



REDUCED POSITION GAME

CONTENT		CONCEPT	
IFP Centre backs: Reduce the space to the forward dismarking in support to feet		Go out with the striker, controlling the timing and preventing the striker from progressing the play.	
MICROCYCLE DAY	TIME	SPACE	
MD-3 / M-4	2 sets of 3 mins	18x30m. 3 zones; 18x12m, 18x6m, 18x12m.	
CONDITIONAL ORIENTATION	Nº OF PLAYERS	EQUIPMENT	
Endurance / Strength	10 players: 4 vs 4 + 2 attacking neutrals	Balls, bibs and cones	
DESCRIPTION			
We play with 2 teams of 4 players and 2 attacking neutrals who will play as strikers. The task works with a fixed role for each team in each set, at the end of the first set we change roles. The attackers are positioned with 2 players in each zone 1. In the ball zone, the attackers are in superiority in front of a defender with the role as a central midfielder (MC). On the other hand, the defenders are in zone 2, maintaining the balance of the line. The aim of the attackers is to be able to connect a pass with one of the forwards in order to be able to pass to the other zone 1. The defenders must prevent this.			
RULES		SCORING	
<ul style="list-style-type: none"> - Attackers: must cross zones by passing. - Defenders: only the CM can put pressure on the attackers (centre backs) inside zone 1. 		<ul style="list-style-type: none"> - Defenders: Each time they win the ball back the team gets a point. The team with the highest score wins. - Attackers: If they manage to link a pass with an attacking neutral to zone 1 in behind the defenders, they score 3 points. If they play with an attacker in the central channel, it is worth 1 point. 	
GRADIENT		FEEDBACK	
<ul style="list-style-type: none"> (+) We add a third attacker in zone 2, leaving only one player in the zone opposite the ball zone. (-) We create a structure of 4, instead of 3-1. 		What should the centre back do to prevent the striker from receiving the ball? Should they come out very close to the striker? How should the centre back return once they have left their position?	

