



Practice Title:

20-P9 The Attacking Full Back in a 433

Objectives:

This functional practice develops full backs ability to combine in the final third to finish

Duration

30 Mins

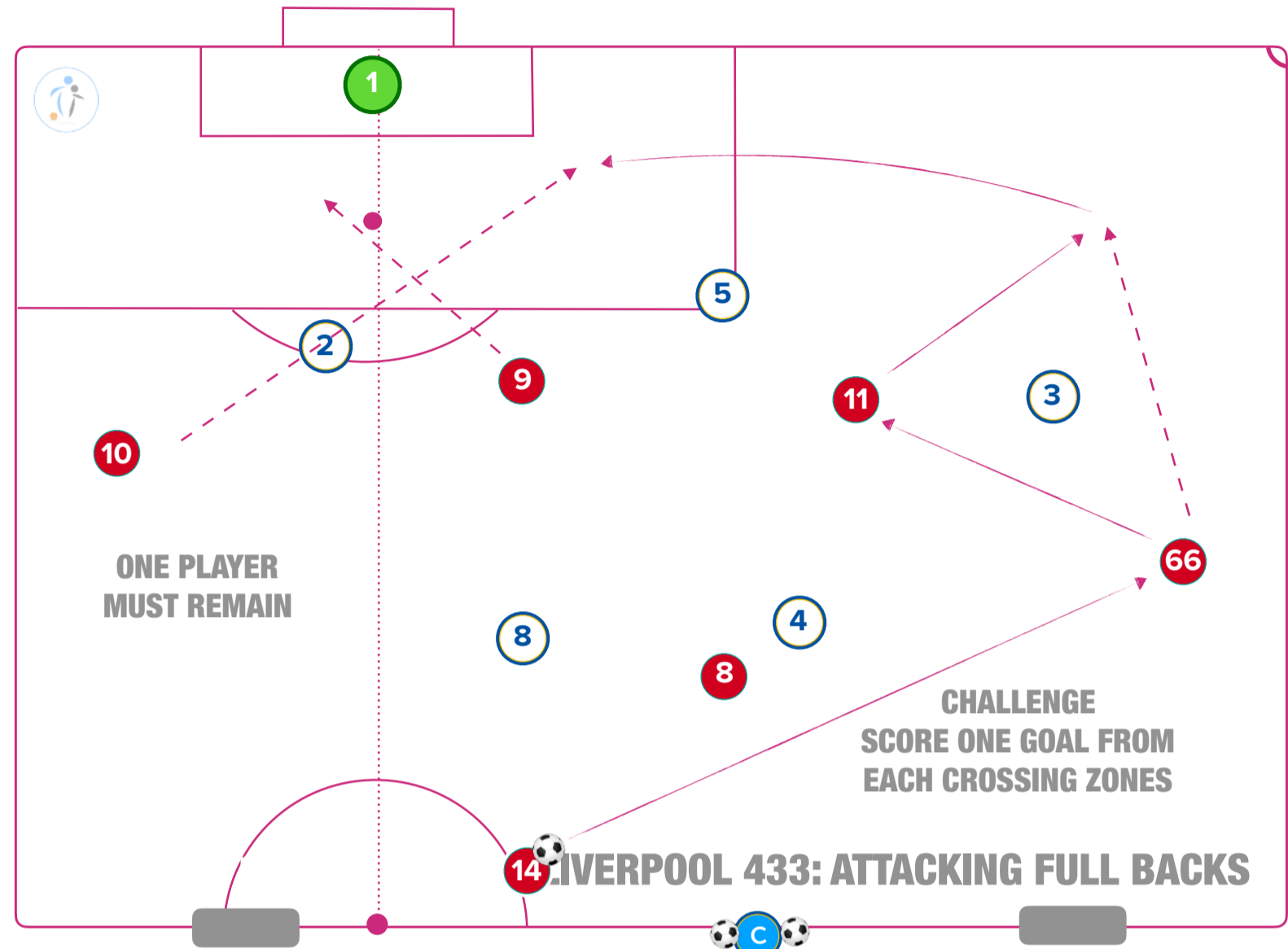
Practice Area

40 x 40 Yds

Number of Players

12+

Work to Rest



Technical

- Passing quality
- First touch into space
- Crossing quality

Tactical

- Timing of movement
- Combination play with attacking players

Physical

- Acceleration to move onto the ball
- Agility to lose defenders

Psychological / Social

- Relationships with attacking players
- Playing under pressure to take players on

Organisation:

