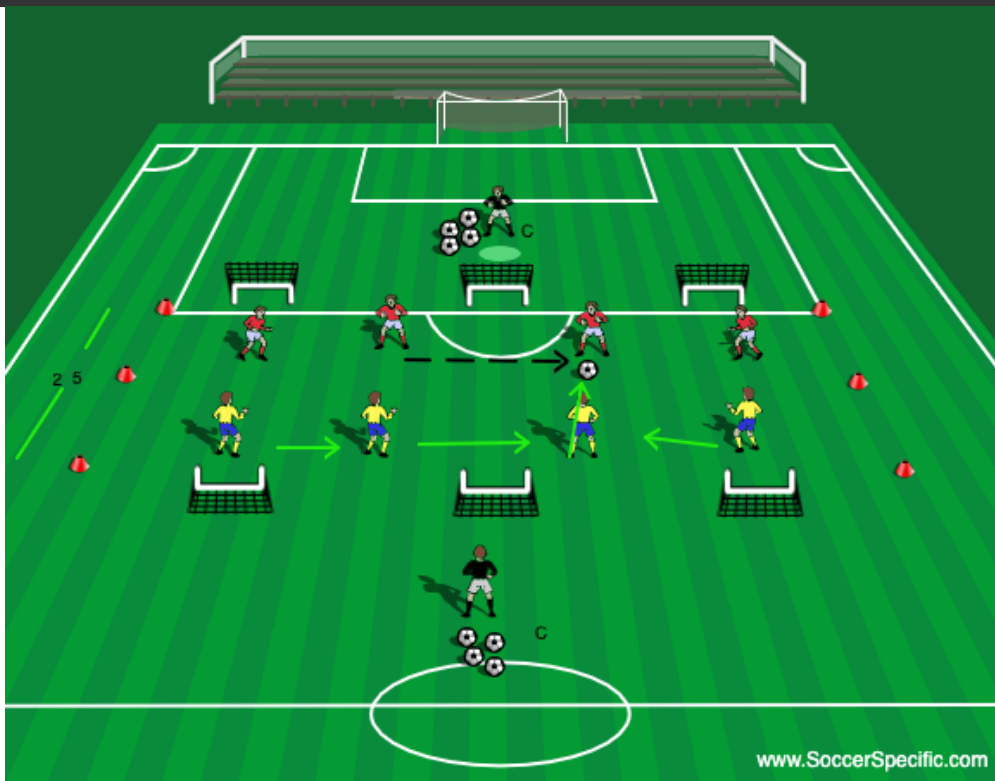




# Back Four Functional Defending



⌚ 20 min ↗ 44x25

## Setup

Back four functional defending, 8 players, 44x25 yard field, six small goals. One coach standing behind the middle goal acting as a support player.

## Instructions

Progression 1- as shown red team moves the ball laterally one and two touch, yellow player steps to pressure ball and his teammates slide to cover accordingly. Ball is played to the next red guy and the appropriate yellow player steps while his teammates cover. Progression 2- At any time the back four with possession can play it backwards to the coach thus triggering the defending back four to step or drop depending on the visual cues. Progression 3- back four can score on any of the three goals forcing the defending back four to apply pressure on the ball and cut off passing lanes to goal.

## Coaching Points

Pressing ball, sliding, covering, communicating, forcing the ball a certain way, cutting off passing lanes, overall footwork forwards/backwards and laterally.