

11

7

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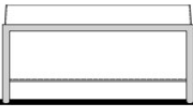
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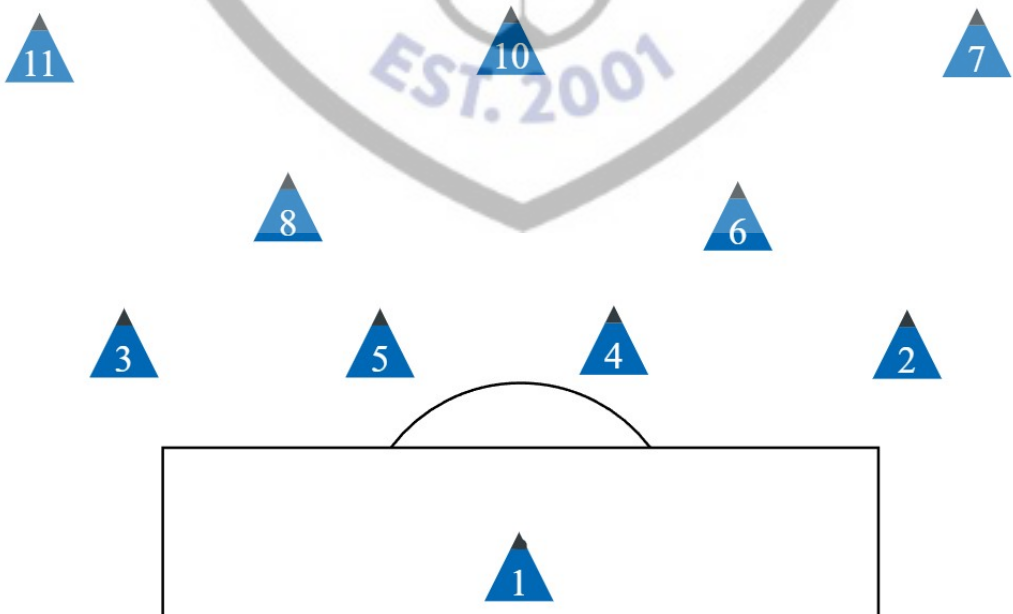
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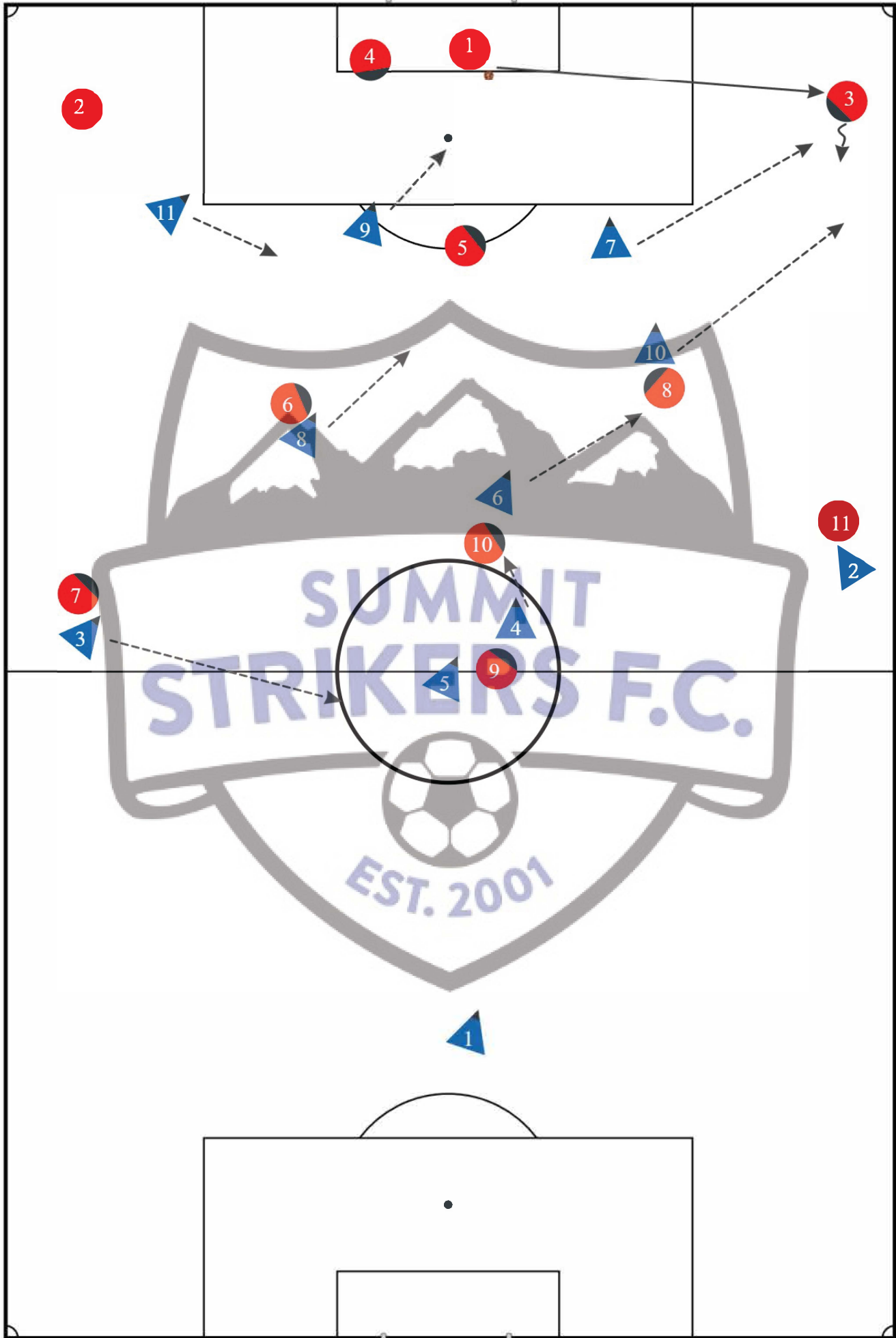
