

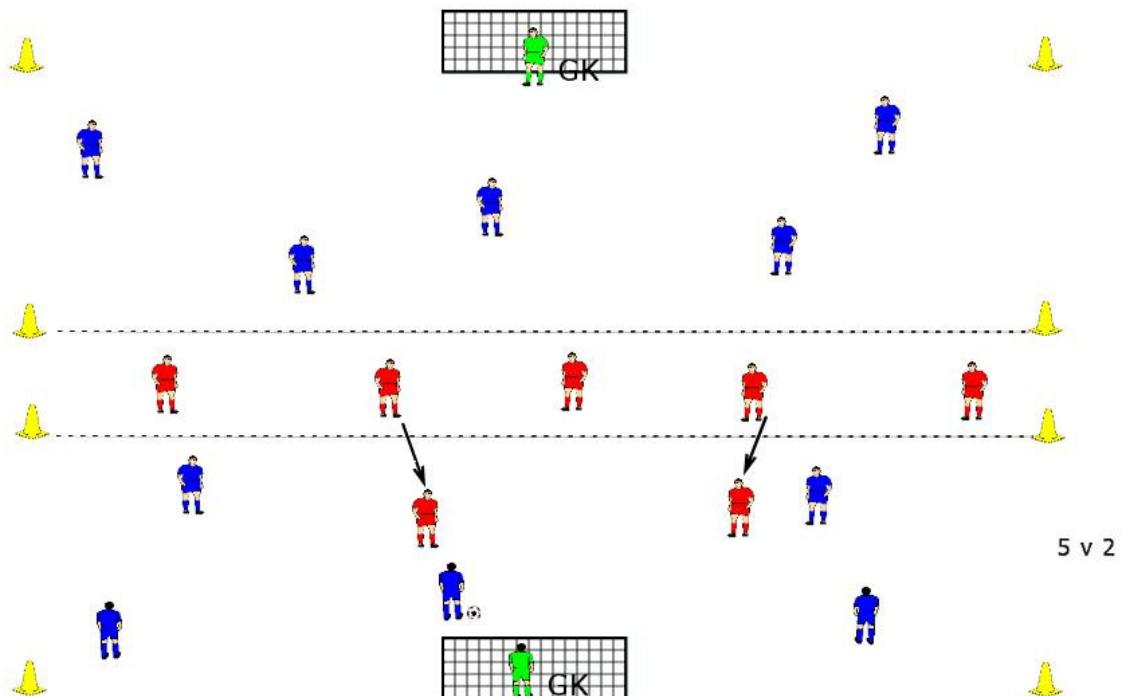
Drill Name: 5 v 2 Build Up From the Back + 3 areas

Topic: Build up & Killer Pass

Objectives:

- Building up from the back
- Structure of back four plus linking midfielder (number 6)
- Killer pass

Diagram:



Description:

- 5 players must make 3 passes before they can play into far zone (killer ball). 2 defenders can come into the zone to win play (if they do, they can shoot at goal) 3 other players in middle zone try and defend by intercepting ball. Killer pass must be below head height.

Progressions:

- 5 v 2 5 v 3
- Limited touches
- Minimal players

Coaching Points:

- Back 4 structure
- Angles midfield (between players)
- Ball speed
- Angle of support