



## Description

Working with the GKs and back line to deal with balls played in-behind back four or back six.

### Warm-up (10 mins)

**Organisation: Warm-up for Attacking players playing in behind.**  
Groups of 3 or 4. Gk is warming up.

**Detail:**

- 1) A - B - A - C. C - A - C - B. B - C - B - A.
- 2) Third player run must pay attention to the through ball.



### Passing patterns - In-Behind (15 mins)

**Organisation: Passing Combos to have Finishing in behind.**

**Detail:**

Passing Combos:

- 1) A-B-C-B
- 2) A-B-A-C-B
- 3) A-B-A-C-B-A

**Gk Coaching Points:**

- 1) Positioning based on where the ball is and not where back line is
- 2) Front foot and back foot mentality
- 3) Early communication practice (away or gk)
- 4) Decision making - Three Choices:
  - Make the save before the ball is shot (Smother)
  - Make the save as the shot is taken (Smother or Block)
  - Make the save after the shot is taken (Shotstopping)



### Screen 3 (20 mins)

**Organisation:**

Possession leading to two goals to allow for decision making for gks.

3 teams of 4. 4v4 +1.

**Detail:**

- 1) 4v4+1 in the middle 1/3 of the field. Players are looking for quick movement of the ball.
- 2) three pass minimum and team in possession can attack EITHER goal. Only one attacker in.

**Progression:**

- 1) Two attackers allowed and one defender to create different decision making situations for the gk.





### 8v6 (20 mins)

**Organisation: Back 6 vs Front 5/#4/FBs**

Back 6 vs Front 4/2 Holding mids (2-1) and two fullbacks.

Back 6: Margot/Aida/Alex/Karina/Maddie/Caitlin

Front 4: Camille/Lucy/Robbie/Daphne/Lauren

Holding Mids: Nicci

Attacking team FBs: (Wingers subbing in - Graciana/Anna)

**Detail:**

8 v 6. Encourage movement to and overloads to get in behind.

**Gk Detail:**

- 1) Communication with back 6.
- 2) Front foot mentality.
- 3) Early and concise communication.
- 4) Early and precise decision making.



### 8v8 Game (15 mins)

**Organisation:**

**Detail:**

