



# London United

Beating low defensive block

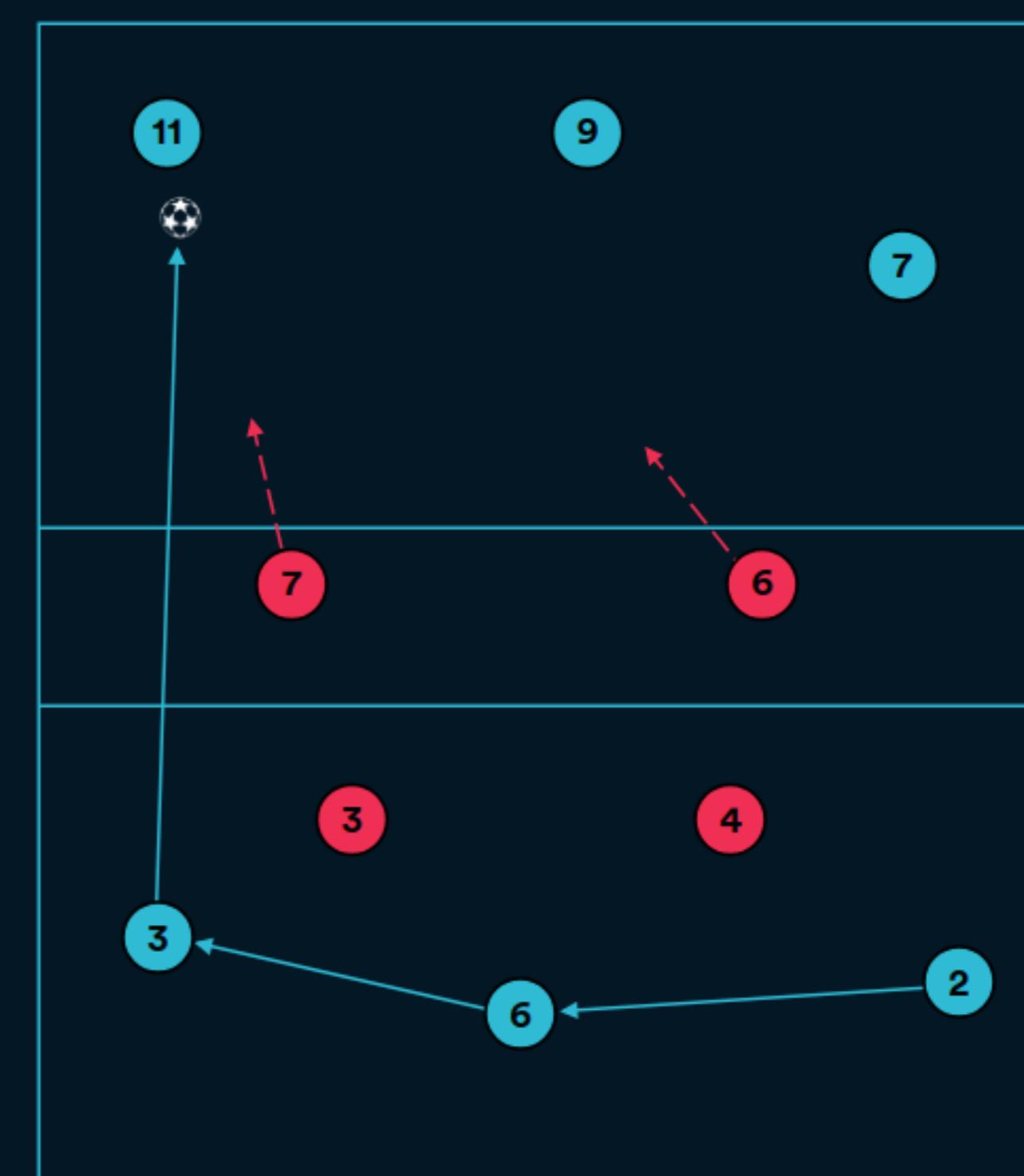
Total Duration 80 min

## Set up

Set up two adjacent zones. In **Zone A**, play a **3v2** possession game where the attacking team must complete **four consecutive passes** under pressure. Once they achieve the pass count, they must **transfer the ball into Zone B**, where **four players** (3 neutrals + 1 target) receive and secure the switch before the coach resets the action and restarts in Zone A. The aim is to create stability in the overloaded zone before switching to the free zone with quality and intention.

