

Position-specific Training - Full Backs: Part 3

Written by The Coaching Manual

The following practices can be delivered by coaches to develop their Full Backs in recognizing and executing overlapping and underlapping runs to support the attack.

6v3 Overlapping Rondo

When the Attackers (Blue) become familiar with the concept of Full Back movement in the 4v2 practice, the session can progress to a 6v3 Rondo to further develop these movements and their relationship with the Wide Forward on the same side of the pitch.

Set up

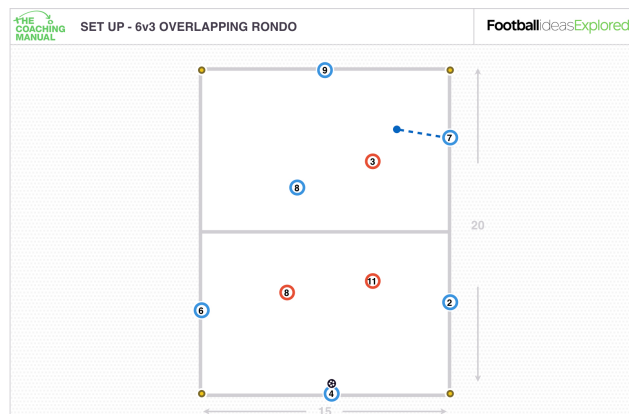
Area 20x15 split into two zones (10x15) with 6 x Attackers (Blue) v 3 x Defenders (Red). Wide Forward (Blue 7) can move inside the attacking zone and the Full Back (Blue 2) can move the length of the 20 yard line.

Centre Back (Blue 4) and Centre Forward (Blue 9) can occupy positions on their designated lines.

Centre Midfielder (Blue 8) and Pivot (Blue 6) can play inside both the attacking and defending

zones or on the 20 yard line.

Defenders (Red 3, 8 and 11) can move anywhere but in a realistic shape of a defensive unit.



Task

Blue Team (Attackers): Maintain positions and possession of the ball with the emphasis on playing

forwards from Centre Back (Blue 4) through the Full Back (Blue 2) to the Centre Forward (Blue 9).

Red Team (Defenders): If the ball is won, play directly to Blue 4 to replicate a counter attack in a game, or maintain possession for 5 passes as Blue 2, 6 and 8 recover and can move inside to press the ball.

Key Coaching Points

- Full Back to recognize when to advance forwards and overlap to receive behind opposition
- Co-ordinated movements for Full Back to take up positions to receive the ball behind the defensive unit
- Speed and timing of overlapping runs and quality of passes for Full Back to receive

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 - Wide Forward Inverts and Full Back Overlaps

Here we can see how the Wide Forward (Blue 7) playing on the inside creates spaces for the Full Back (Blue 2) to receive and combine with Blue 8 to overlap and advance forwards.

Focus - Combination Play to Release Full Back

This scenario demonstrates how the movement and positioning of the Blue Full Back how they combined with central areas of the field including the Pivot.

6v3 Underlapping Rondo

A 6v3 practice can also be used to develop Full Backs to recognize and understand when, where and how to perform underlapping runs to be an attacking option.

Set up

Area 20x15 with zone 5x15 to highlight target zone for Full Back (Blue 2) to receive the ball on an

underlapping run. 6 x Attackers (Blue) v 3 x Defenders (Red). Full Back can play along their 20 yard line and also inside the area.

Pivot (Blue 6), Centre Back (Blue 4), Wide Forward (Blue 7) and Centre Forward (Blue 9) can occupy positions on their designated lines. Centre Midfielder (Blue 8) can play inside the area.

Defenders (Red 3, 8 and 11) can move anywhere but in a realistic shape of a defensive unit.

Task

Blue Team (Attackers): Maintain positions and possession of the ball with the emphasis on playing forwards from Centre Back (Blue 4) through the Full Back (Blue 2) to the Centre Forward (Blue 9).

If ball is received by Full Back (Blue 2) in the target zone the Blue team are awarded 2 goals.

Red Team (Defenders): If the ball is won, play directly to Blue 4 to replicate a counter attack in a game, or maintain possession for 5 passes as Blue 2 and 8 recover and can move inside to press the ball.

Key Coaching Points

- Full Back to recognise when to advance forwards and move inside to receive in target zone
- Co-ordinated movements for Full Back to take up positions to receive the ball behind the defensive unit
- Speed and timing of underlapping runs and quality of passes for Full Back to receive

Focus - Timing of Underlapping Runs

In this scenario the Full Back performs an underlapping run to receive in the target zone from Pivot (Blue 6) following a lay off from Central Midfielder (Blue 8) who draws in Red 3.

Focus - Full Back and Wide Forward Combine

This phase of play details how the Full Back (Blue 3) and Wide Forward (Blue 7) can combine on the same side of the pitch in order to draw the opposition across and allow the Full Back to perform an underlapping run from deep and receive in the target zone.

Next Up...

In our final article on coaching attacking Full Backs, we will incorporate the concepts and principles covered into a 8v5 practice.

