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COACHING THE INVERTED FULLBACKS

With positional and possession
small sided games

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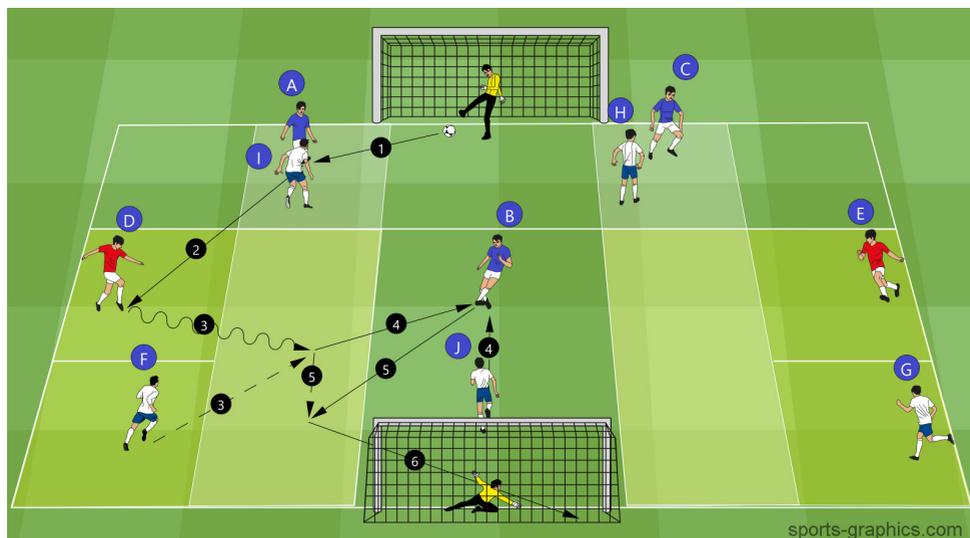
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Alternate 2 + 1 v 3 with Gks to play out through the half-space.



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SETUP & OBJECTIVE

47 x 27 y field, 10 players.

To play out with the opposite inverted fullback through the half space.

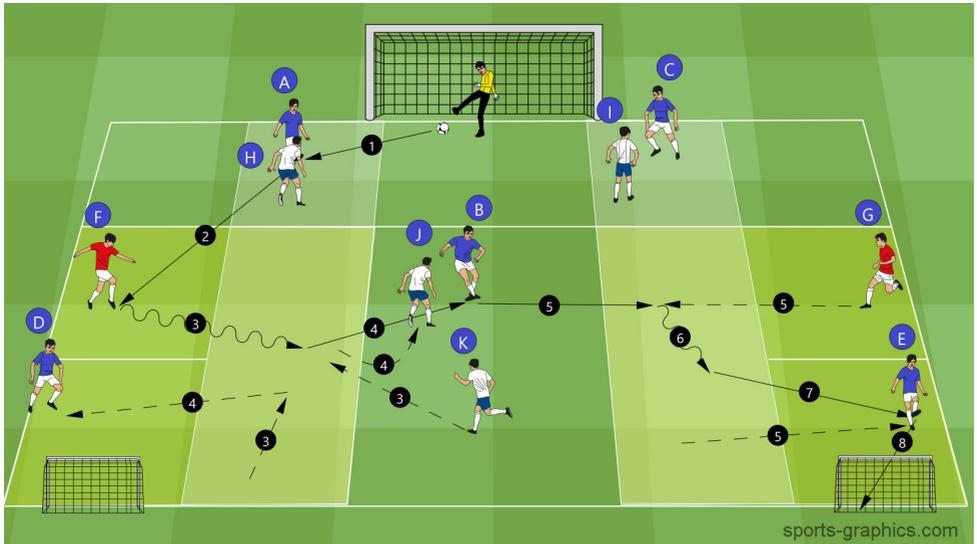
DESCRIPTION

- The goalkeeper decides which is the side where to start the sequence (right attacking one); he passes the ball to the right center back A, who must face I in a 1 v 1 duel. I can to close the direct passing lane toward the half space.
- A plays out wide to D, who is placed as classic fullback on the right (2).
- D receives and dribbles inside the half space (3), behind I. He becomes inverted, but is countered by F, while dribbling the ball.
- B drops back in an open body shape to be a safe passing option, escaping the marker J and receiving the ball from D (4).
- D moves forward in front of F and receive from B on his run (5), anticipating F; he then score in the regular goal (6).
- The defenders must try to close down the space toward the half space (as I is able to do) and to win the ball back in a 1 v 1 duels (F v D and J v B).
- If they win the ball, they counter attack in a 3 v 3 duel toward the opposition goal (F+J+I v A+B+D).

VARIATION

- Fix a limit of time to complete e sequence (ex, 12"/14").
- Fix a limit of time to counter attack (6").

4 (+Gk + 2) v 3 to play out wide after playing inside the half-space or to switch the side toward the opposite one



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SETUP & OBJECTIVE

47 x 27 y field, 10 players.

