

MANCHESTER UTD TRAINING SESSION 2

POSSESSION

FOCUS OF TRAINING SESSION:

Maintaining possession under pressure by creating overloads, using constant support play, and quick ball circulation.



7. Tactical Build-Up, Rotations, Switch Play, and Attack Through Gates Game

20 min



Practice Description

- The red team are set up in the 4-2-3-1 formation vs the blues in using the 4-4-2.
- There are 4 yellow pole gates in the corners and 2 red pole gates in the centre, as shown.
- The red goalkeeper starts and a centre back drops behind the gates to receive.
- **Aim:** Focus on build-up, rotations, combinations and switches of play to try and **attack the blue team through one of the gates**.
- **If successful, they can attack the goal.**

- If the blues win the ball, they have the same aim. If the ball goes out, a new ball is played into the middle zone. If the reds score, they restart with a new ball. If not, the blue team's goalkeeper restarts.

Different Defending Rules

1. No defenders can defend once the team in possession attacks through a gate.
2. 1 centre back can defend.
3. 2 centre backs can defend (shown by blue arrows in diagram example).
4. All 4 defenders can defend.

SOURCE: René Meulenstein's Manchester United training sessions at Carrington Training Ground - 2007-2013



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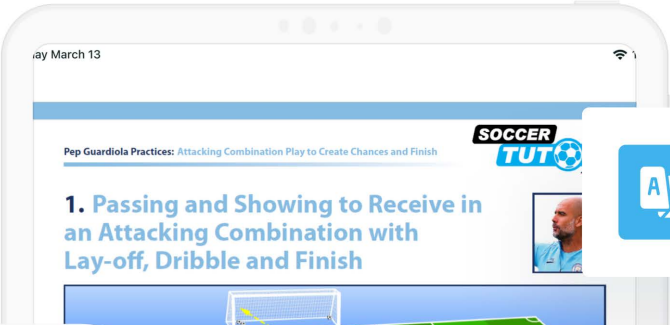
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Description

1. Player A passes to B, who drops back behind the pole.
2. Player B passes back for A to move forward onto, completing the 1-2 combination.
3. Player B passes to C.
4. Player C passes across to B, who has moved forward past the pole.
5. Player B passes forward to D, who drops back.
6. Player D plays a lay-off pass for E to move forward onto.
7. Player E receives and dribbles past the mannequin.
8. Player E shoots at goal.
9. The players rotate positions: (A -> B -> C -> D -> E -> A).

Source: Pep Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th July 2017

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PEP GUARDIOLA: PRACTICES FROM PEP'S SESSIONS - VOL.1

Base Español

B, who drops back behind

ask for A to move forward the 1-2 combination.

es to C.

ses across to B, who has moved the pole.

ses forward to D, who drops back.

Guardiola's Manchester City training session at Etihad Campus Training Ground, Manchester - 12th July 2017

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