Positional Training Games

Direct from Xabi Alonso's Training Sessions

6. Build Up and Creating Opportunities to Score 9v9 (+2) 6-Goal Game with Changing Conditions

Practice Description

- In this 9v9 (+2 Jokers) game, the aim is to **break the lines of pressure and create space to score a goal** through effective combination play. The reds start with possession after the coach's pass.
- The **zones have rules which change so the players can work on different tactics**.
- To start, no defending team players are allowed in the *Build Up Zone*. Later, they are encouraged to high press in there.
- To start, players must score from within the *End Zone*. Later, they must score from outside the *End Zone*.
- **Alonso adjusts the team shapes during play**, starting with a 4-2-3 from Bayer's 4-2-4 build up shape ***(see this diagram + pages 64-65)***. He is also seen changing the size of the *Build Up Zone*.
- If the blues win the ball, they try to score. If the ball goes out of play, a coach plays a new ball in immediately.

Source: Xabi Alonso's Bayer Leverkusen training session at Bayer 04 Leverkusen Training Ground - 2023

SOCCER TUTOR .COM

Football Coaching Specialists Since 2001

Learn, Practice and Apply Xabi Alonso'sTraining Methods Direct from his Training Sessions

BUY NOW

Coaching Books Available in Full Colour Print and eBook!

PC | Mac | iPhone | iPad | Android Phone / Tablet | Chromebook

FREE Coach Viewer **APP**

SoccerTutor.com

Read eBooks Aloud and Translate into

50+ Languages

1000+ Free Practices and Tactics from the World's Top Football Coaches!

Italiano

عربي

Français

中文

50+ languages

Deutsch

English

Free Trial

SOCCER TUTOR .COM

Football Coaching Specialists Since 2001

Tactics Manager

Create your own Practices, Tactics & Plan Sessions!

Tactics Manager App

SoccerTutor.com