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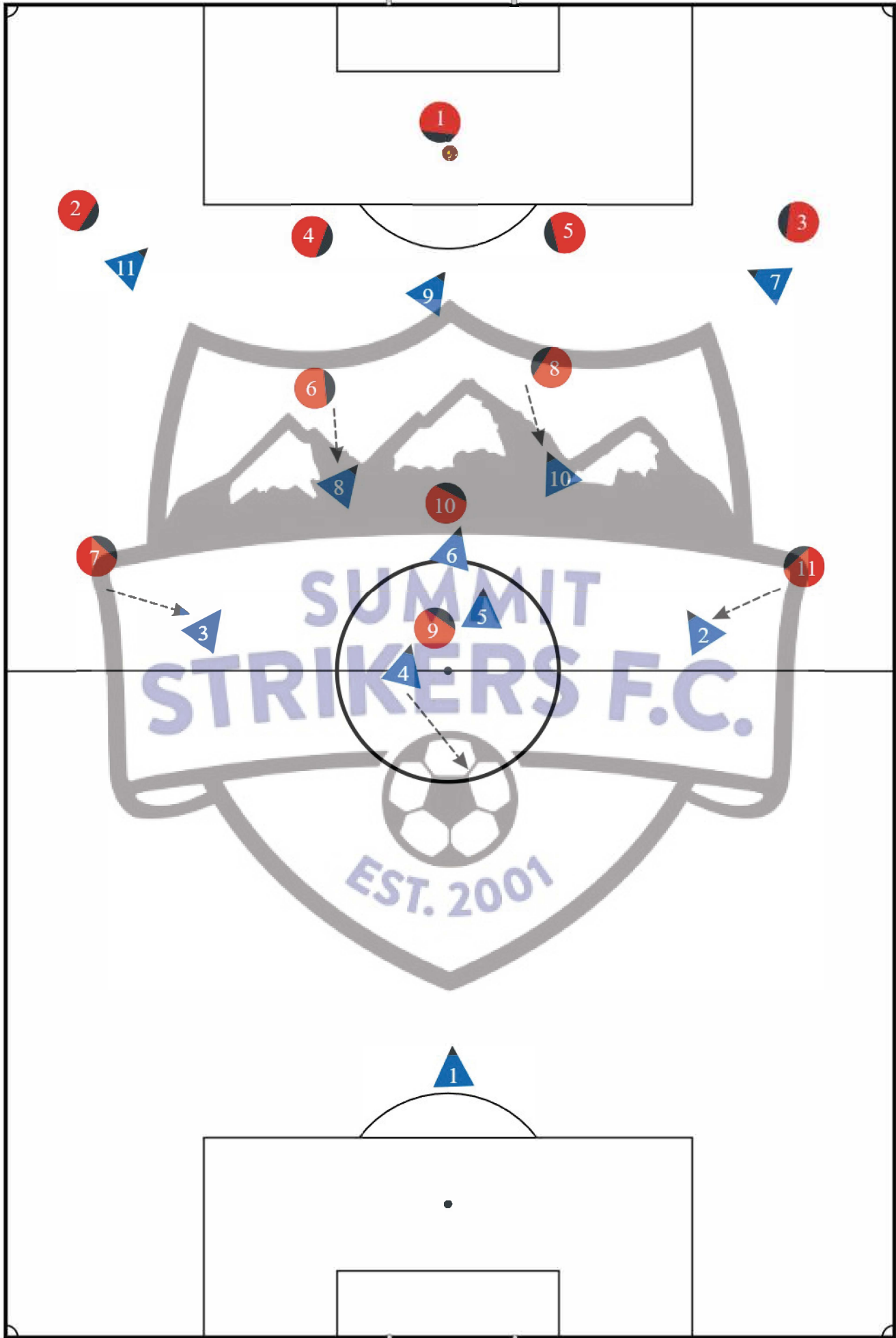
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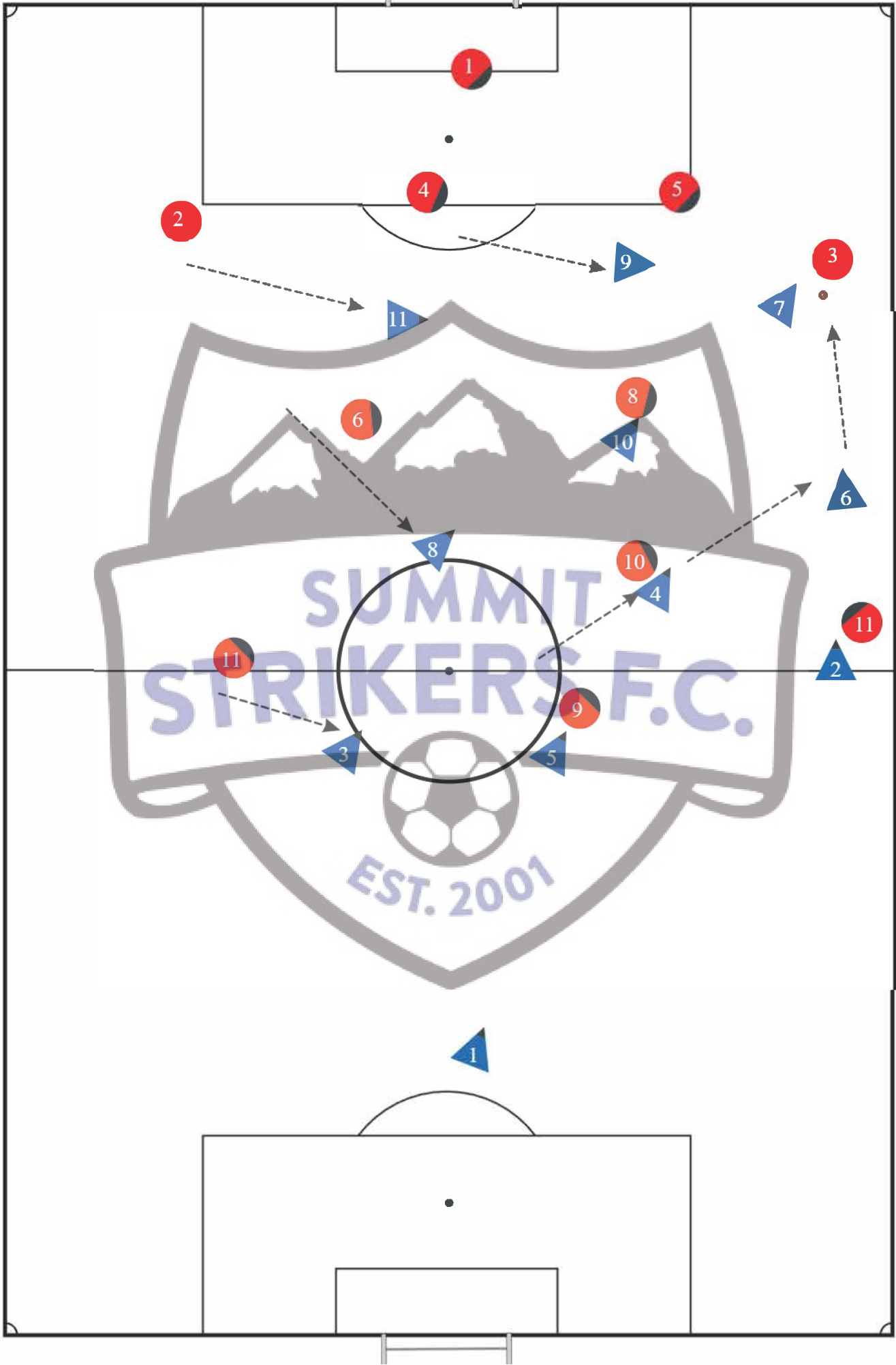
#7 and #11 drop into the midfield, and #6 and #8 play in front of the back 4.



