Attacking Positional Patterns of Play



Direct from Xabi Alonso's Training Sessions

1. Draw in Press to Play Out, Switch, and Attacking Midfielder's Through Pass to Wing Back from the Half Space





2 coaches use passive pressing for the build up and the other 2 use passive defending in the box. Blue circles = starting positions.

Practice Description

1-2. **Alonso** passes wide to the left centre back (**LCB**), who passes back to the centre back (**CB**).

3. Their 4v2 advantage enables **CB** to pass to the right centre back (**RCB**), who can move forward to progress the play.

4. **RCB** receives and moves forward with the ball and plays a switch pass to the left attacking midfielder (**LAM**) high up the pitch within the half space.

5. **LAM** plays a through pass for the left wing back's (**LWB**) inside run off the flank in behind and into the box.

6-7. **LWB** passes the ball across the box for the centre forward (**CF**) to score. **LAM**, **RAM**, and **RWB** also make runs into the box to provide options.

Source: Xabi Alonso's Bayer Leverkusen training session at Bayer 04 Leverkusen Training Ground - 2024

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