To play out wide with the outer midfielder after playing inside the half space with the inverted fullback or to switch the side toward the opposite one.

DESCRIPTION

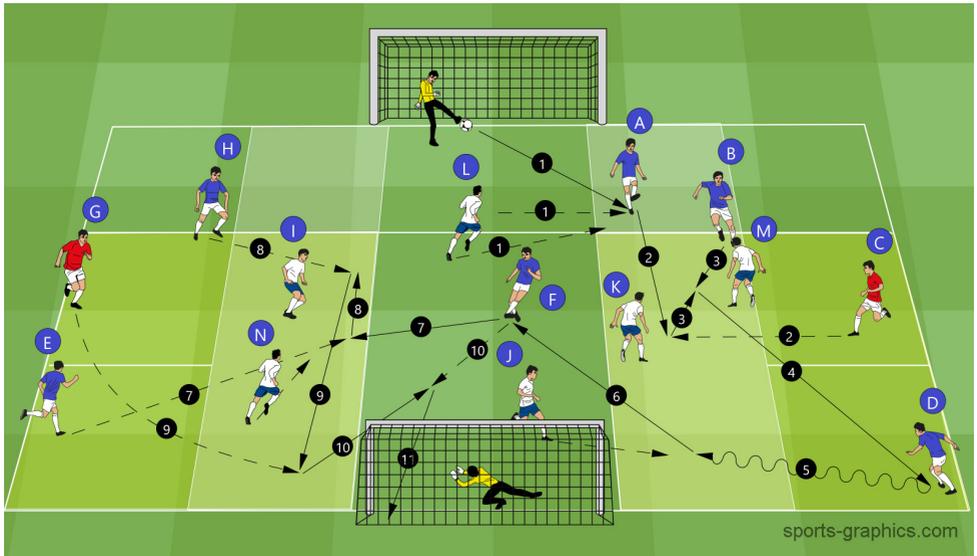
- The goalkeeper decides which is the side where to start the sequence (right attacking one); he passes the ball to the right center back A, who must face H in a 1 v 1 duel.
- H is able to close the direct passing lane toward the half space. A plays out wide to F, who is placed as classic fullback on the right (2).
- F receives and dribbles inside the half space (3), behind H. He becomes inverted but he is countered by J; meanwhile, K can shadow the passing lane toward the outer midfielder D.
- The attacking team could now score the mini goal up to the same flank or switch the side. D tries to move as dropping back midfielder first (3) and then as wide passing option, but he can't receive.
- F must pass the ball toward the center space for B (4), the center midfielder, who receives and switches the side of play for G (5). G runs inside the opposite half space, shifting across the center (5).

- G is now free to dribble the ball forward (6) and to play out wide toward the left attacking flank (7), where E, the left midfielder is now positioned (5) to receive and score in the mini goal (8).
- The defenders must try to close down the space toward the half space (as H is able to do) and to win the ball back in a 2 v 2+1 duel inside the half spaces and the center space (K+J v D+B+F). As in the picture, they can't be active if the attacking team switches the side.
- If they win the ball, they counter attack in a 4 v 3 duel through the center space (K+J+H+I v A+B+C, who becomes active during the defense phase).

VARIATIONS

- Fix a limit of time to complete the sequence (ex, 12"/14").
- Fix a limit of time to counter attack (6").

6 (+2+Gk) v 6 to build up moving the opponents throughout the playing area and switching the side to play out through the center (via wide outer midfielders and inverted fullback).



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SETUP & OBJECTIVE

47 x 27 y field, 10 players.

To move the opponents to switch the side and to play out through the center.

DESCRIPTION

- The goalkeeper passes to the center back A (1), who decides where to shift wide to receive (on the left attacking side), escaping the first defender L, who tries to counter him.
- A passes forward along with the half space toward the left wingback C, who cuts inside past to the first mannequin, becoming inverted (2).
- The left center back moves forward to receive the lay off from C (3). C and B combine under the defenders' K and M pressure.
- B passes forward to the first wide outer midfielder D (4), who receives and dribbles the ball inside the half space. The center defender J moves inside to counter him, equalizing the duel (2+1 v 3).
- D prevents J from countering him, laying the ball off to the holding midfielder F (6), who switches the side, passing the ball to the opposite outer midfielder E, who cuts inside the half space (7).
- F is countered by the defender N. The right center back H runs forward inside the half space, inviting the defender I to counter him (8) and receiving the layoff pass from E.

- H receives and plays quickly toward the inverted wingback G (9), who overlaps and runs in half space, preventing I from winning the ball.
- G receives inside the half space and crosses toward the center (10), meeting the forward run of the holding midfielder F, who shoots on goal (11).
- The defender must try to overload the first half space where the ball is played, equalizing the duel (3+1 v 4) and to manage the numerical disadvantage (2 v 2+1) to prevent cross passes.
- If they win the ball, they can counter attack toward the opposition goal in a 6 v 6 duel (inverted wingbacks can't be active when the first possession team loses the ball).