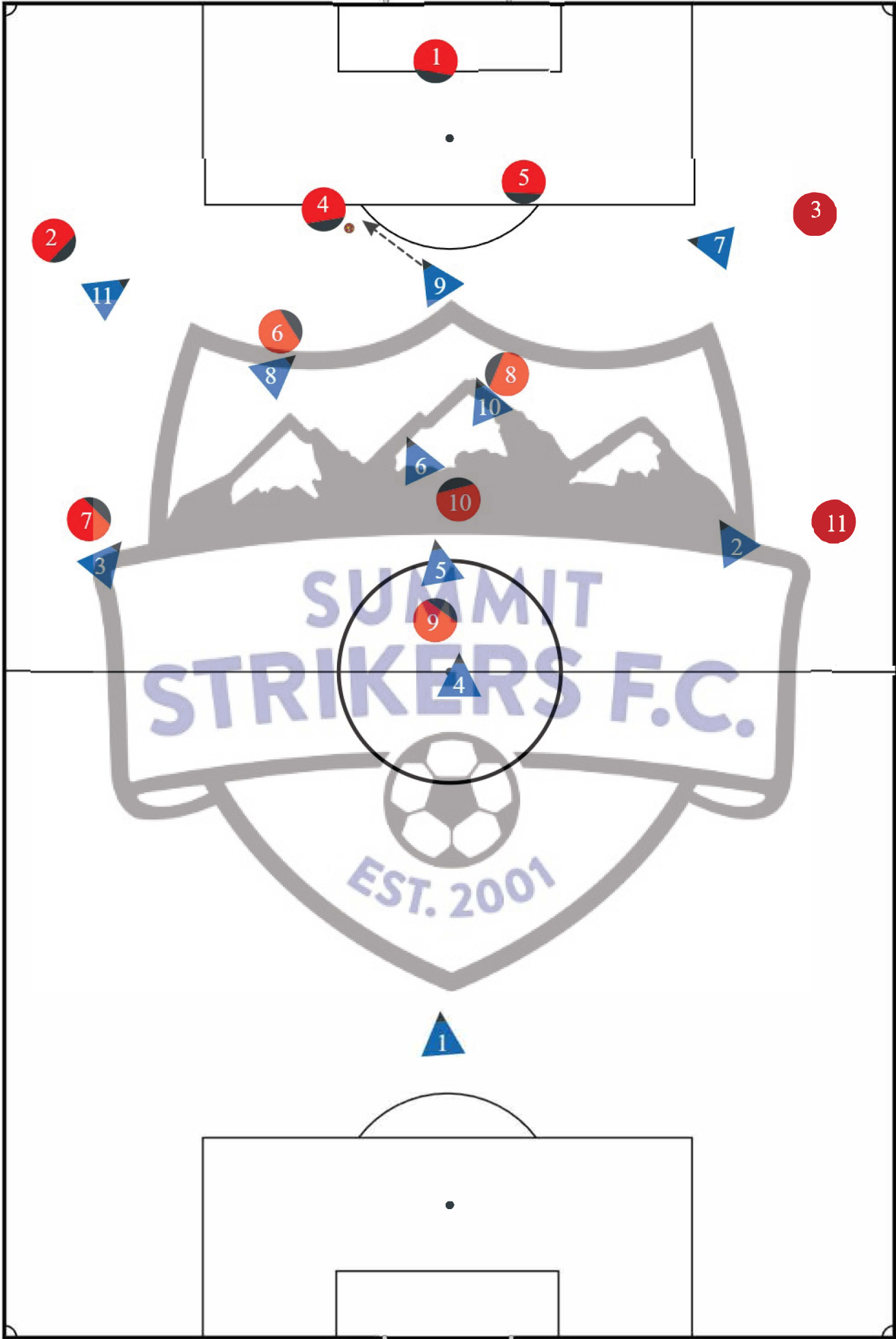




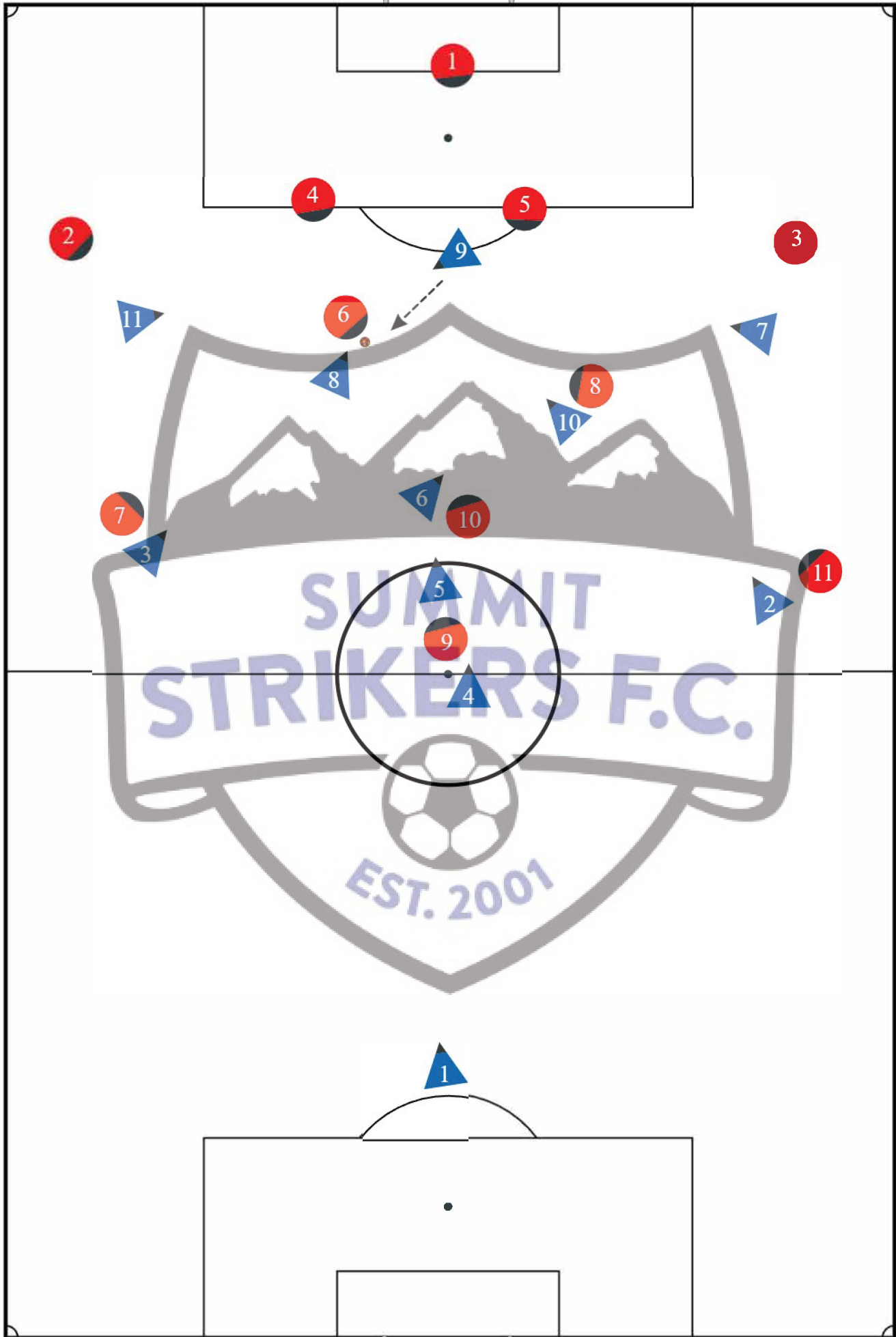
11v11 Opponents in Possession in Attacking Third on outside. Squeezing towards the ball



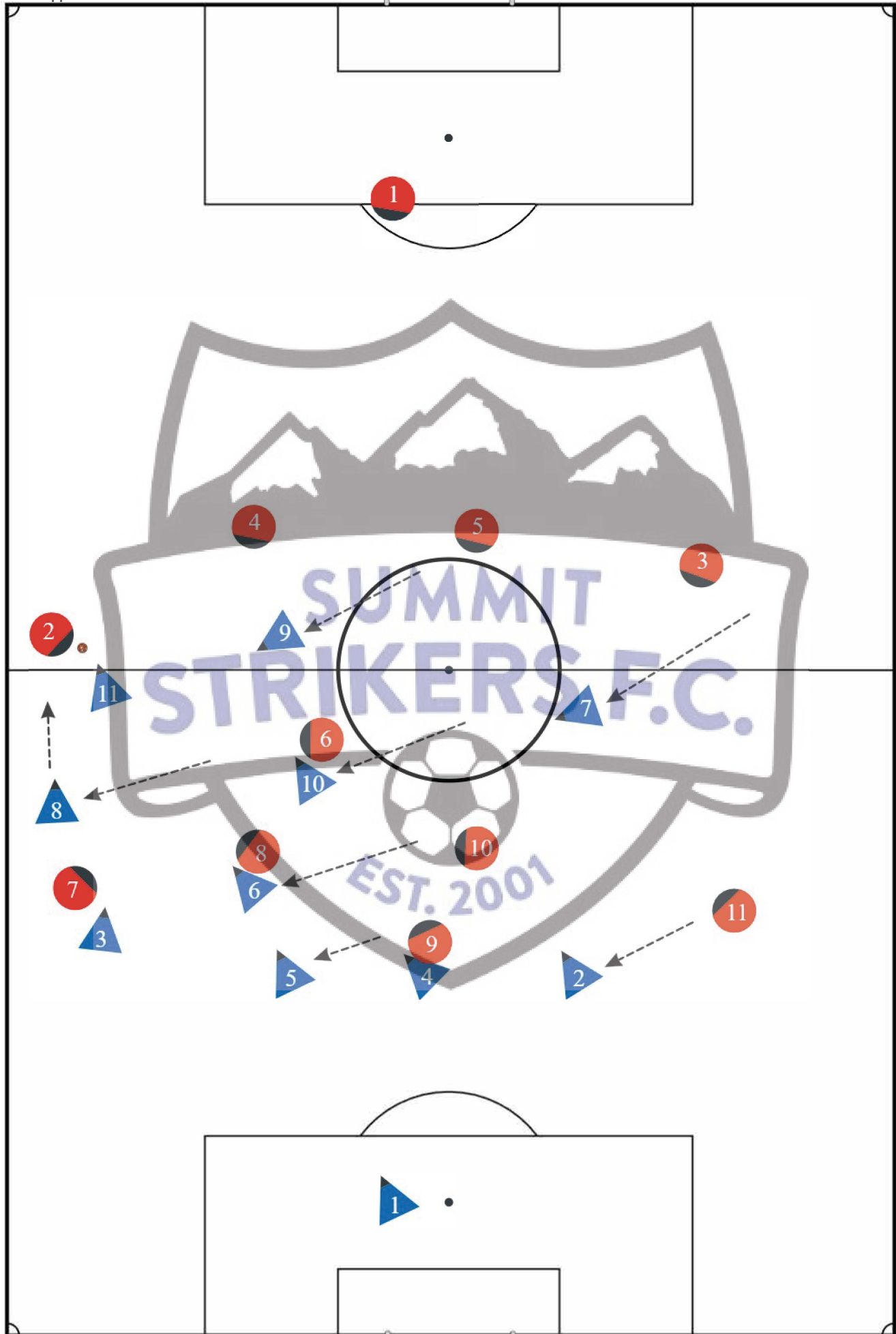
11v11 Opponents in Possession in Attacking Third, in center Of field