## Coaching Points

- Create **constant triangles and support angles** to maintain superiority in Zone A.
- Keep **optimal spacing** and open body orientation to see both the ball and the next zone.
- Use the **third-man combination** when direct passing lanes are blocked.
- After the fourth pass, be **decisive with the switch**: scan early and play to the free player.
- First touch in Zone B should be **secure and forward-facing** to stabilize possession immediately.
- Emphasis **tempo change**: patience during the build-up, speed when switching zones.

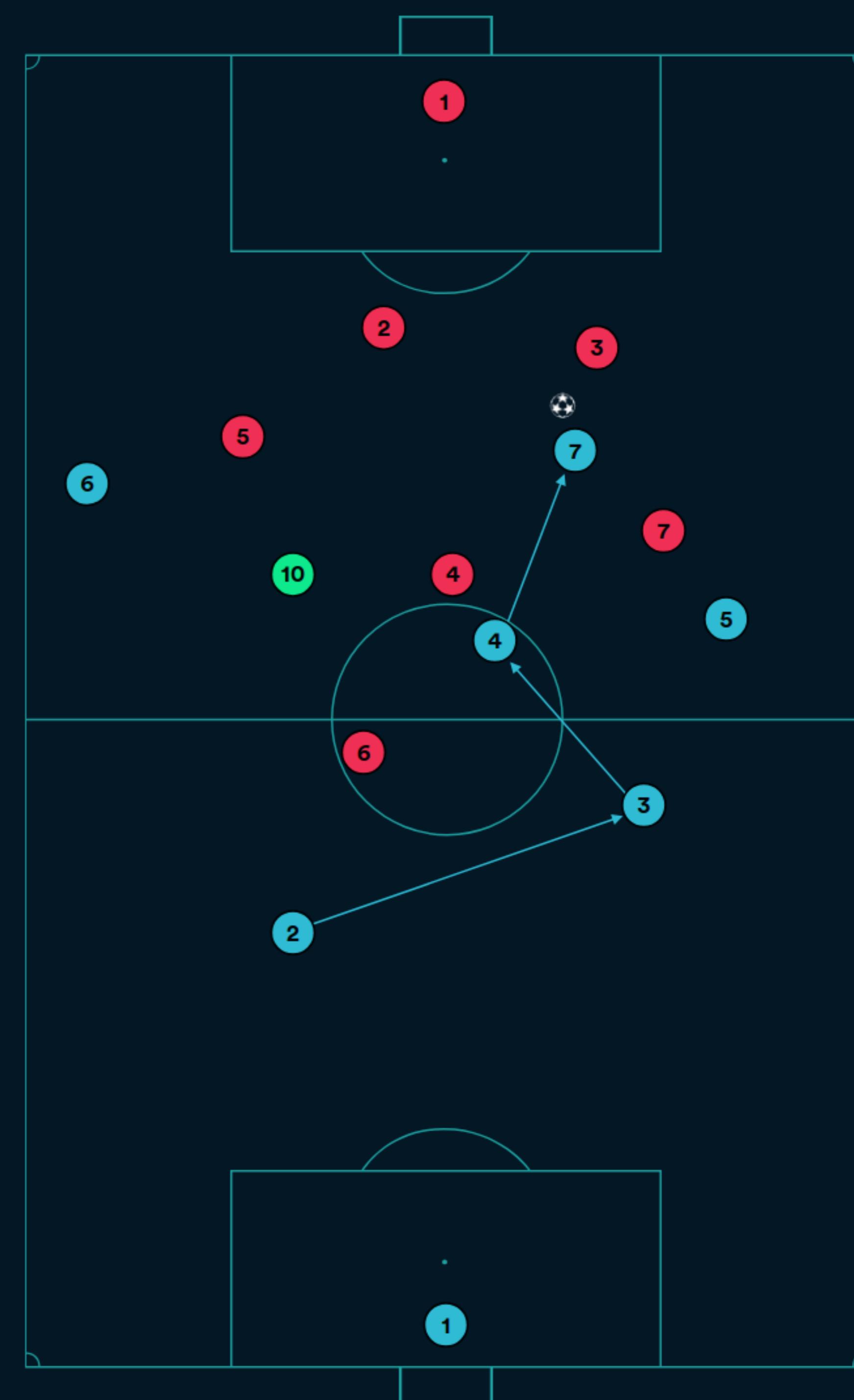


## Set-Up

The **+1 neutral player** always plays with the team in possession, creating an **8v7 superiority** to encourage circulation, overload utilisation, and collective support play. Both teams aim to maintain possession and break lines, using the neutral to connect attacks, switch play, and create stability. Goals can be scored in normal goals or mini-goals, depending on the focus of the session.

## Coaching Points

- Use the **+1 to create extra passing lanes** and find solutions under pressure.
- Encourage **constant scanning** to identify when the +1 is free between lines.
- Maintain **optimal spacing** (width and depth) to stretch the opposition's block.
- Look for **third-man combinations** to break compact defensive lines.
- Quick **tempo change**: circulate patiently, accelerate when a free player appears.
- Defensively, transition immediately upon loss—**press the ball and block access to the +1**.
- Neutral player: stay **positionally intelligent**, always available, acting as the team's pivot and connector.

