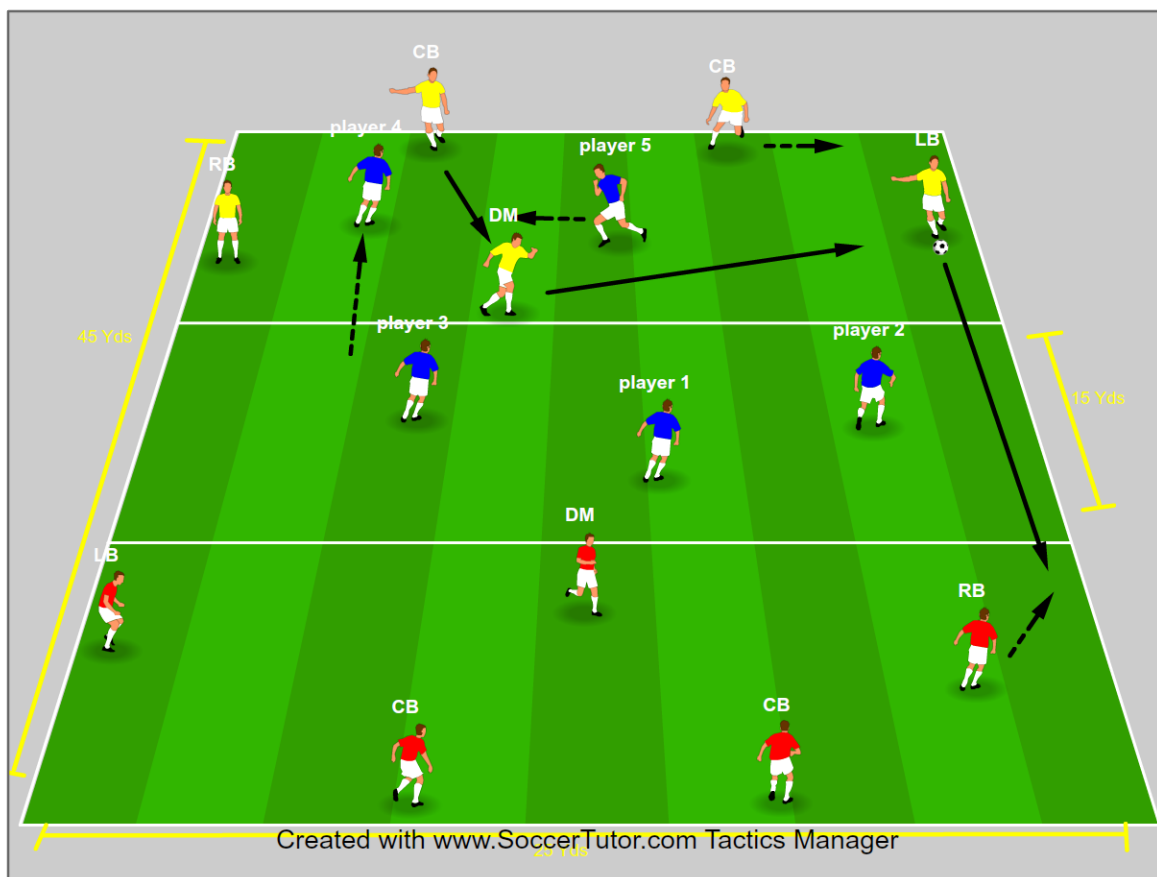


### 3 Zone Possession (Building out of the Back)



**Date:** 5/Mar/2014      **Measurement:** Select Pitch Area  
**Time:** N/A:N/A      **Players:** 15  
**Duration:** 20      **Level/Age Group:** U8 - 18+

**Description:** Split the group into 3 teams of 5 with different colors. Set up two of the teams on the outside zones with 4 in the back and a holding midfielder. Team in the center zone is defending. Defending team sends 2 defenders to try and win the ball from the Attacking team while attacking team tries to maintain possession and shape to score by playing a penetrating ball into the far zones. If defending team wins the ball they play to opposite zone and become the attacking team in the zone in which they won the ball. Attacking team becomes defenders.

**Objective:** -Increase players ability and comfort to play the ball around the back.  
 -Help players understand the movement off the ball needed to move the ball through the back.

**Coaching Points:** -DM find the gaps between CB's to provide support.  
 -Circulate the ball quickly to offset defense.  
 -Outside backs stay high to provide space to CB's  
 -CB's split wide to allow ball to move quicker

**Progression:** -6 passes and then they can play to the opposite zone.  
 -Put in a pass limitation (can they play out in 4 or less passes).  
 -Balls have to be played in the air or on the ground only