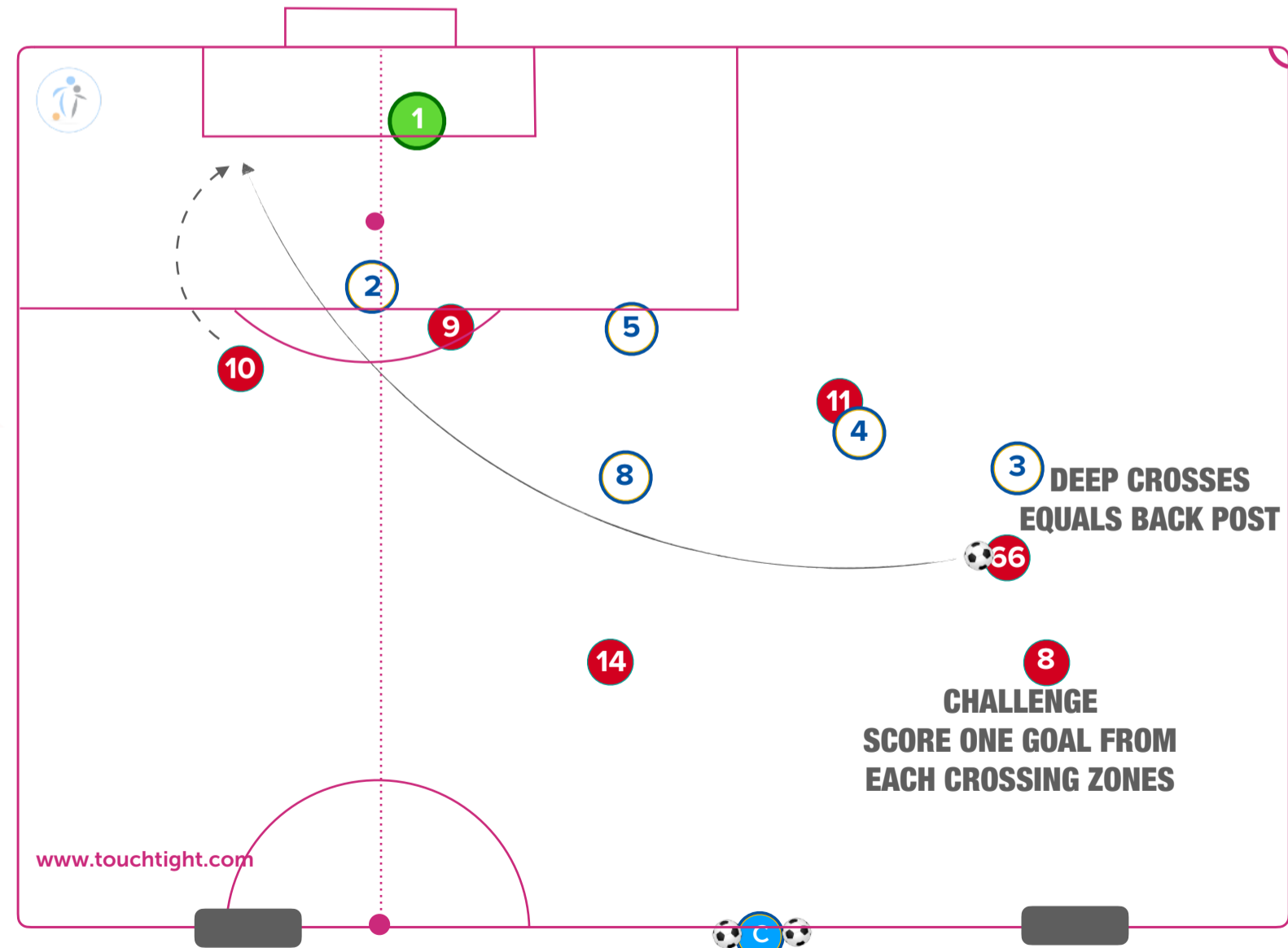
This Functional Practice is a 6 v 5 attacking practice and focuses specifically on our full backs relationship with our central midfielder, attacking midfielder and striker. As the coach you can initialize specific attacks for our full back, developing opposed 1 v 1, 2 v 1 and unopposed situations.

Key Coaching Points

- Player to Player understanding
- Timing of movement (Go & Show)
- Communication to improve timing of movement in the final third

Progression 1:

Defending team kept engaged with 2 mini goals to score into within 10 seconds of regaining possession. Work the opposite side to engage both full backs and consider how challenges to individual constraints can increase or decrease challenge.