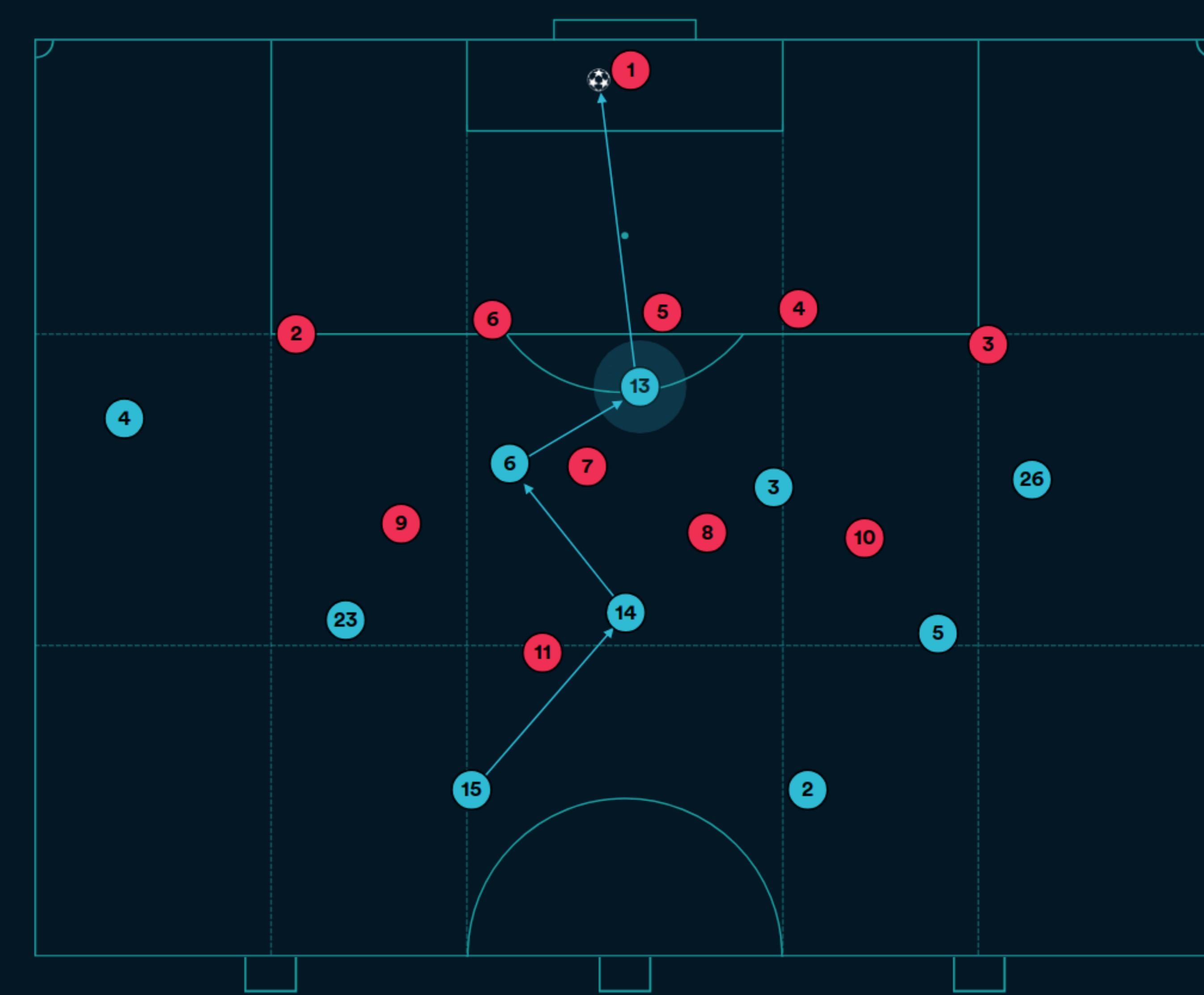


## Set-Up

Organise a **phase-of-play game 10v11** on the attacking half of the pitch, with the attacking team set up in their usual structure and the defending team organised in a compact **low block** inside their defensive third. All play begins with the attacking team, whose objective is to manipulate the block, create gaps, and break into the penalty area through combinations, switches, and positional rotations. The defending team aims to stay compact, protect central spaces, and counter when possible. Reset each attack from the coach to maintain rhythm and focus on rehearsing patterns to break down deep, organised defences.

## Coaching Points

- Maintain **high width** and **positional occupation** of all five lanes to stretch the low block horizontally.
- Use **patient circulation** to shift the block, then accelerate when a gap appears.
- Encourage **third-man and bounce combinations** to break lines in tight areas.
- Attackers between lines must continually **scan**, **arrive in pockets**, and offer forward-facing body shape.
- Full-backs or wingers create **wide 2v1s** to force defensive decisions and open central lanes.
- Be ready to **rotate positions** (e.g., 8s dropping, wingers coming inside) to destabilise the block.
- Around the box, use **disguised passes**, **wall passes**, and **underlaps** to enter the penalty area.
- Immediate **counter-press** after loss to keep the opposition pinned in and sustain pressure.



## Set-Up

Play an **11v11 full-pitch game**, but every action begins with the **attacking team already in possession inside the opposition's half**, while the defending team starts organised in a **compact low block**. The attacking side works on breaking down a deep defensive structure using width, rotations, switches, and combinations, while the defending team focuses on staying compact, protecting central spaces, and countering when possible. After each attack ends (goal, clearance, turnover), the coach quickly restarts play with the attacking team to maintain repetition and focus on problem-solving against a deep block.

## Coaching Points

- Maintain **full width** and occupy all vertical lanes to force the block to stretch.
- Use **quick circulation** to shift defenders laterally before accelerating toward gaps.
- Attack the **spaces between full-back and centre-back** with well-timed runs.
- Encourage players between the lines to **scan, receive half-turned, and combine quickly**.
- Utilise **third-man runs**, bounce passes, and underlaps to break compact central areas.
- Switch play with **speed and accuracy** to attack the weak side where defenders are late to shift.
- Keep the **rest defence organised** to win the ball back instantly and maintain sustained pressure.
- Emphasise patience: **probe, move the block, then strike when the timing is right**.

