

# Position-specific Training - Full Backs: Part 4

Written by The Coaching Manual

## 8v5 Full Back Rondo with End Zones

### Set Up

Area 30x20 with 3 yard channels on either side and 5 yard End Zone (Green). Full Backs (Blue 2 and 3) can play along the length of their designated 30x3 channel. Wide Forwards (Blue 7 and 11) can move inside the area when Full Backs advance into attacking half of the channel.

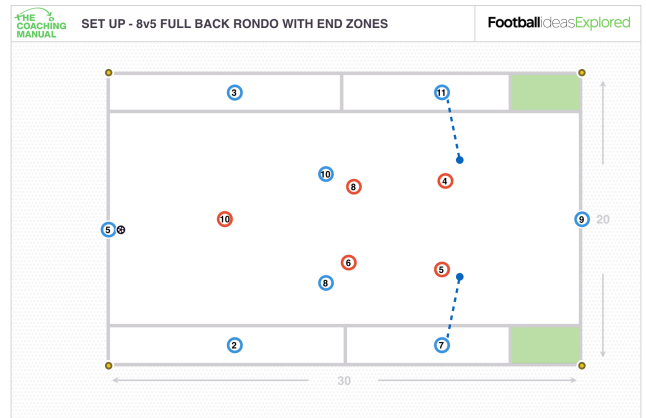
Centre Back (Blue 5) and Centre Forward (Blue 9) can move along their designated lines and Centre Midfielders (Blue 8 and 10) play inside the area.

Defenders (Red 4, 5, 6, 8 and 10) 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 5) through the Full Backs (Blue 2 and 3) to the Centre Forward (Blue 9). Blue team attempt to release the Full Backs into the End Zones.

**Red Team (Defenders):** If the ball is won, play directly to Blue 5 to replicate a counter attack in a game, or maintain possession in a 5v4 as Blue 7 and 11 recover and move inside to press the ball with Blue 8 and 10.



### Key Coaching Points

1. Full Backs recognize when (timing) and where (positioning) to move in the channel during build up play
2. Co-ordinated movements for Full Backs to take up positions to receive the ball behind the defensive unit and in the End Zones
3. 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 Backs
- 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
- When and where to overlap - Full Backs
- When and where to invert - Wide Forwards
- Passing options around and ahead of the ball
- Triggers to move forward - passing the press
- Triggers to release the Full Back
- Communication

### Focus - Pass to Release Overlapping Full Back

Here we can see how the Full Back (Blue 2) is released with a pass from the central area using an overlap, as the Wide Forward inverts to create space.

### Focus - Quick Combinations in Central Areas

Quick combinations in central areas can also draw in opposition Defenders and allow the Full Back (Blue 3) to advance forwards without being tracked. Again, the Full Back needs to recognise when it is on to perform the overlap and receive the ball in the End Zone.

## Progression - Underlapping Full Backs

The Set up of the 8v5 Rondo can be adapted to develop underlapping runs from the Full Backs (Blue 2 and 3) with a Green End Zone (14x5).

Full Backs (Blue 2 and 3) can now move inside the area as the Wide Forwards (Blue 7 and 11) play along the length of their designated 30x3 channel.

## Focus - Using La Pausa to release Full Backs

The following animation demonstrates the Wide Forward (Blue 7) using La Pausa and maintaining possession until the Full Back (Blue 2) begins the underlapping run, as Blue 7 times the pass for Blue 2 to receive in the End Zone.

## To Conclude...

Attacking Full Backs are key players in the modern game as they can advance forwards to provide numerical and positional superiority in the attacking half, and can pin back opposition teams.

It is important the Full Backs understand and recognize moments in the game where they can advance forwards, utilizing overlapping and underlapping movements, to support the attack whilst also ensuring defensive stability is provided.

The practices covered in this series will hopefully provide coaches with game-related templates to develop their Full Backs decision-making when in possession.

