

Navn: Volda G19

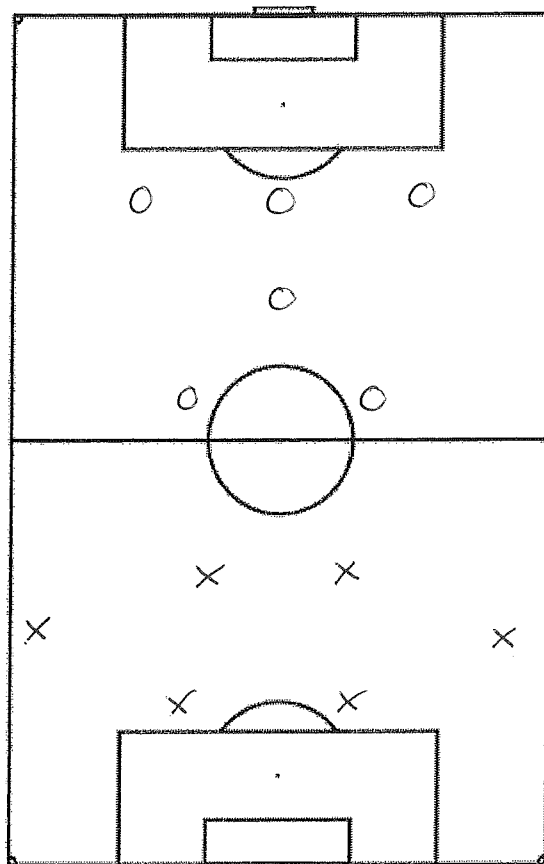
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Oppgave: A3: Build up phase using the back line.

Moment(er): ① Defenders split wide. ② Centre backs to push high ③ Switch of play to be fast. ④ Can a midfielder drop to create an option?

Beskrivelse av økta:

- Defenders split wide.
Why?
 - ↳ creating width
 - ↳ cut number the attack, by using the keeper or/and dropping midfielder.
- Full backs high + wide
Why?
 - ↳ creating depth and makes pressing high much more difficult.
- When switching play how can we go fast?
 - ↳ minimum touches.
 - ↳ direct?Why?
 - ↳ unbalances the opposition.



Organisering:

Team A : 4-2 formation

Team B : 3-2-2 formation

Team B will switch to a 2-1-3 to make it more difficult.

Ball starts from Team A GK at all times.