

Beat The Back Four

Coach your players how to capitalise on a superb Steven Gerrard-style pass out of midfield with this training session guaranteed to set up scoring opportunities

WHY USE IT

Midfield players can open up defences if they see the right pass, which is often to a player in space on the other side of the pitch. In a counterattacking situation defenders are on the back foot and a Gerrard-style passer can pull them apart with a crossfield ball.

SET UP

Set up an area of 40x30 yards. We've used 13 players. You need balls, bibs, cones and one normal goal.

HOW TO PLAY

You need four defenders plus one recovering defender and a keeper against seven attackers. There are two five-yard zones where the attackers cannot be tackled.

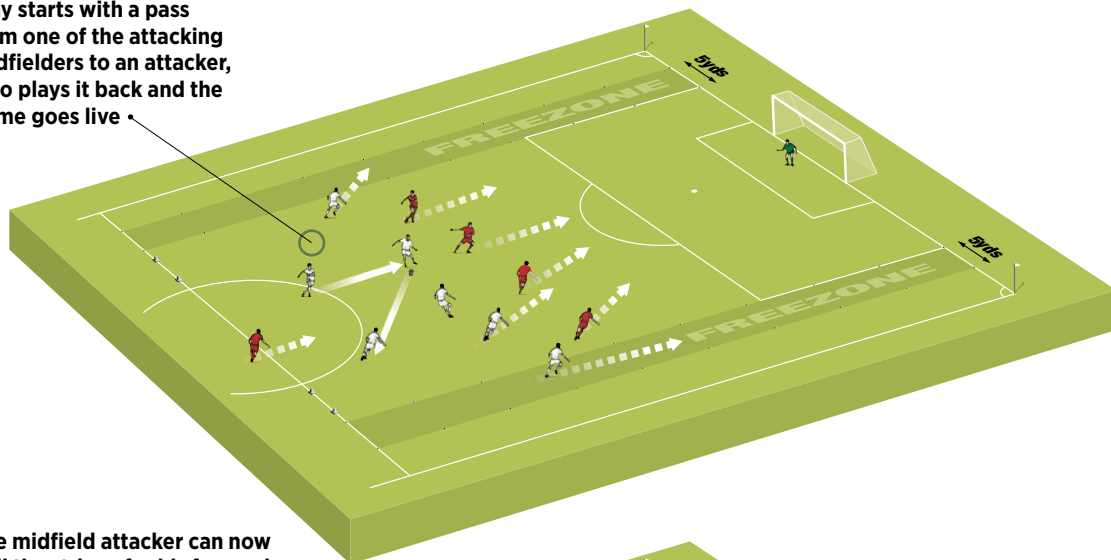
The game starts with a pass from a midfield attacker to a forward, who passes back and the game goes live, freeing up the defender at the opposite end to the goal who can now recover. You can vary the number of defenders recovering from this position. If the defenders win the ball they score in the small goals. Play the offside rule.

