

Position-specific Training - Full Backs: Part 2

Written by The Coaching Manual

In this second feature on coaching attacking Full Backs, we detail a 4v2 Rondo practice that allows Full Backs to use timing and positioning in order to receive and advance forwards.

4v2 Full Back Rondo Set up

Area 18x10 with 4 x Attackers (Blue 3, 5, 6 and 10) positioned on lines of the area as the Centre Back (Blue 5) starts with possession of the ball. Centre Back (Blue 5), Full Back (Blue 3), Pivot (Blue 6) and Centre Forward (Blue 9) can only move along their designated lines.

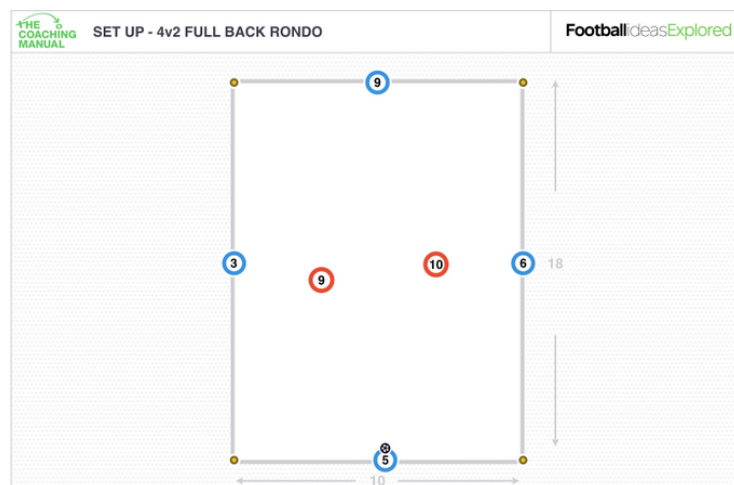
2 x Defenders (Red 9 and 10) can move anywhere inside the area and can also press the ball to prevent the Blue team playing from Centre Back (Blue 5) to Centre Forward (Blue 9).

Task

Blue Team (Attackers): Maintain positions and possession of the ball with the emphasis on playing forwards from Centre Back (Blue 5) through the Full Back (Blue 3) to the Centre Forward (Blue 9).

Red Team (Defenders): If the ball is won, play directly to Blue 5 to

replicate a counter attack in a game, or maintain possession for 5 passes as Blue 3 and 6 recover and can move inside to press the ball.



Key Coaching Points

Full Back to recognize when (timing) and where (positioning) to move on the line during build up play

Co-ordinated movements for Full Back to take up positions to receive the ball behind the defensive unit

Quality, weight and decision of the pass (play in front, play around or penetrate)

Detail

Body angle to receive the pass and play forwards

Receiving areas of foot or body

Quick combinations and limiting touches to think quickly

Angles, distances and areas of structure to release the Full Back

Understanding slow and quick play through the areas

Timing of passes - "La Pausa"

Use the 3 passing lines (in front of Defenders, around the Defenders and through the Defenders) to create opportunities to penetrate or release the Full Back

Passing options around and ahead of the ball

Triggers to move forward - passing the press

Triggers to release the Full Back

Communication

Focus - Movement to Create Penetrating Pass

As many teams are now adopting philosophies to play out from the back it is not uncommon to see Full Backs offering to receive the ball, resulting in opposition Forwards looking to press aggressively to regain possession high up the pitch.

Full Backs can use this to their advantage by dropping in to receive the ball, enticing opposition players to press, and creating space for the penetrating pass. If the opposing team do not press the Full Back, then Blue 3 can receive on the half turn and play out.

Focus - Full Back Advancing Forwards

Modern Full Backs are coached to be able to receive the ball and advance the team forwards, and bringing the ball out from the back will also commit opposition players from the second defensive unit and create more space to penetrate.

Full Backs need to recognize when to advance forwards and when to hold their position; if they move too early and the ball is lost they may not be able to recover and offer defensive support. If they move too late then the opportunity to break the first defensive line may be lost.

Focus - Full Back Combines to Receive Behind Defensive Unit

Full Backs need to also develop relationships with their team mates around them, and in this 4v2 Rondo the Pivot (Blue 6) should co-ordinate their movements with the Full Back (Blue 3) when the initial press has been made, in order to combine and release the Full Back behind the first defensive line.

Coming next . . .

We progress the 4v2 practice to a 6v3 Rondo to work on overlapping and underlapping movements with the Full Backs.