

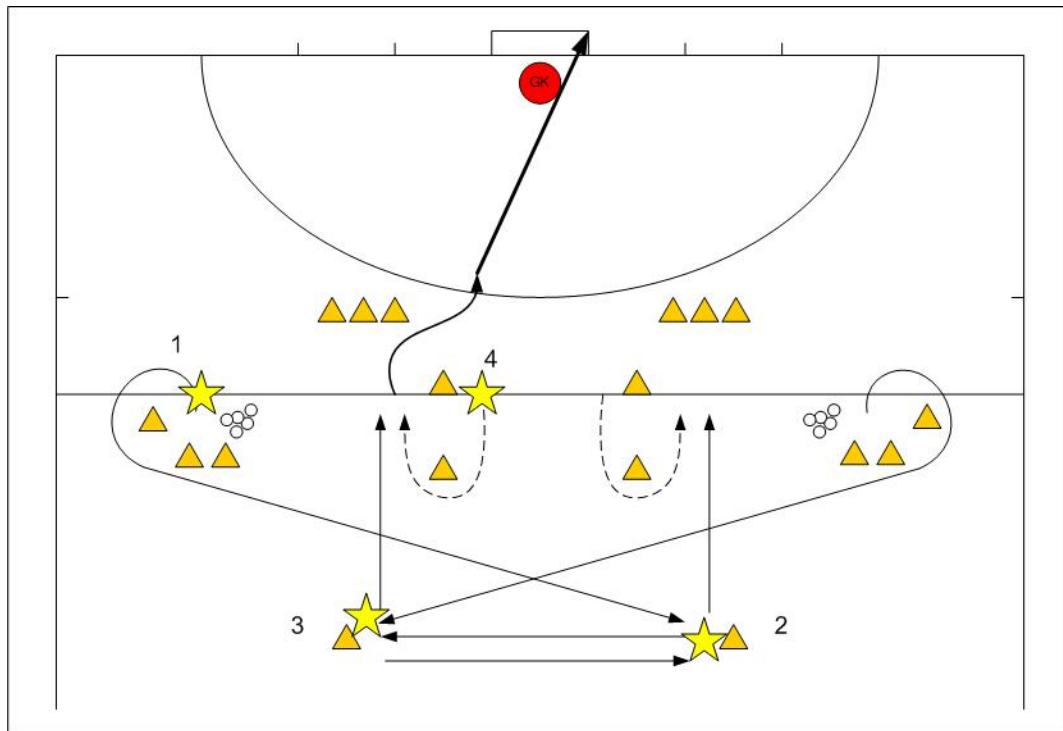
Title: Back 4 Drill

Aim: To utilise the back four when passing and create space up front

Equipment Needed:

- 10 cones per side
- Balls

Set Up:



Description:

- Ball starts with wing half (Station 1) dribbling around cone and passing back to opposite full back (Station 2).
- Full back then passes across to opposite full back (Station 3).
- Station 4 then leads to receive the ball 'with speed' and evades cones to score.
- Start same passing sequence on other side once drill has run through.

Coaching Points:

- Ensure the full backs are receiving the ball 'open'.
- Station 4 needs to hold lead as late as possible to utilise the space.
- Station 4 should be looking to receive the ball going forward and should be looking to receive and carry the ball infield.
- The Fullbacks should hit rather than sweep the ball.

Variations:

- Station 4 can be substituted for striker 'posting up' or other leads.
- Add in defenders and play the ball out till in the goal or defenders have worked the ball into a counter goal.