TECHNIQUE

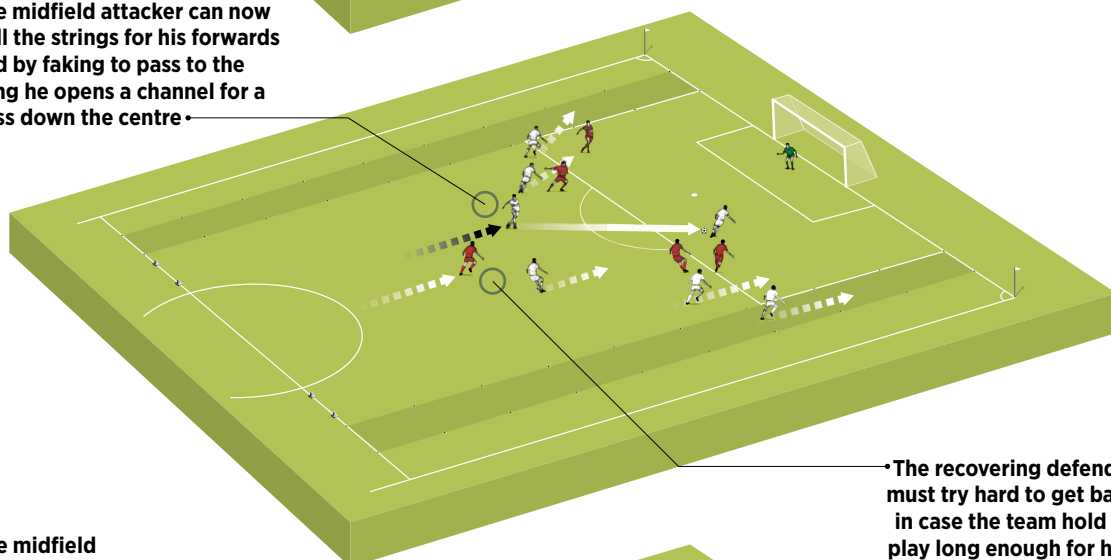
The player who receives the pass back from the forwards has a number of passing options. Movement is vital to pulling defenders out of position and speed of play is key to creating a scoring chance before the defender has recovered.

Activity by: David Clarke

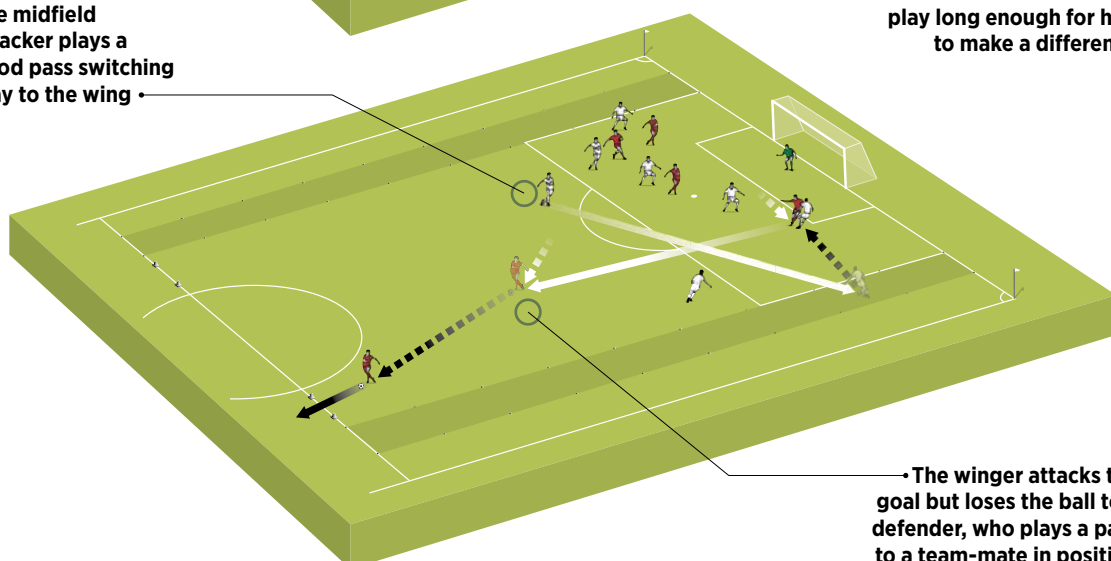
Play starts with a pass from one of the attacking midfielders to an attacker, who plays it back and the game goes live



The midfield attacker can now pull the strings for his forwards and by faking to pass to the wing he opens a channel for a pass down the centre



The midfield attacker plays a good pass switching play to the wing



The recovering defender must try hard to get back in case the team hold up play long enough for him to make a difference

The winger attacks the goal but loses the ball to a defender, who plays a pass to a team-mate in position to score in a small goal

Player movement ■■■■➔

Ball movement ➔

Run with ball ■■■➔

Shot ➔