

**Name:** Arsenal - Alex Mason

**Topic:** Playing out of the back 4-4-2

**Date:** \_\_\_\_\_

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run <----- = Pass

<p><b>Fundamental - Warm Up</b> 15 min.</p> <p>Keeper + back four shadow play looking for target Target controls depth of team.</p> <ul style="list-style-type: none"> <li>- wide gates 2 points</li> <li>- center gates 1 point</li> <li>- keeper starts game</li> </ul> <p>* STRETCH</p>	<p><b>Organization</b></p> <p>50 yds</p> <p>65 yds</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>- width, depth, speed of play</li> <li>- support, communication</li> <li>- target always moving</li> <li>- keeper plays with feet</li> </ul>
<p><b>Match Related Activity</b> 15 min.</p> <p>Keeper + back four vs. One attacker then two attackers then three attackers</p> <ul style="list-style-type: none"> <li>- keeper starts game</li> </ul>	<p>50 yds</p> <p>65 yds</p>	<ul style="list-style-type: none"> <li>- 2 points for wide gates, 1 point center gate</li> <li>- defenders looking to play through gates</li> <li>- outside back looking to run with ball</li> <li>- add (X) players one at a time</li> <li>- (X) players can shoot at goal if they win possession, if keeper makes a save keeper starts attack</li> </ul>
<p><b>Match Related Activity</b> 20 min.</p> <p>7 v 4 building up to 8 v 8</p> <ul style="list-style-type: none"> <li>- add players to all positions</li> </ul>	<p>50 yds</p> <p>65 yds</p>	<ul style="list-style-type: none"> <li>- keeping possession</li> <li>- always looking to play the ball forward</li> <li>- maintain shape and support</li> </ul>
<p><b>Match Condition Game</b> 40 min.</p> <p>11 v 11 game</p> <p>4 - 4 - 2</p>	<p>full field game</p> <p>Arsenal Soccer</p>	<ul style="list-style-type: none"> <li>- back four looking comfortable on the ball</li> <li>- always looking to support midfield</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	