OFFENSIVE SYSTEM DEVELOPMENT

SECTION	EXERCISE	CODE
APPLIC. LINES	4 v 4 vs. 4 v 4 in 1G. y 3g.	AZO 03

Exercise Development

Distributed as in the diagram, 2 teams of 8 players play a match in which both play with a line of 4 in defense and a 4-man diamond in midfield.

One team attacks a large goal centrally located on the end line, and the other team attacks 3 small goals, 1 centered and the other 2 in either corner.

The team defending the 3 goals works on swinging from side to side to prevent central linear progression in the creative zone. They attack the large goal with a goalkeeper, and focus on quick, direct attacks offensively. Defensively, they focus on swinging as a group and keeping composure.

The team defending the large goal will use a more aggressive defensive technique, marking the opponents man-to-man to prevent them from finishing. They will attack more indirectly, progressing down the wings or in the central creative zone via changes of direction, timing their movements, etc.

Graphic Description

4 v 4 vs. 4 v 4 in 1G. y 3g.

Methodological exercise characteristics

LEARNING LEVEL	OBJECTIVES			
> 10-11 years	Define movements based on the zone, system being played, & offensive/defensive line.			
NUMBER OF PLAYERS	**VARIATIONS**			
8 v 8	Any variations of system, numerical variations, number of goals, objetives, …			
DIMENSIONS	**PROGRESSIONS**			
50 x 60yds.	Various depending on objetives; limit # of touches, etc. Use any type of adaptation to improve performance.			
CCT-TRIM	**SERIES**	**DURATION**	**REST**	**INTENSI.**
0,82 / 1	2	7-15'	1 – 3 mins	Medium-High

Aspects to be worked on

1	Observing patterns of play being developed to direct them towards those established.
2	Analysis of the efficiency of all the variables in order to develop the game model established in the different zones of the pitch.
3	Constantly utilize and adjust the patterns established in order to achieve the necessary control of the game.
4	Tactical interpretation, cohesion of the group, equilibrium of the lines.
5	Generate perception based on being in situation of finishing (large goal) or progressing (3 small goals) depending on zonal situation.
6	Generate offensive perception based on the zone of the field, progress or finalize.