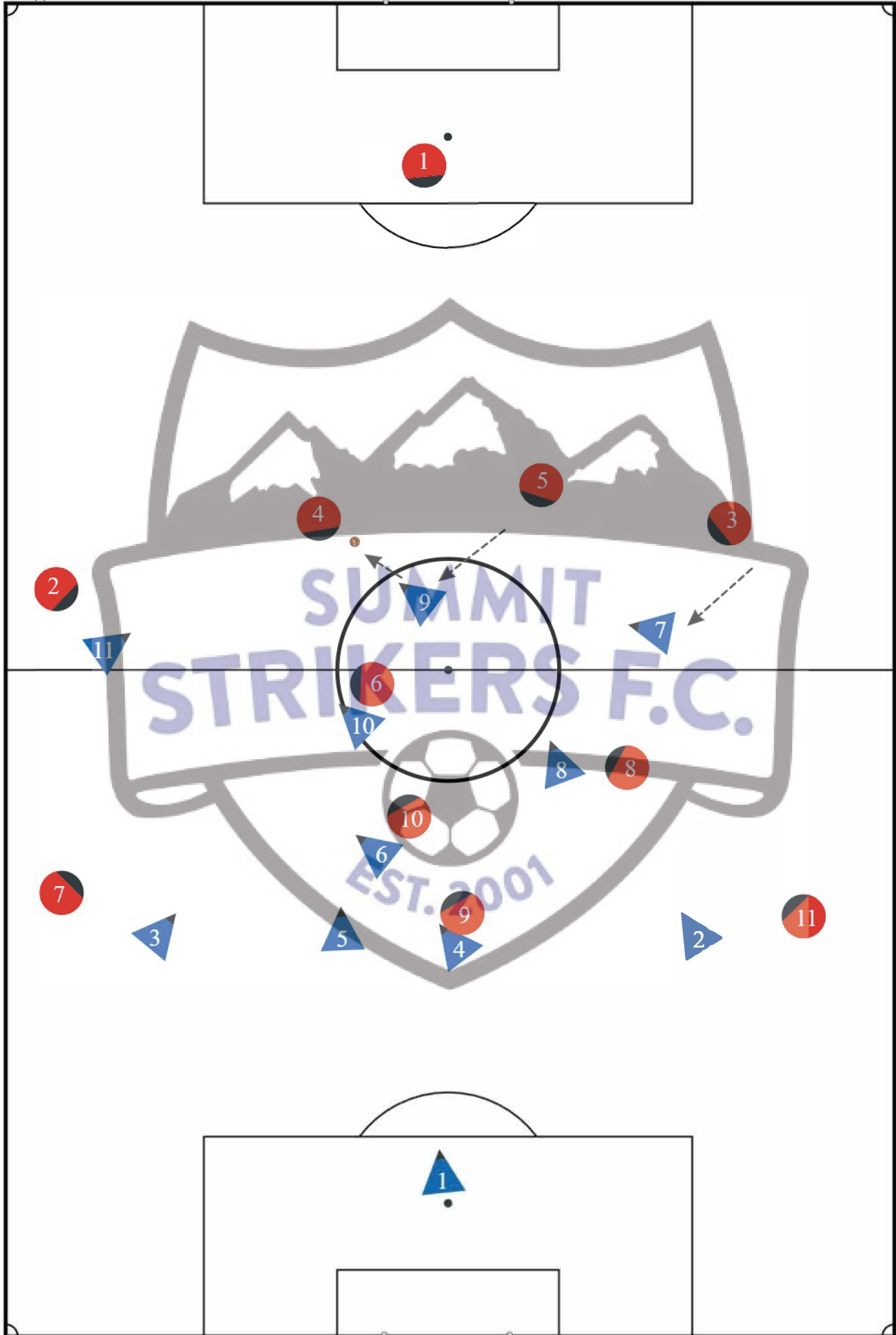
11v11 Opponents in Possession in Attacking Third, center of the field



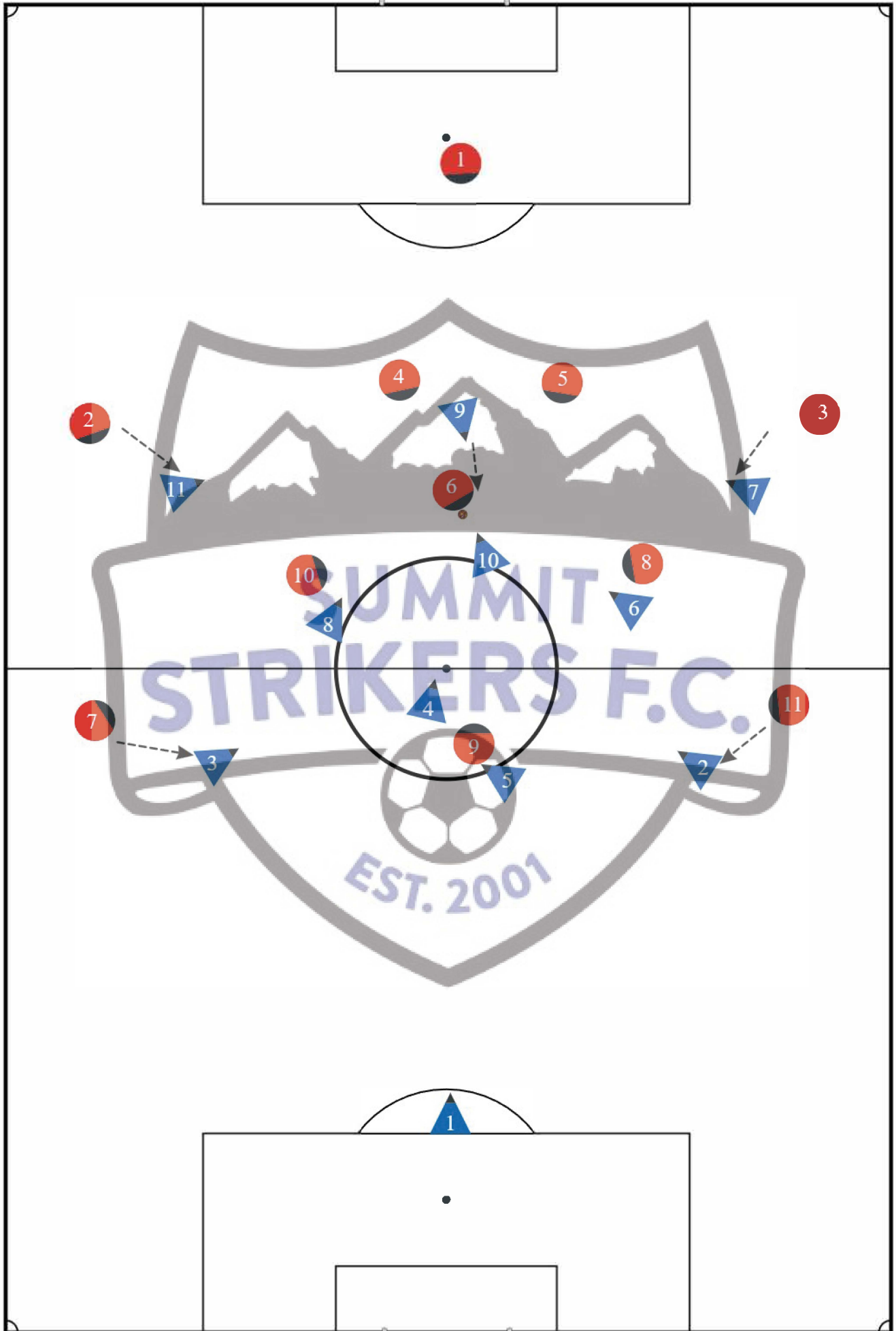
11v11 Opponents in Possession in Middle Third,
Opponents #2 or #3 has ball



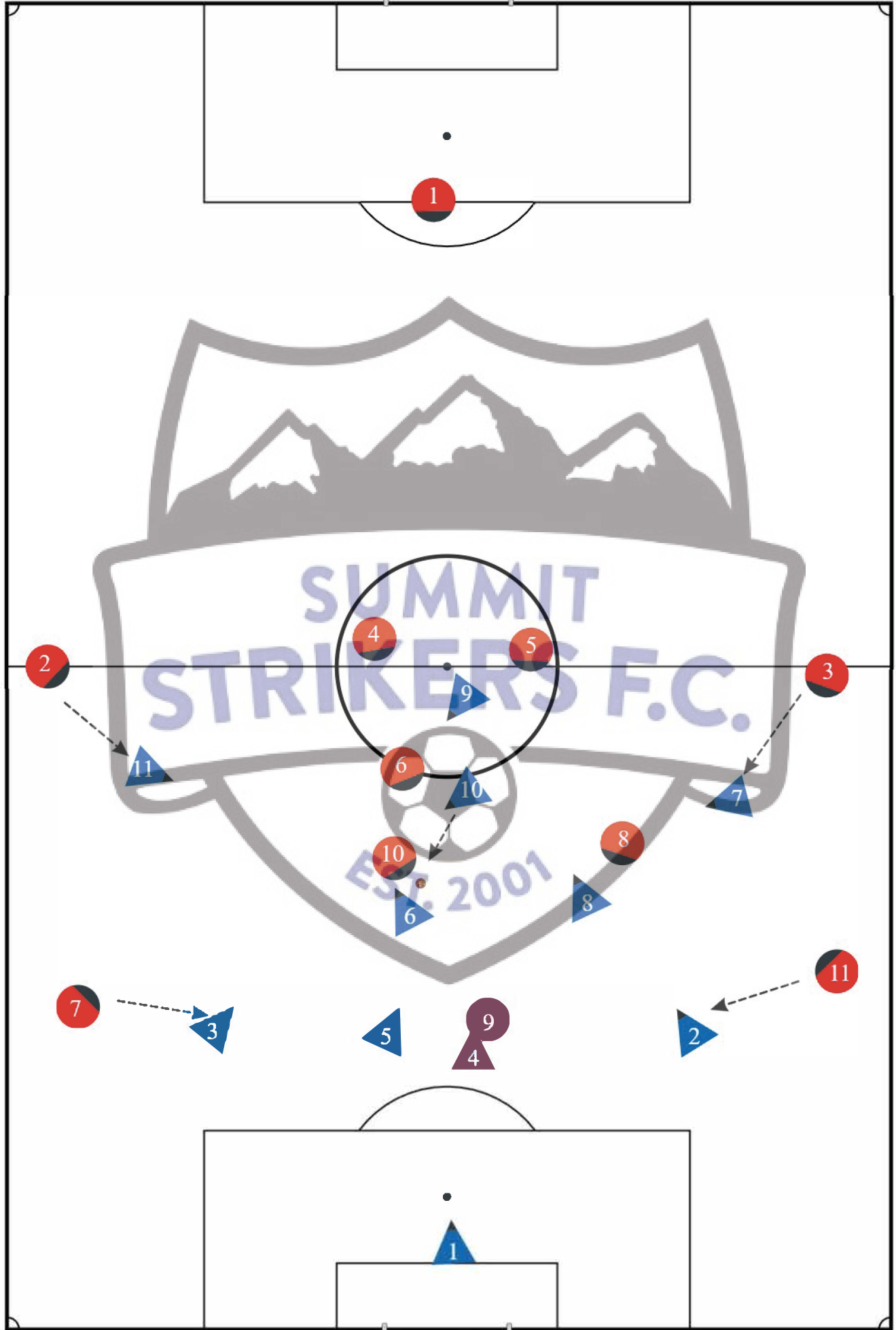
11v11 Opponents in Possession in Middle Third,
Opponents #4 or #5 have ball



