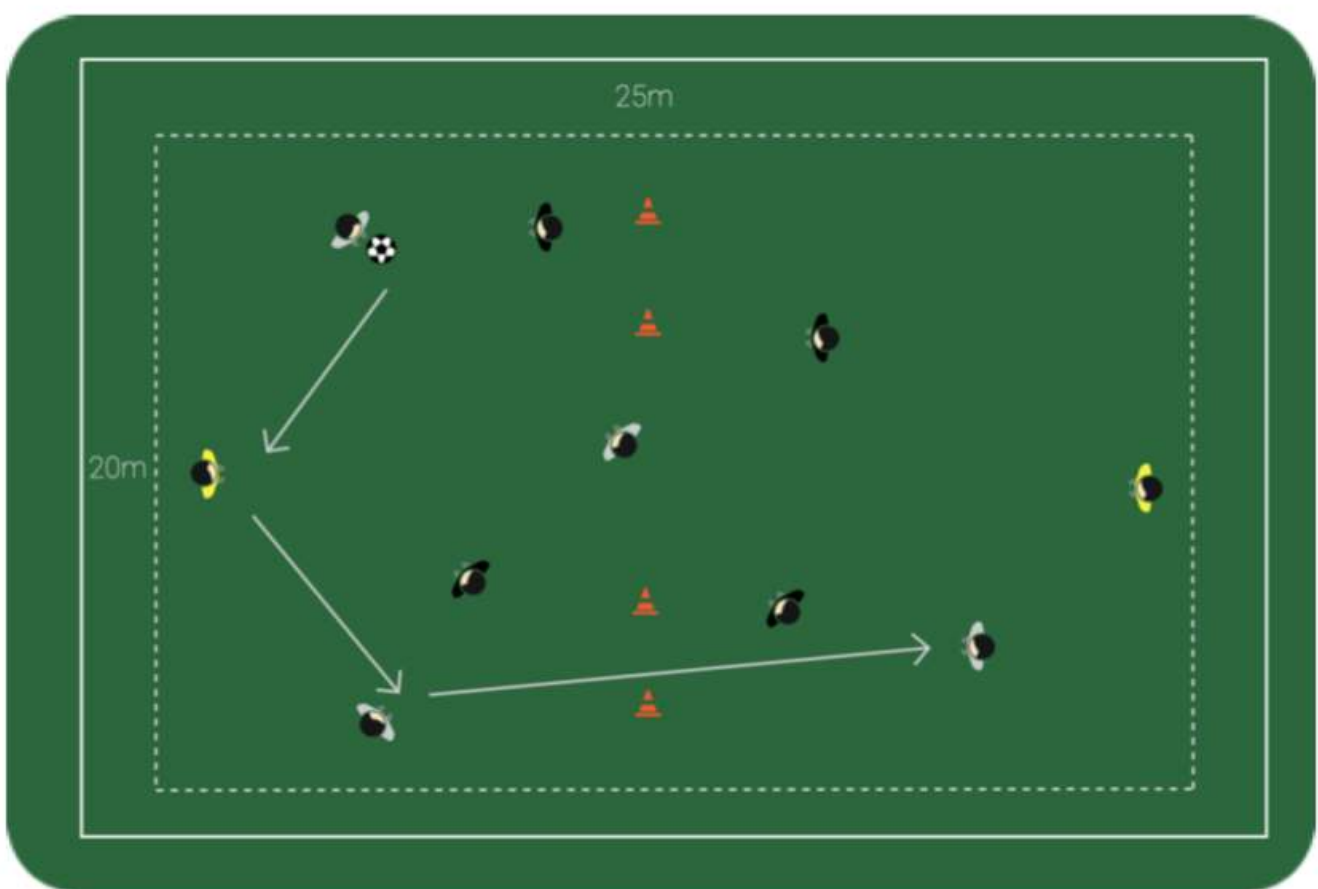
The game cycle reminds us of the importance of maintaining a good offensive balance, that allows the reaction at ball loss to be facilitated by the team's positioning on the field. In this previous exercise we focused on the emotional-volitional structure that facilitates a quick reaction to a loss. In the next one we will include a more specific approach to the tactical structure, using a positional rondo.

Exercise 15. 4v4+2 focused on the pass between sectors

Description/Objectives: In this possession exercise we intend that the players can build linking actions between each other essentially through sectorial passes, symbolized with the two goals. Every time a pass between elements of the same team goes in there is worth 1 point.

Two jokers are placed at the depth of the field but we will allow them some mobility. This way we transform every ball action into a 6v4. And, whenever the opponent is positioned in a way to cover the goals, a fast circulation will be fundamental, varying the side of the game and exploring a momentary defensive imbalance of the other team.

To make this exercise more specific within the socio-affective structure, we can create teams whose players have more constant connection actions in the game (e.g. CB with CM; FB with W; OM with ST).



Form: 4v4+2

Duration/pause: 4x3' | 1'

Orientation: Tension/Duration

Regime: Aerobic

Progressions: In case the players of the defending team are only concerned with goal protection and don't go out in pressure, we can define as a rule that the pass between the two jokers is also worth a point. This way, the defending team will have to cover 3 lanes instead of only two, and we make sure that they don't remain only in goal coverage.

Exercise 38. Defensive Organization + Counter-Attack

Description/Objectives: This exercise always starts with offensive action in numerical superiority (7v6 + GK). Team in possession tries to create finishing actions in the last third of the field. Whenever they finish, they come out with the ball again.

The team in the defensive process has the mission of working in a compact way to prevent penetration/finalization. When they recover the ball, the goal is to quickly connect to the group of attackers located in the opposite half and that will develop a counter-attack situation against 2 CB+GK.

In this task the coach will decide in which of the game phases he puts his focus. If it is the space of phase "goal protection" + offensive transition, it will be important to define:

- Positioning of the two CMs to close of the central channel;
- Coordination of the defensive line in pressing and controlling the covered/discovered ball;
- Moving up the defensive line to the cone mark when the counter-attack develops.



Form: 7v6+GK / 3v2+GK

Duration/pause: 2x12' | 1.30'

Orientation: Speed/Duration

Regime: Anaerobic/Aerobic

Progressions: In the second period the teams switch sides/function.

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