



# REDUCED POSITIONAL GAME

CONTENT		CONCEPT	
CBF: Passing Lines		Adjust depth and width in the wide channels relative to other close teammates to provide an obvious passing line to the on-ball teammate.	
MICROCYCLE DAY	TIME	SPACE	
MD-4	3 sets of 4 mins	20x35m	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Strength	11 players: 5 vs 5 +1 inside neutral	Cones, bibs, balls, 2 small goals	
DESCRIPTION			
Space divided into 2 zones and 3 channels. Each team plays 3-1-2 with a CB, 2 FBs, 1 CM and 2 Ws in attack; and 2 FBs, 1 HM and 2 CMs in defence (2-1-2). The objective is to score in the opposition's mini-goal. The defenders can have a maximum of 3 defenders in the ball zone, while the attackers can move freely in space.			
RULES		SCORING	
<ul style="list-style-type: none"> <li>- Only 3 defenders can be in the ball zone.</li> <li>- Attackers may move freely.</li> </ul>		<ul style="list-style-type: none"> <li>- 1 point is added each time the mini-goal is scored.</li> <li>- The point is worth double if it is recovered in the opponent's half.</li> </ul>	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> <li>- (+) There can be 4 defenders in the ball zone.</li> <li>- (-) The defender of the neutral must man-mark.</li> </ul>		<ul style="list-style-type: none"> <li>- What do I have to do to receive the ball?</li> <li>- What space do I have to occupy to receive?</li> <li>- What do I do if my teammate goes inside?</li> <li>- What if they go to the outside?</li> </ul>	