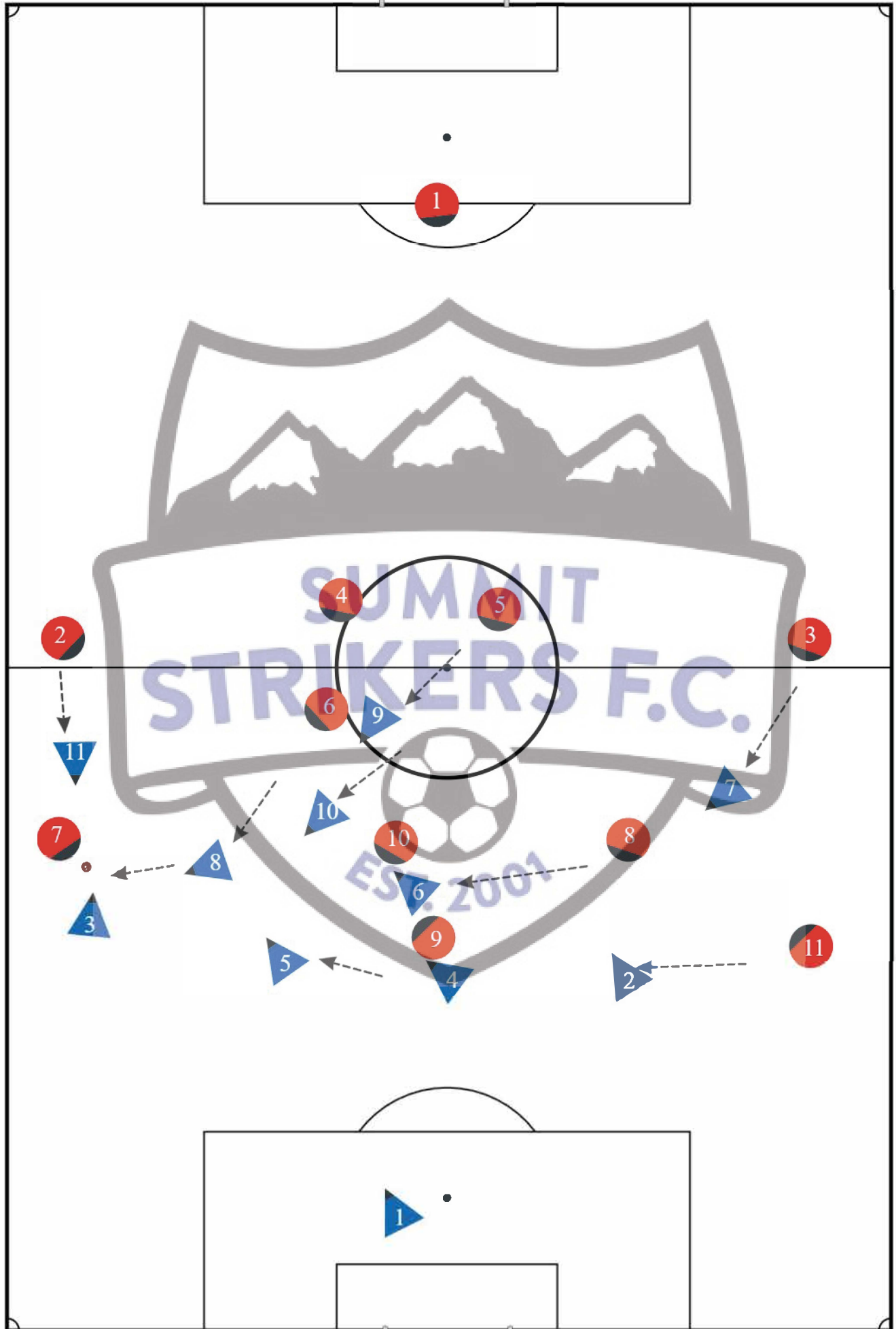
11v11 Opponents in Possession in Middle Third,
Opponents #6 has ball



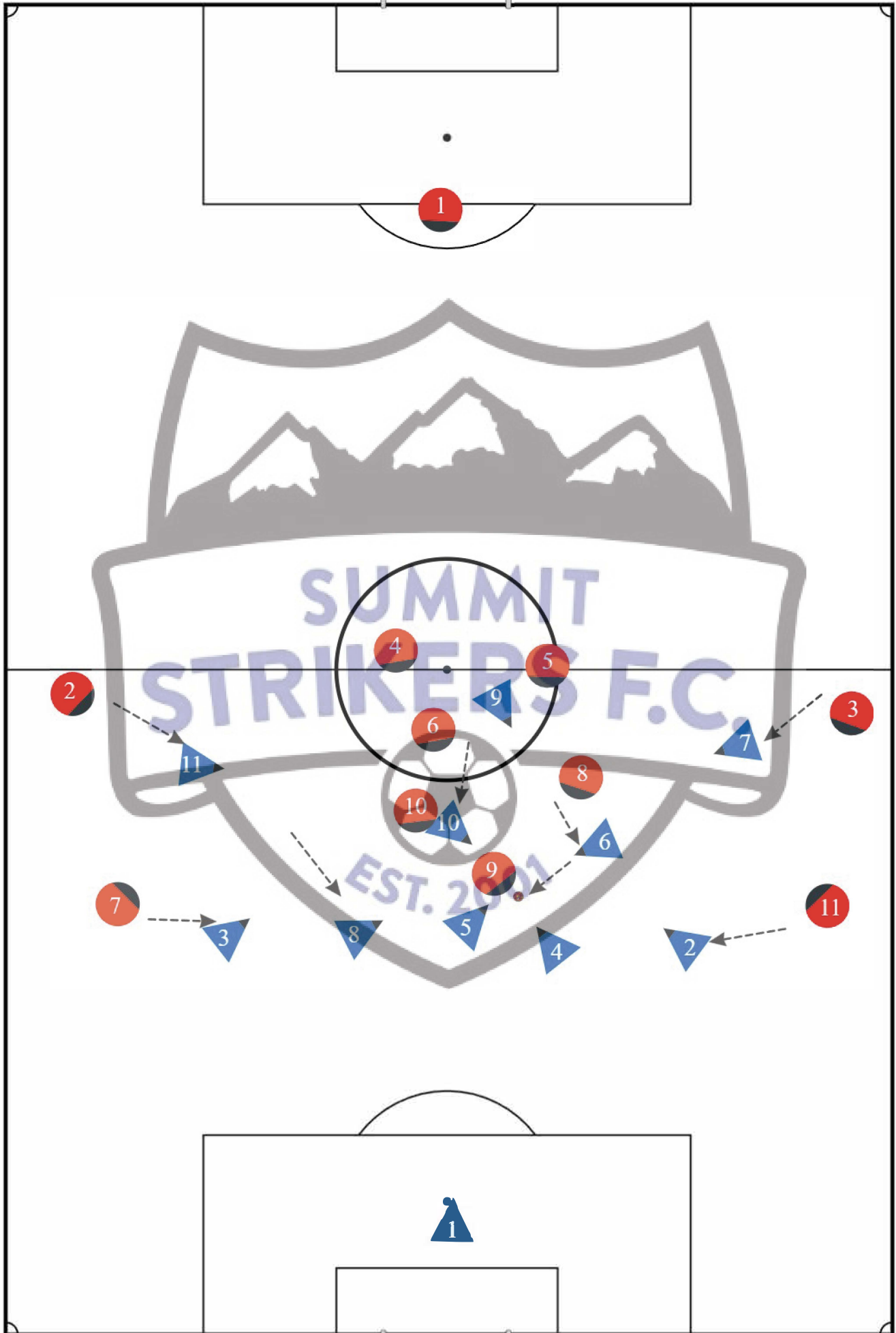
11v11 Opponents in Possession in Middle Third,
Opponents #10 has ball



11v11 Opponents in Possession in Middle Third,
Opponents #7 or #11 have ball

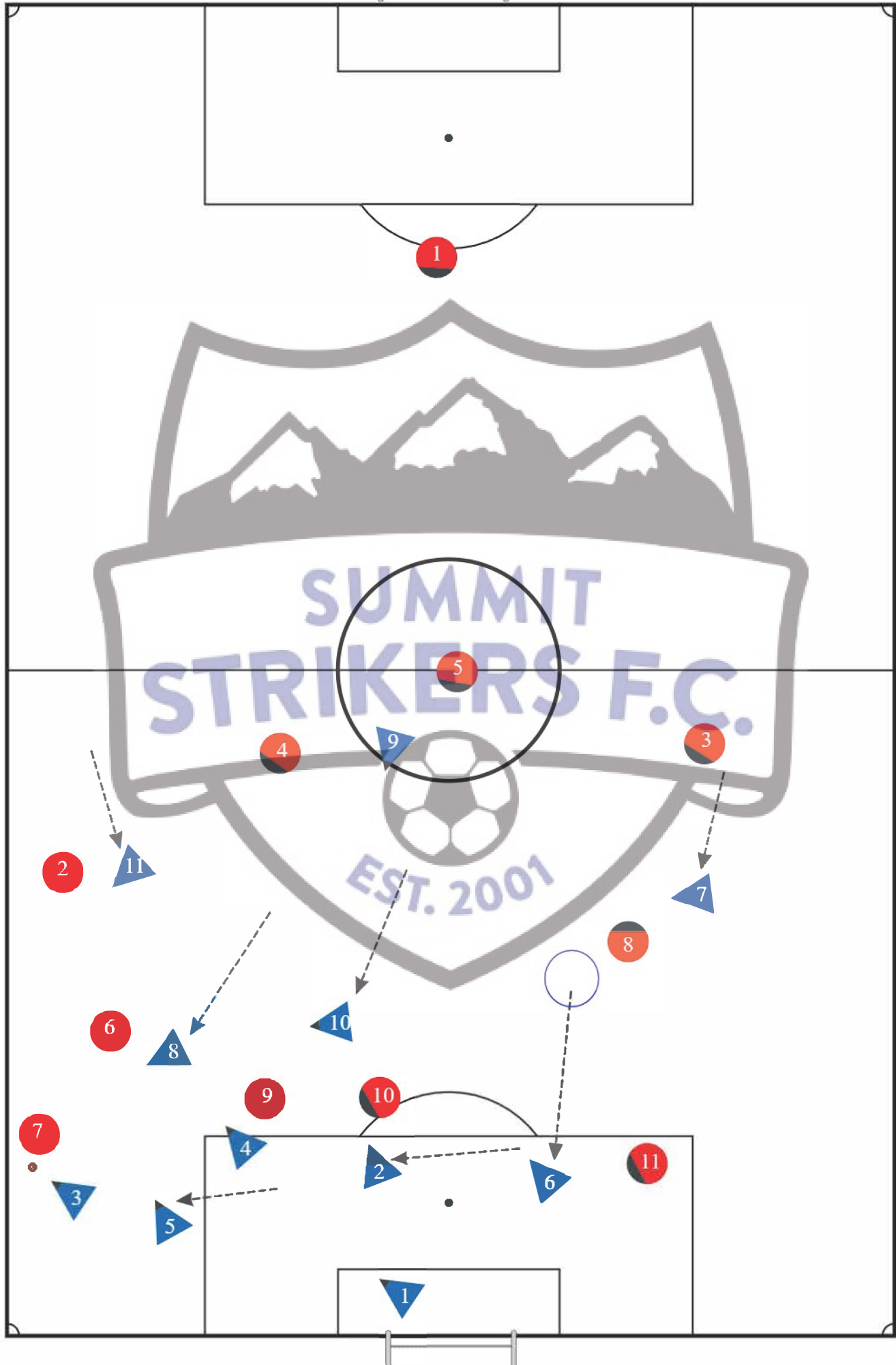


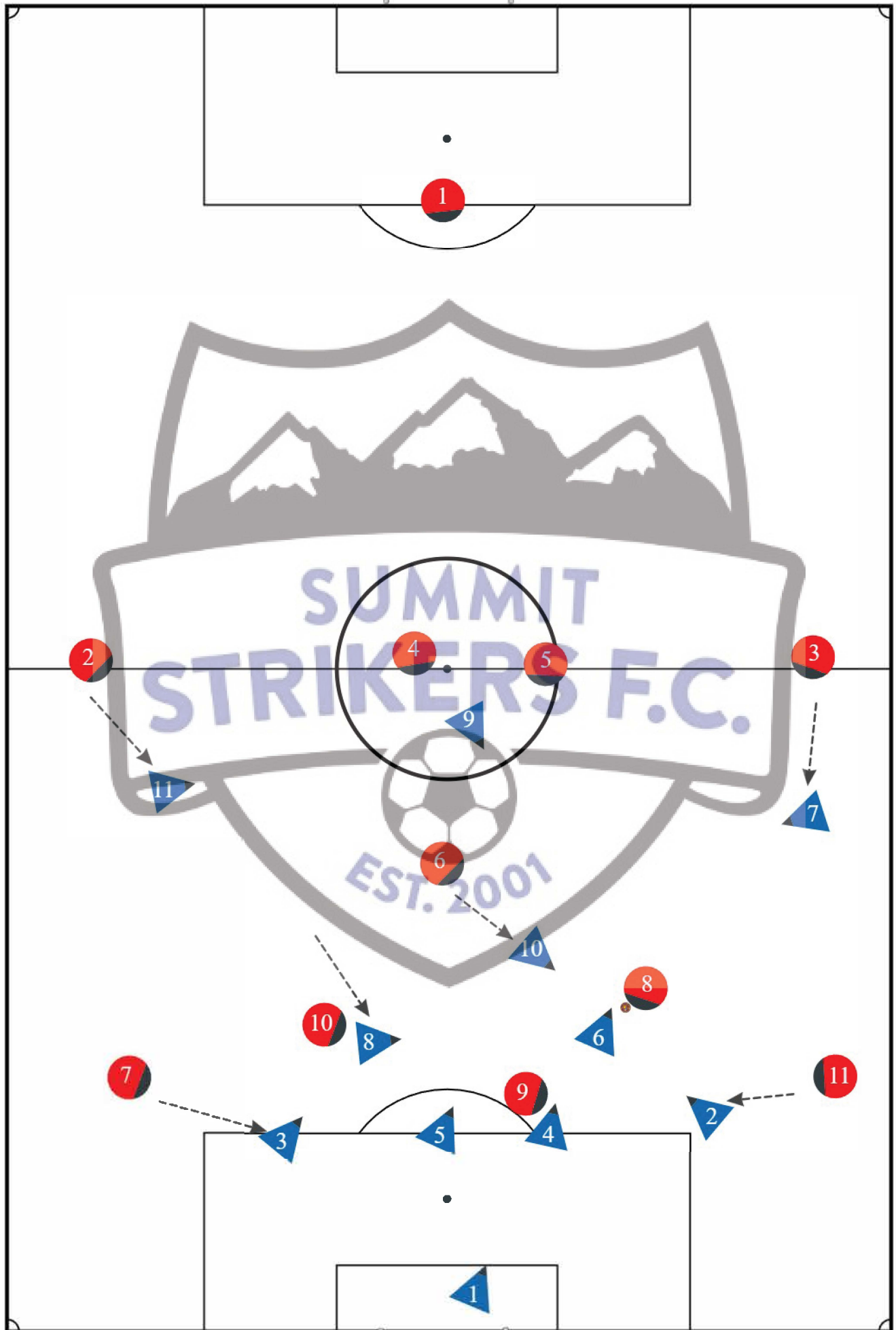
11v11 Opponents in Possession in Middle Third,
Opponent #9 has ball

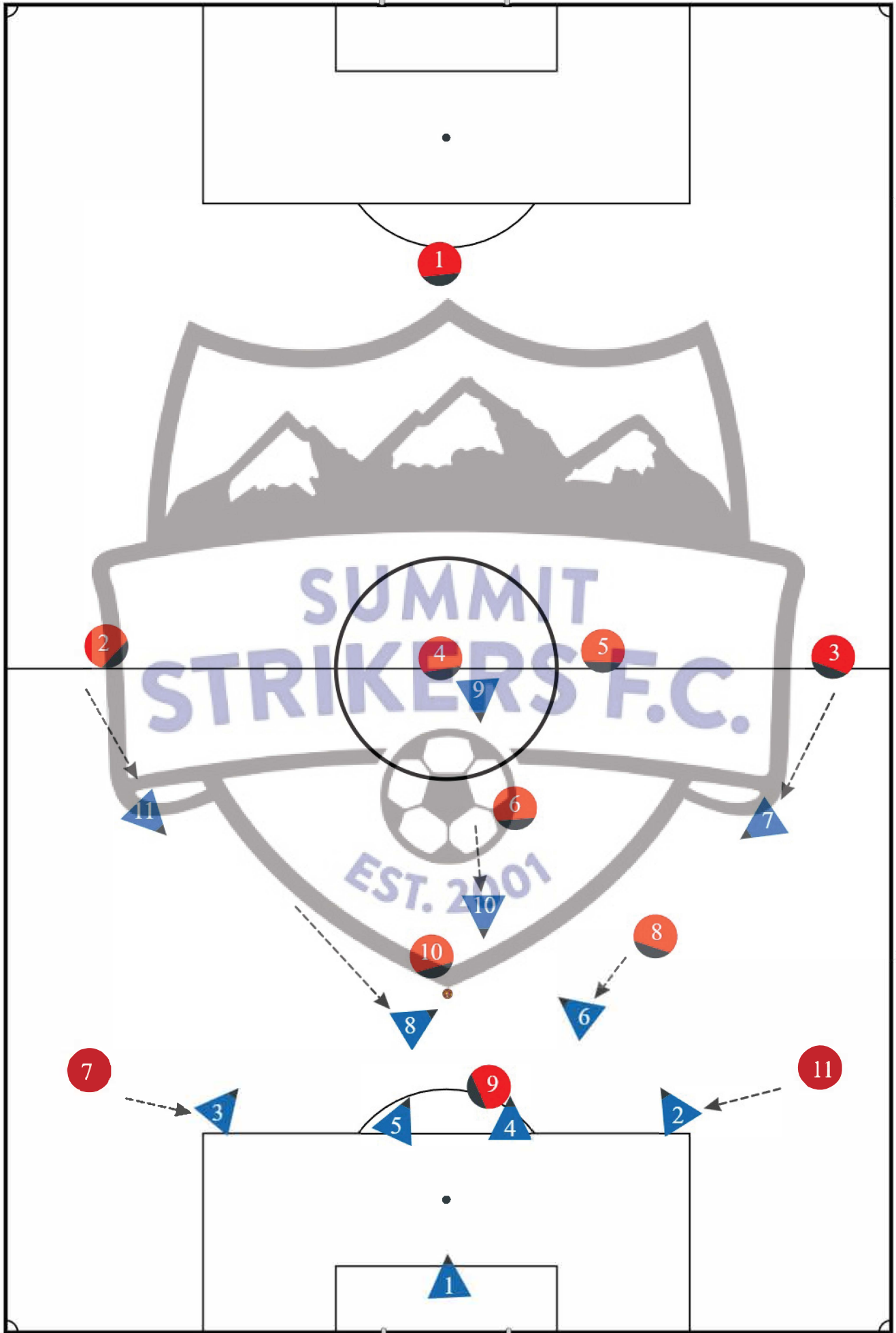


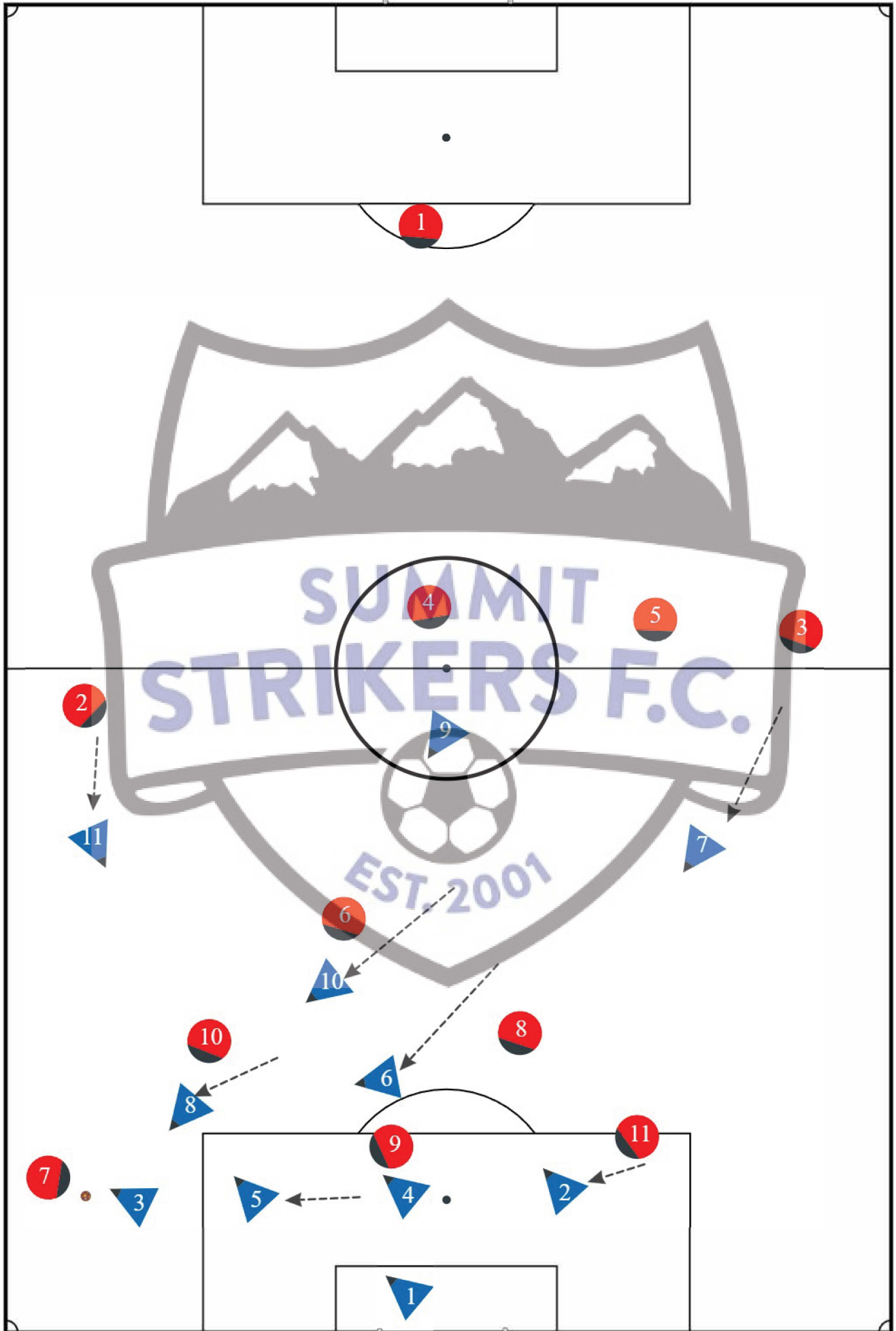
11v11 Opponents Possession, Defensive Third, #6 or #8 provide balance for the defensive line.

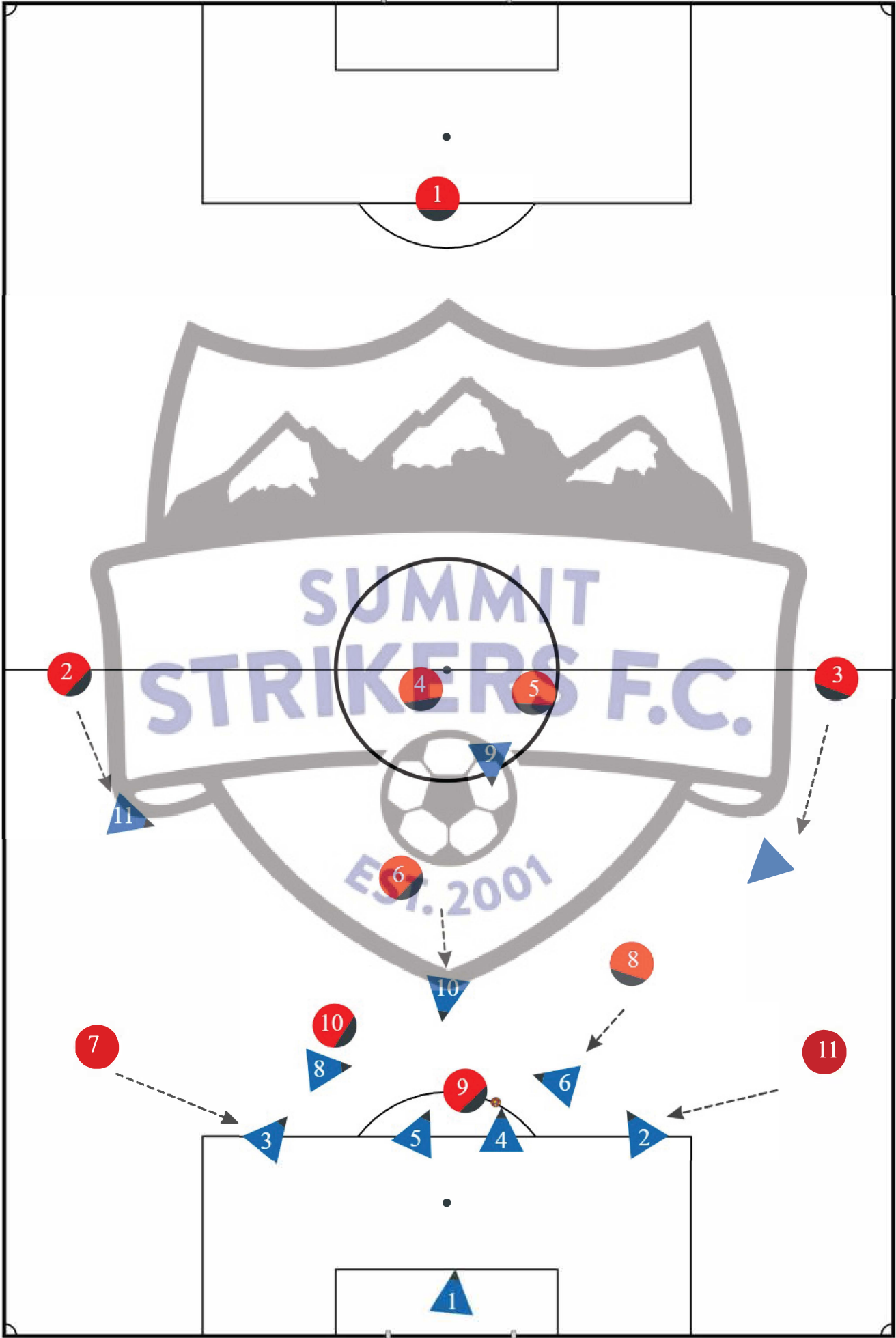
During a counter attack, if the #4 and #5 get pulled out of the middle of the field, and #2 or #3 need to move centrally, #6 or #8 need to drop back into the defensive line and cover the middle or far post.









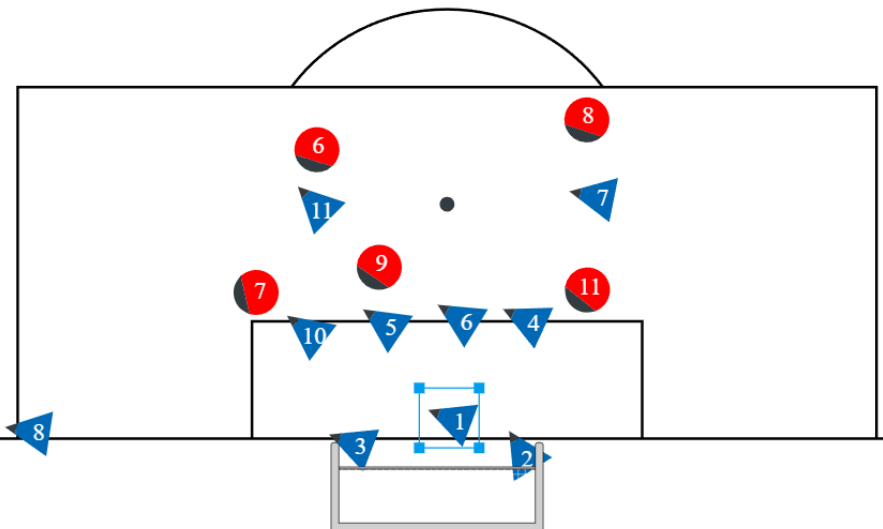
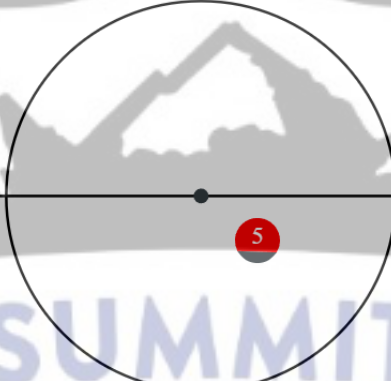


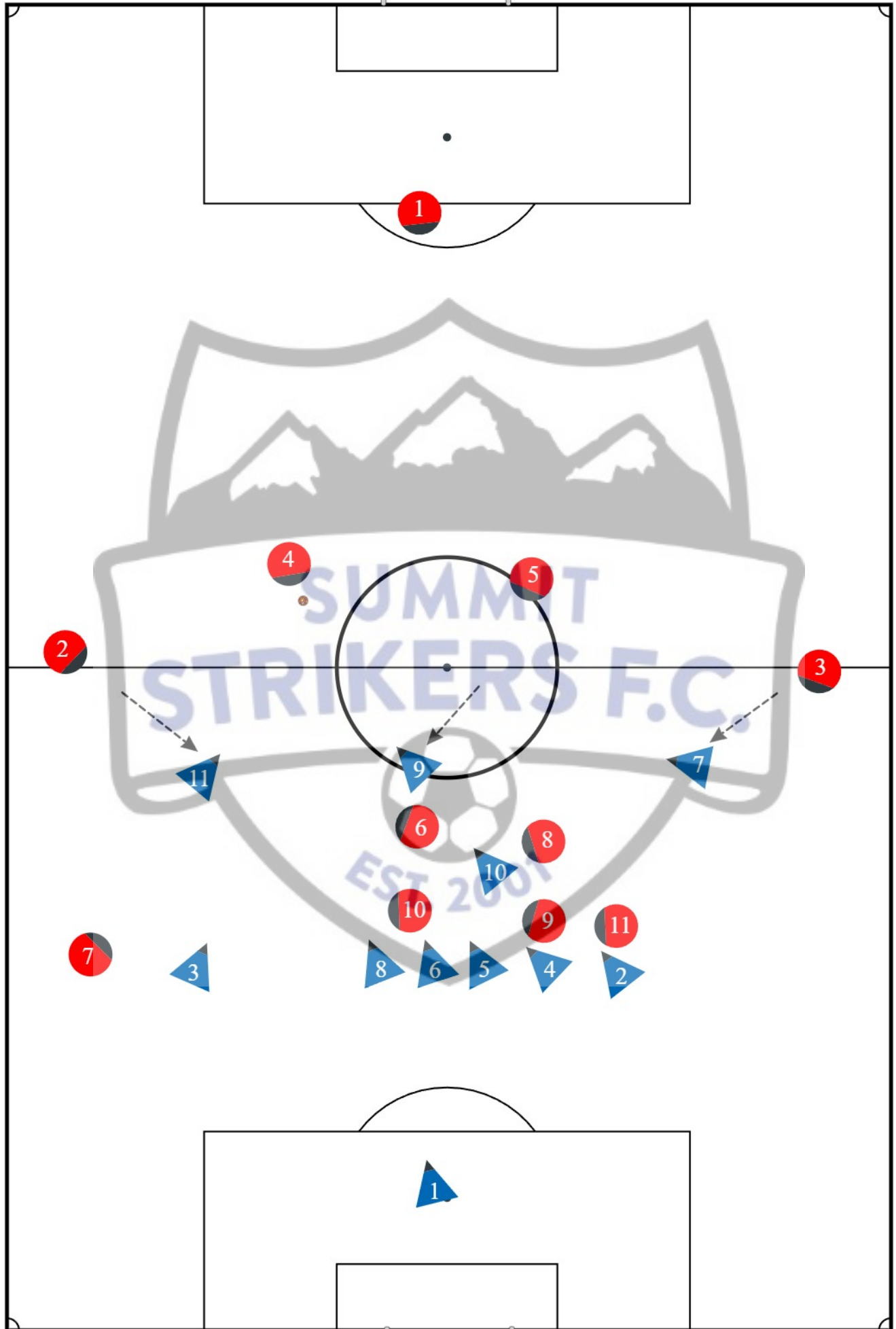


Everyone back but #9. #8 or #6 play on the end line to stop any low balls from getting to the first post. They play closer to the corner if there are two opponents near the ball in the corner.

Players stand on the goal line and protect the near and far post. The four best headers of the ball stand on the 6 yard box (this is where the ball will be played) and attack the ball in the air. #7 and #11 come back and mark players in the box.

When we win the ball, #9 checks to the ball, and the farthest players forward sprint into the attack (can be defenders) and we counter attack with #9 playing a backpass to the closest player who immediately plays a diagonal deep ball to the opposite open wing for or player to run onto.





11v11 Defending Indirect FK in own Penalty Area

Players Line up on the Goal Line, The GK stands in front of the defenders, at the closest point to the ball. As soon as the ball is touched, the GK charges the ball and the rest of the players on the line remain in place until the ball is shot or the GK blocks it. Players not on the goal line attack the ball when it is played. Tallest players and no gaps in the line on the goal line!



