



Getting Fullbacks forward



The CC United formation was chosen at all age groups specifically to require all players to learn the skills to attack and defend. Each player is allowed the freedom on the field to do this as there are always numbers to provide cover if the opponent wins back possession and looks to counter attack.

Playing less players in forward positions requires CC United players to work on build up play at the key technical development age groups of U9-U13 rather than just kick and chase as often teams with more forwards tend to do

Playing less numbers in specific areas confines players within teams to single roles as their creativity is halted by their fear of leaving space in behind to attack.

Pushing players forward from the back allows for the element of surprise as players attacking space are difficult to mark. From a defensive perspective having more players comfortable coming forward whilst maintaining team shape allows us to lock in the opponents closer to their goal.

The goal of this practice document is to eliminate running forward aimlessly, following the direction of the ball and instead help players recognize visual cues to move forward and to create space for others to go forward.

In the first phase (warm up) we address the player on the ball going forward. The ball is the most effective mover of the opposition so the goal is to get the individual to pass away from the space that they want to attack

We progress to adding a team mate and the focus jumps to reading that players intentions and supporting the ball as a third attacker.

When we jump into our third phase we look at creating space as a team to allow a player from the fullback position to come forward.

The practice could span over two to three session with phase one looking at the passer supporting their pass with an overlap (1st and 2nd attacker and phase two looking at the player supporting a team mates pass (1st, 2nd and 3rd attacker)