Coach Questions / Challenge

- Can you be confident in taking on players in 1 v 1s?
- What can you agree with teammates as triggers?
- How can you develop overloads and maximise these in your play?

Unit Relationships / Other Detail

This example can be worked in a 433, encouraging full backs to build relationships with central midfielders wide players and strikers, particularly focusing on developing triangles to advance.

Additional / Supportive information

In addition, we can set challenges for strikers and full backs to discuss triggers between them, with pre-defined movements agreed (e.g. striker may say, if they move behind the defender, run made to front post)

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

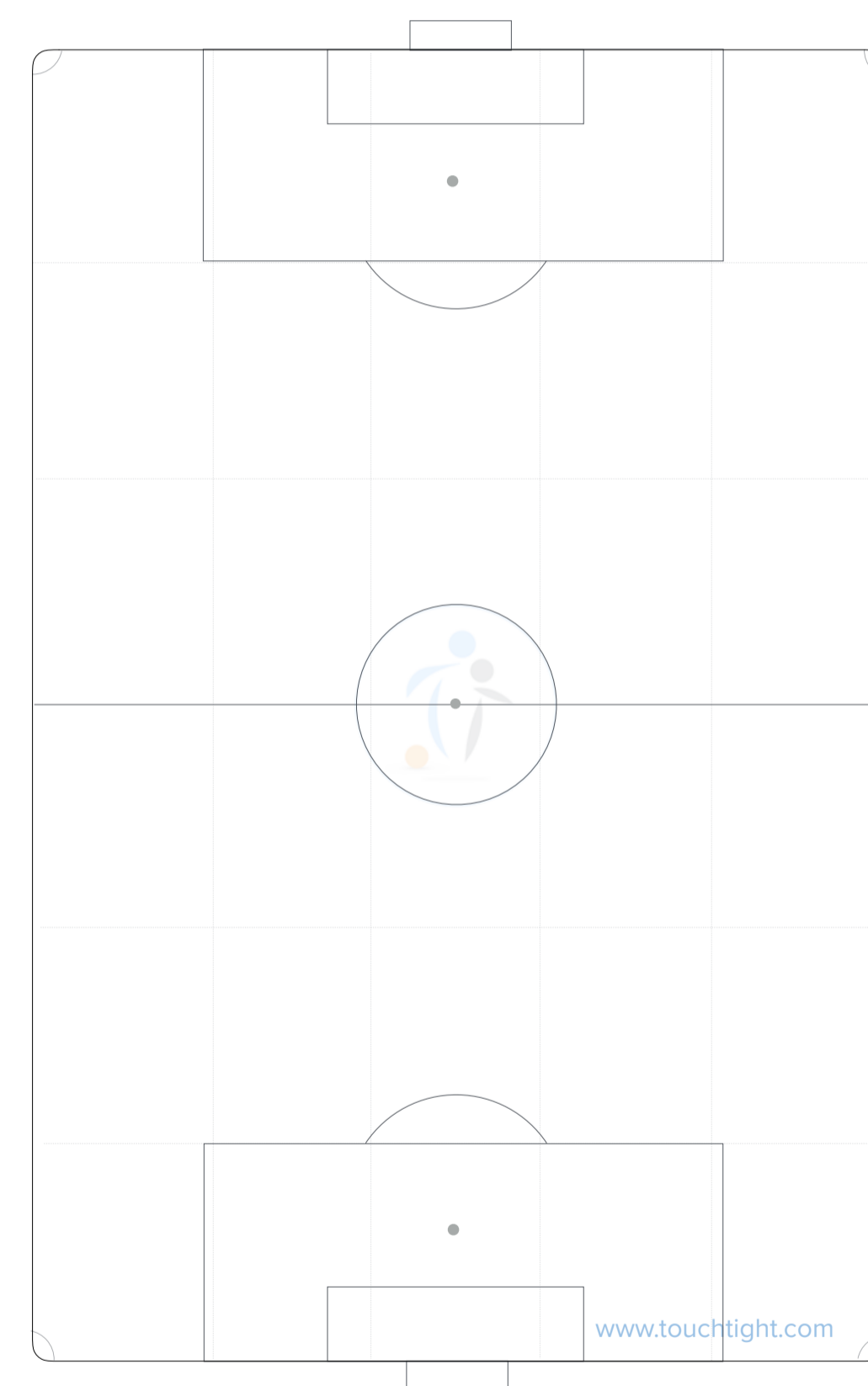
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



BIG GAME QUESTION

How will we apply this session to a game situation?



Session Date:

Team:

Coach:



Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation