



Cut Backs

Warm Up

Setup 20x20 yard box with mannequins inside
Split players in two teams

Instructions Get your players to pressure the mannequins one at a time. Tell them to hold the pressure for 2–3 seconds before moving on. Get them to angle their runs and show the mannequins inside, outside or jockey. It is important players do this at a high tempo. Dynamic stretching should be introduced as you progress through the warm-up.



Drill

Setup Final third of the pitch
Players organised in four groups

Instructions Split your squad into four groups of players, using the final third of the pitch. The first wide player in one of the lines dribbles the ball to the goal line (outside of the cones) and then pulls the cross back into the penalty box so that one of the forwards can try to score a goal. The next attack begins from the opposite wing. Play is continuous.



Development

Setup Half pitch
Split group into two teams with zones

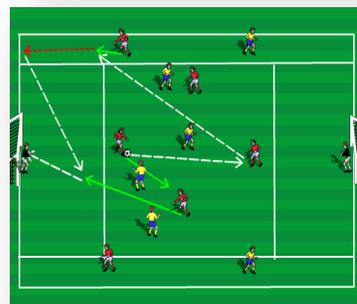
Instructions Each team's wide players should aim to dribble the ball to the by-line. The wide player now pulls the ball back for his teammates who make movements to lose the defenders and score a goal. Immediately after this attack, a ball is played into space for the opposite team's wide player to run and cross at the opposite goal. Keep play at high tempo.



Game Related Practice

Setup 40x40 yard pitch. Area split with 10 yard end zones
Place two wide areas, 5x40 on either side

Instructions Two teams play inside the central area. Both teams send a wide player to the outside of either side of the pitch to provide width and crossing opportunities. To score, teams have to switch the play to the wide players and then make runs into the attacking zone. When the wide player receives a pass, he must take a touch before pulling back a cross.



Cool Down

Conduct a light cool down consisting of light jogging and stretching.