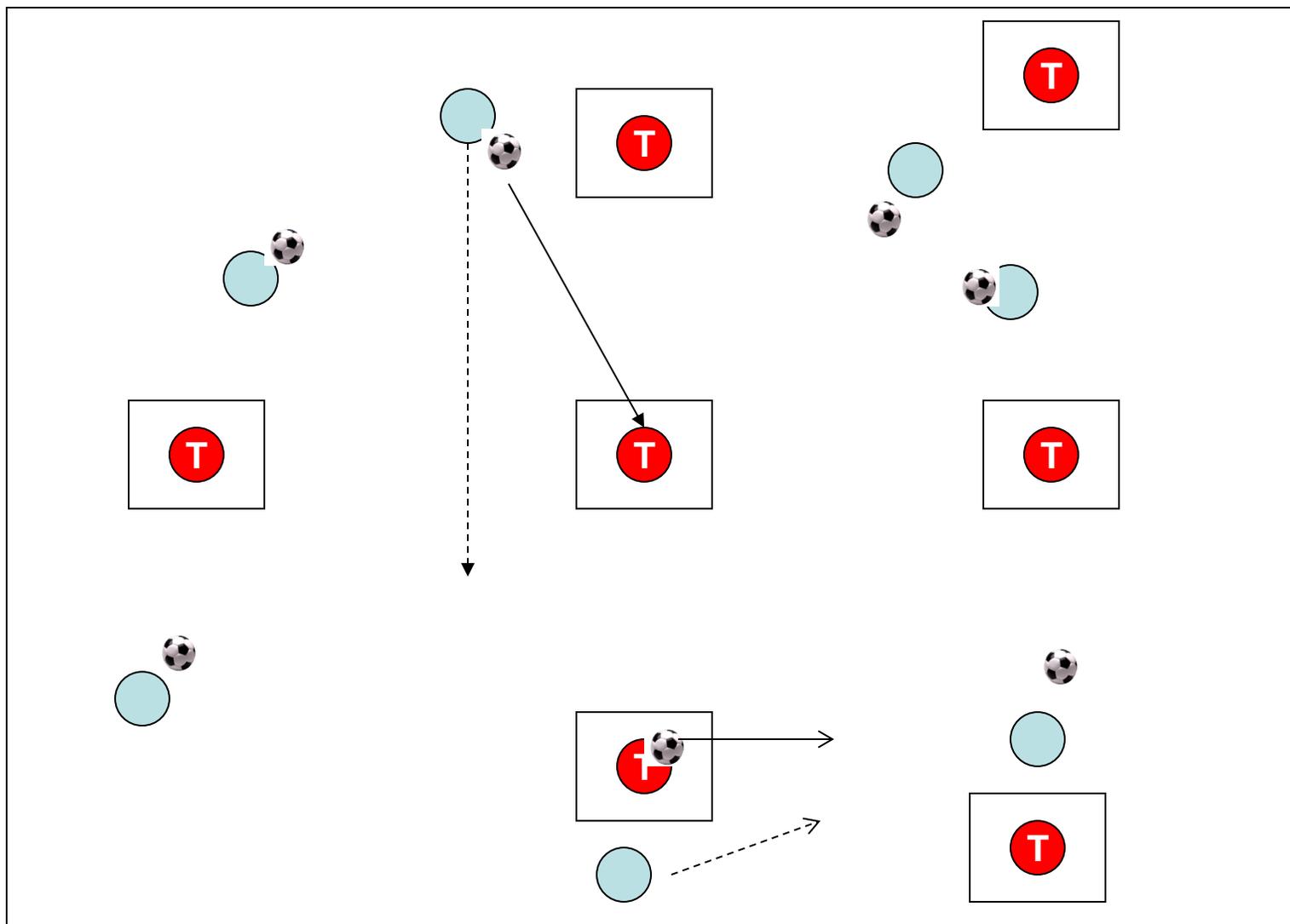
In all of these exercises

The runner will be highlighted using ----->

The Path of the ball will be highlighted using ----->



Overlaps and Change Over's



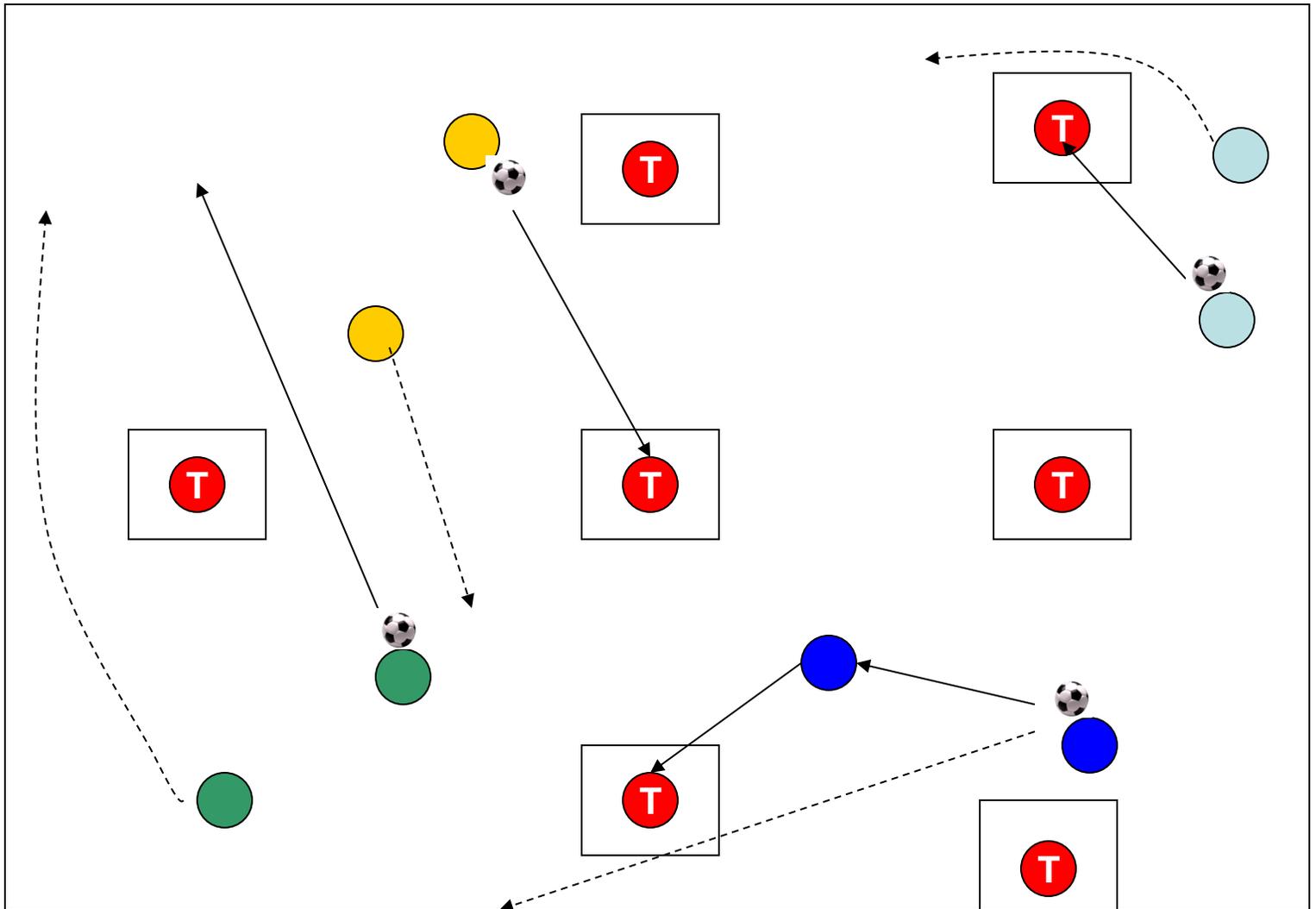
Organization Half the field – half players in 3 yard boxes others with one ball each dribbling around

1. Players look to perform take over (exchange balls with players inside a box ***(Make sure the ball goes out the same way it came in)***)
2. Players look to perform overlaps with players in box and takeovers to rest ***(make sure the ball goes out the opposite side)***

Coaching points- Awareness of open player, communication, quality of pass, Change speed during exercise, for overlap run behind the receiving player, receive on the back foot



Overlaps and Change Over's



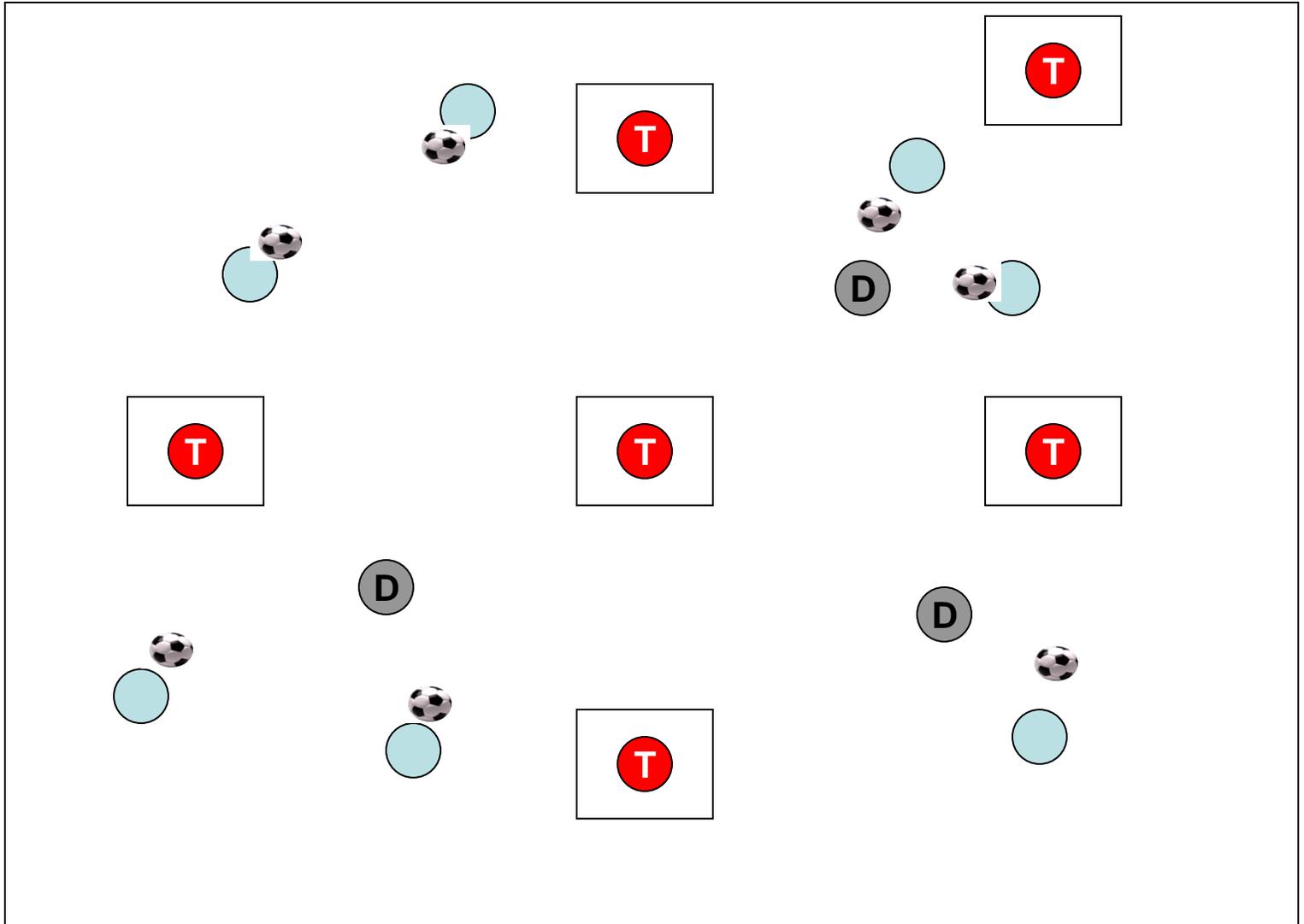
Organization Half the field – half players in 3 yard boxes others with one ball between two passing and moving

1. Players look to perform overlaps with players in box (***make sure the ball goes out the opposite side***)
2. Players look to pass the ball in and have their team mate receive a pass after the 1st pass was overlapped
3. Players look to pass the ball beyond the box and have their team mate run onto it (*see green team*)

Coaching points- Awareness of open player, communication, quality of pass, Change speed during exercise,



Overlaps and Change Over's



If the coach chooses to progress from the individual phase

Organization Half the field – half players in 3 yard boxes others with one ball each dribbling around

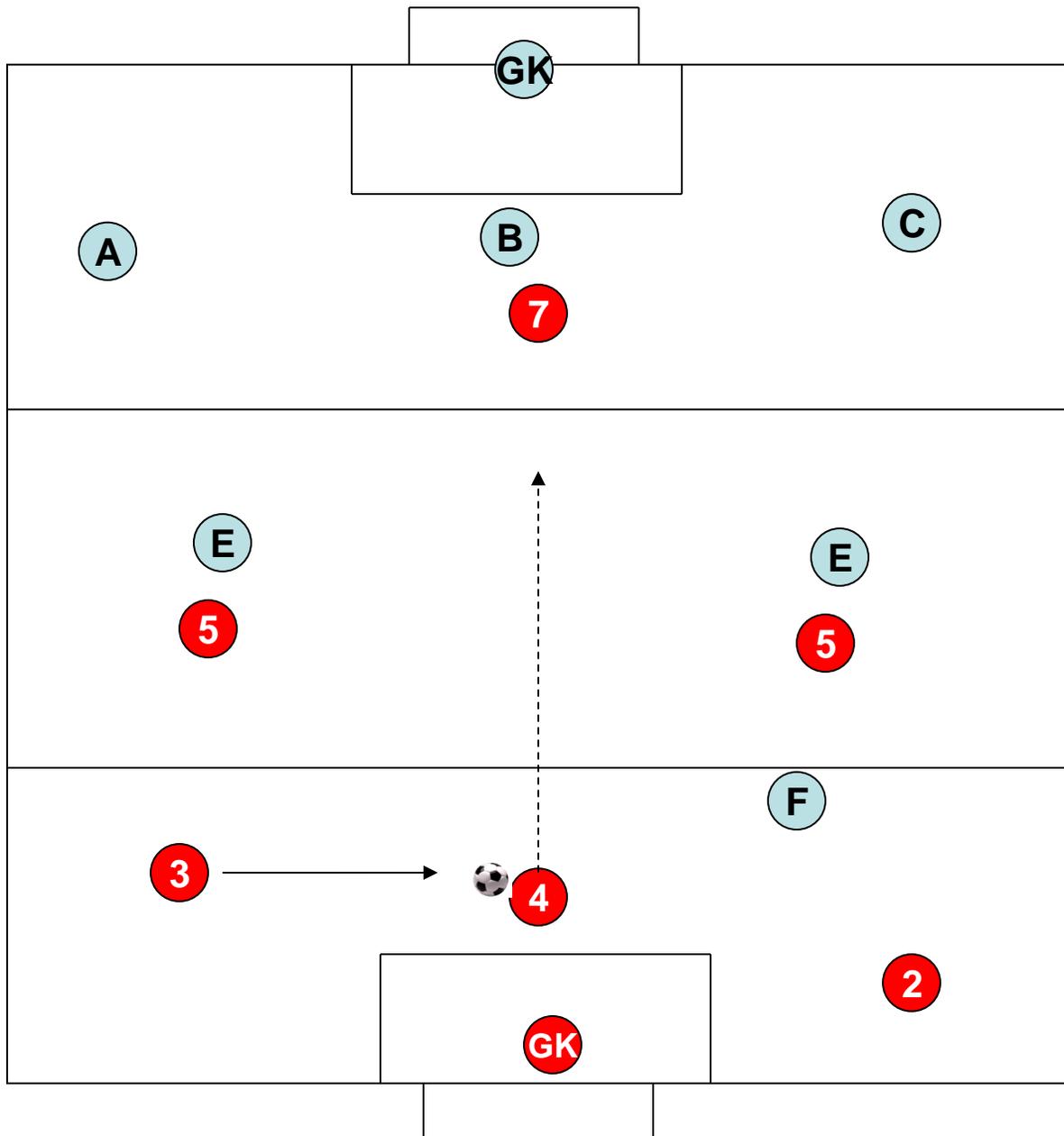
1, Add defenders on outside of squares If defenders win the ball they change places with attacker

2. Add defenders who can go anywhere

Coaching points- Awareness of pressure , Awareness of open player, communication, quality of pass, Change speed during exercise,



Zone Game



1. Players are restricted to Zones and must pass the ball using hands. Players can run while in possession of ball but If tagged they must pass the ball. Turnovers are through interceptions or ball out of play. In progressions 2&3 players must return to their zone when opponents get the ball

2. Players who passes the ball into the next zone can support

3. Players who didn't pass the ball in can support the pass in the next zone

4. Progress to using feet - make area slightly bigger and start at #1 again

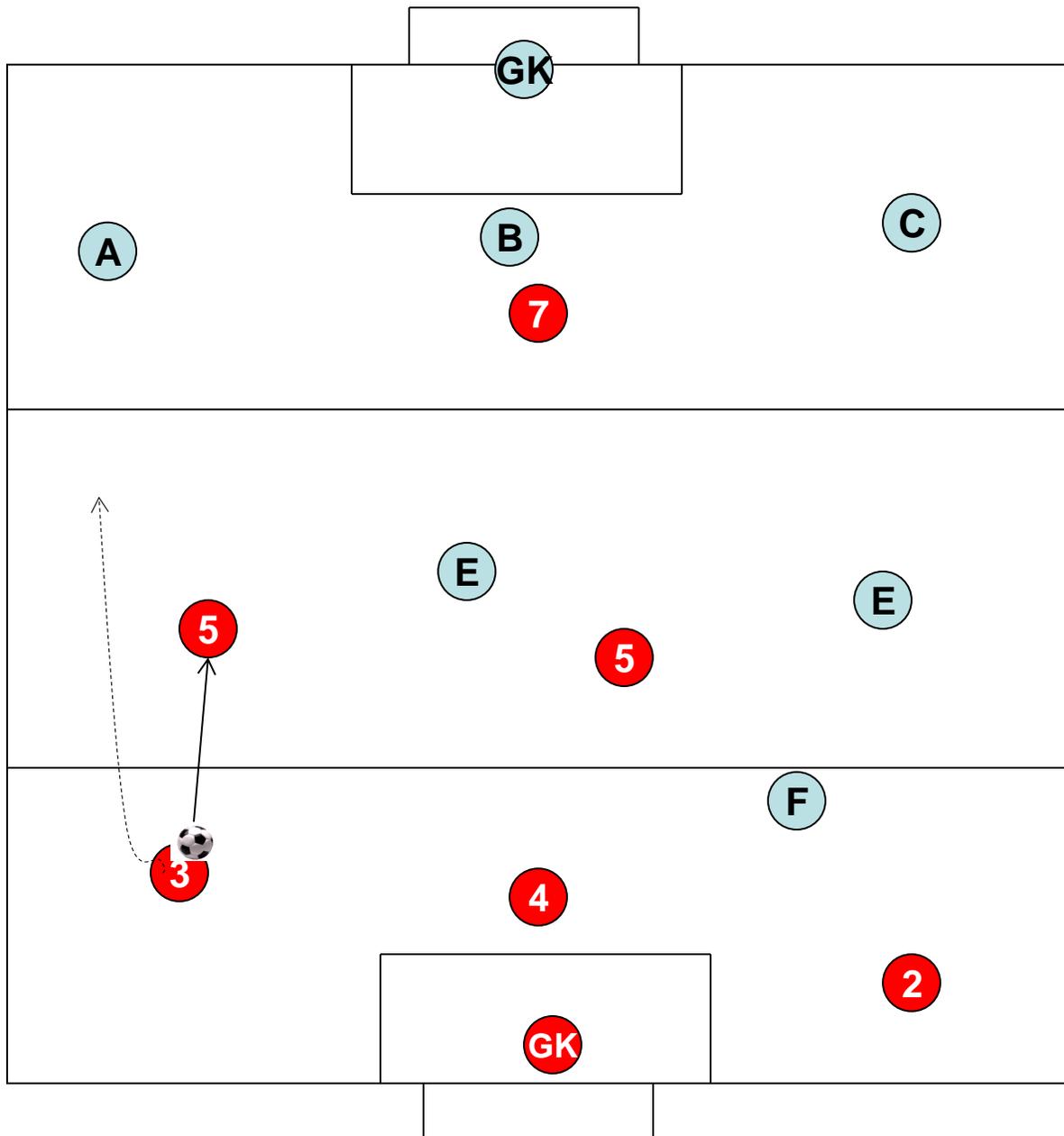
Above 3 passes to 4 and 4 attacks out of the back. Players 2 and 3 fill in the central space

Coaching points building from the back- maintain possession/patience

Awareness of team mates, Awareness of opposition awareness of space, speed of play,, creating a weak side



Zone Game



Players Now play the same game using feet

1. Players who passes the ball into the next zone can overlap
2. Players can dribble the ball into the next zone
3. When the ball goes out of bounds the shape has to be reset

Above 3 passes to and 3 Overlaps. Players 4 and 2 fill across

Coaching points building from the back- maintain possession/patience

Awareness of team mates, Awareness of opposition awareness of space, speed of play,, creating a weak side