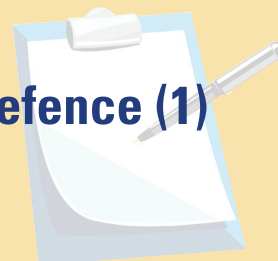


GOAL ANALYSIS

Midfield Forward Runs in Behind the Defence (1)

28-Aug-11

Zaragoza 0-6 Real Madrid (5th Goal): Kaka



Zaragoza are organised and have many players in the centre of the pitch. Kaka passes to Coentrao and he passes to Marcelo on the left flank. Real are utilizing the full width of the pitch, but the defence is organised and they have many players behind the ball.



Kaka supports Marcelo and makes a diagonal run in between the centre back and the right back. Marcelo passes into the space behind the defensive line for Kaka to run onto.



Kaka receives the ball and now has a 1v1 situation against the centre back. His teammates leave the space free for Kaka to exploit.



Kaka shows good ability and movement by cutting inside onto his right foot and shooting into the far corner of the net.

SESSION FOR THIS TOPIC (4 Practices)

1. Forward Runs and Through Balls in a Zonal Game



Objective

Develops attacking combinations to create chances in behind the defensive line. Practicing the final pass and diagonal runs in between the full back and centre back when the opposition hold a middle defensive line.

Description **7 v 7 (+2 Neutral Players)**

We use an area 60 yards x 45 yards. In the centre we have 3 zones. The middle zone is 30 yards x 30 yards and the 2 side zones are 7.5 yards x 30 yards. We also have 2 final zones with goalkeepers, which are 15 yards x 30 yards each. We play 6v6 in the centre with both teams using a 2-3-1 formation .

The team in possession has 2 Neutral players at the sides to play with (who must stay in their zone). The defenders cannot enter the final zone until the ball is played in there.

Different rules: **1)** No defenders allowed in the side zones. **2)** 1 defender is allowed in the side zone at a time and is fully active. **3)** Unlimited entry into the side zones.

PROGRESSION

2. Timing Runs in Between Defenders in a 4 Zone Game



Description 8 v 6 + GK

15 yards past the halfway line we place 2 mini goals. We have 3 zones; 1 central which is 44 yards x 44 yards and 2 side zones which are 40 yards x 20 yards. There is a 6v6 situation in the central zone with the white team in a 2-3-1 formation and the red team in a 4-2 formation. The white team also have 2 additional players (full backs) who only play in their respective side zones. All players in the red team can move into any of the zones.

The white team's objective is to exploit the numerical advantage at the sides, making diagonal runs in between the opposition full back and centre back to support their full back in possession.

The aim is to get into the final zone and score. The red team aim to win the ball and have a maximum of 5-6 passes or 10-15 seconds to score in 1 of the 2 mini goals.

Different rules

1. Unlimited touches in the centre and the full back has 2 touches.
2. Limit players to 3 touches in the centre and the full back has 2 touches.
3. Maximum of 2 touches in the final zone.
4. Players limited to 2 touches in the final zone but only 1 touch to finish.
5. All touches in the final zone limited to 1.

PROGRESSION

3. Timing Runs in Between Defenders in a 9v9 Game



Description 9 v 9

In this progression we have the same objective, but we have added an extra zone with a goalkeeper (safe zone for white team) which runs the full width of the pitch and up to the edge of the penalty area. The white team are using a 2-2-3-1 formation and the other team a 4-4 formation.

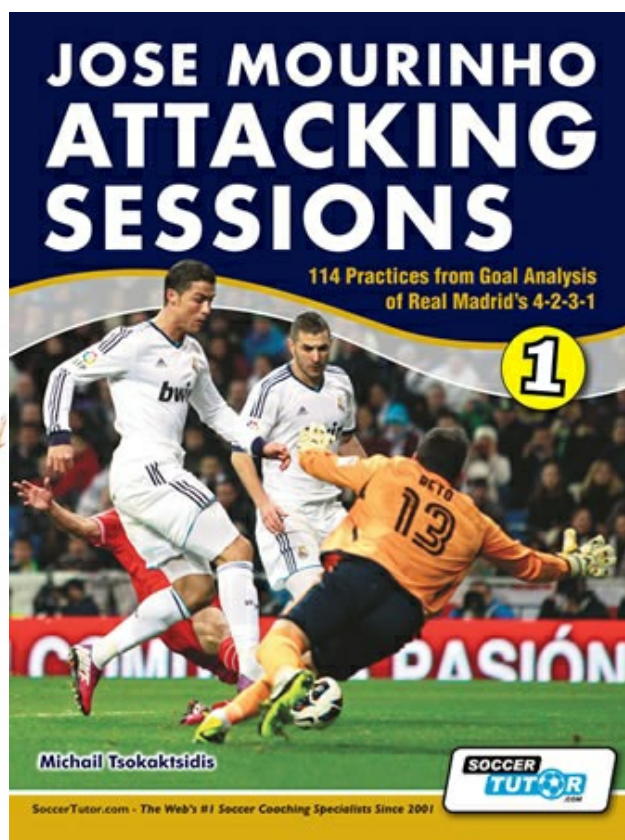
The white team now have a safe zone near their own goal which the red team are not allowed to enter. If the white team switches the play from one side zone to the other they get 1 point, if they complete 8 consecutive passes they get 2 points and if they score a goal they get 3 points.

From the white team, 6, 8, 10, 11 and 7 can move freely across all zones (2 and 3 must remain only in the side zones). From the red team, only 2, 7, 3 and 11 can enter the side zones. The defenders are not allowed to enter the final zone before the ball is played in there. When the ball goes out, we always start again with the goalkeeper.

Different rules

1. Unlimited touches in the centre and 2 touches in the final zone.
2. 3 touches in the centre and 2 touches in the final zone.
3. Some key players allowed unlimited touches and the others have limited touches.
4. All the previous options with the players limited to 1 touch finishing.

114 Practices from Goal Analysis of Real Madrid's 4-2-3-1



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