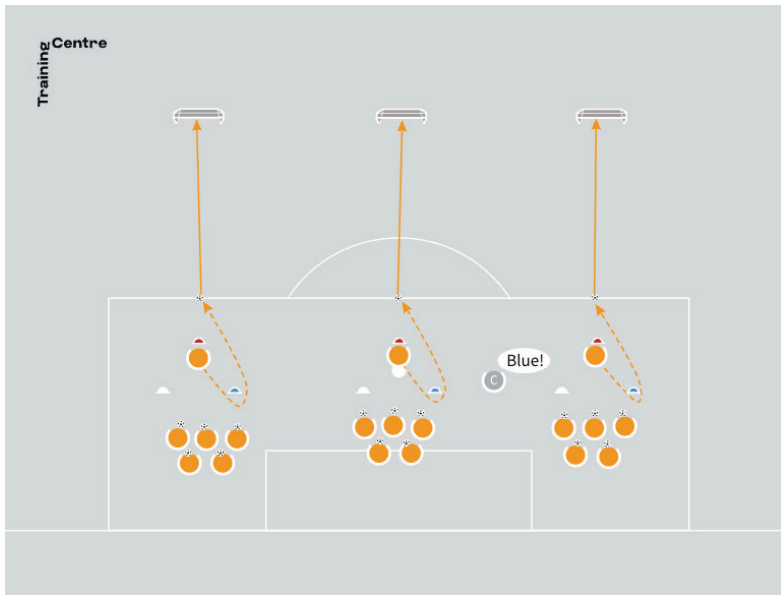


NEC Nijmegen U-21

Getting in behind the defensive line

PART 1: REACTION COMPETITION



Organisation

- Set up 3 courses as shown in the diagram, each with 1 mini-goal, a shooting line (here, the penalty-box line) and 3 cones to mark.
- Divide the players into 3 groups of 6 each and position them with balls, as shown in the diagram.

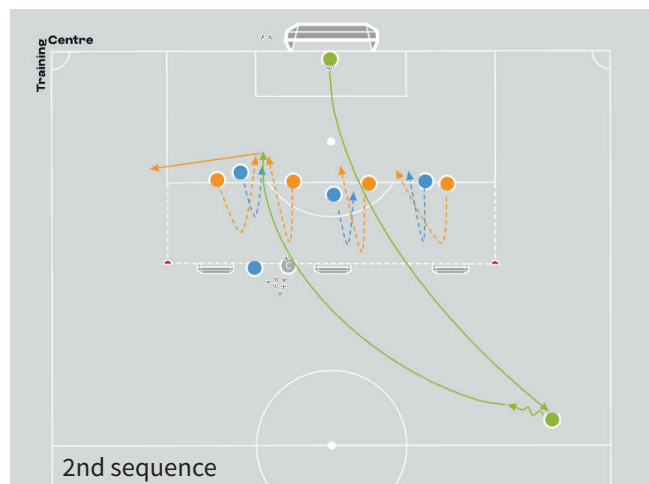
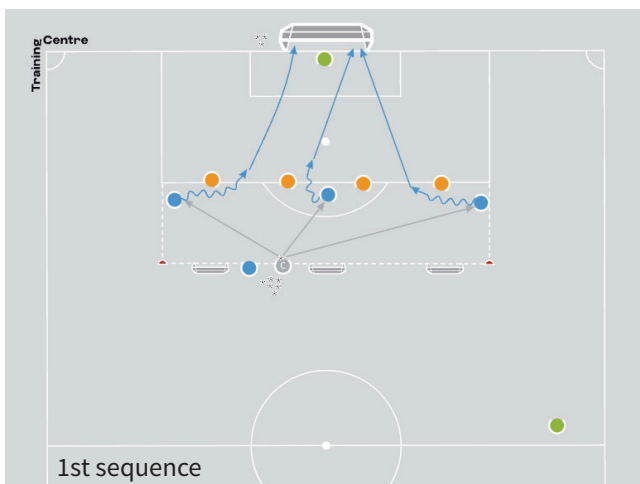
Explanation

- On a coach's command ("White" or "Blue" cone), the players sprint around the corresponding cone and then pass into the goal.
- The player who scores first earns 1 point.
- Competition: Which team reaches 10 points first?

Coaching points

- React explosively to the coach's command.
- Accelerate quickly and stay low around the cone.
- Stay composed when finishing under pressure.
- Create a fun and competitive environment.

PART 2: GETTING IN BEHIND

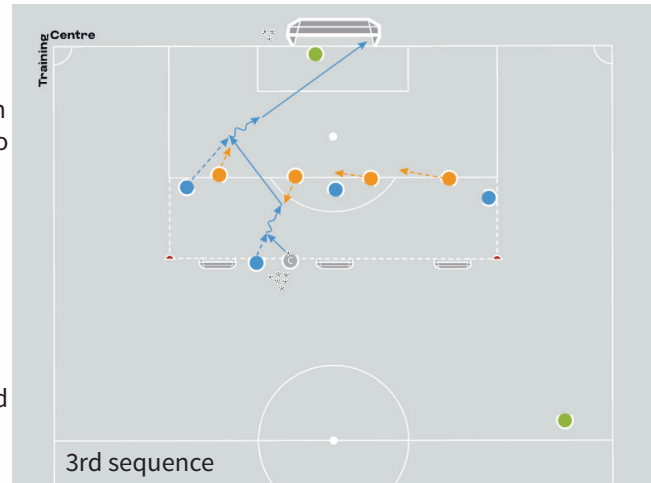


Organisation

- Mark out a 25x40m field and 1 full-size goal, with a goalkeeper and 3 mini-goals.
- Divide into 2 teams of 4 players each, as shown in the diagram, and position a second goalkeeper to the side of the halfway line.
- Set up ball depots between the mini-goals and next to the full-size goal.

1st Sequence

- The coach passes to the left attacker, who dribbles diagonally towards the goal and shoots.
- The same pattern then follows for the central and right attackers.
- The defenders act passively.



2nd Sequence

- Goalkeeper 1 then plays a long ball towards the halfway line to Goalkeeper 2.
- The defenders step up a few metres.
- Goalkeeper 2 plays a high ball into the playing area. 3v5 with offside.
- The defenders should either clear the ball out of the playing area or attack towards the mini-goals.

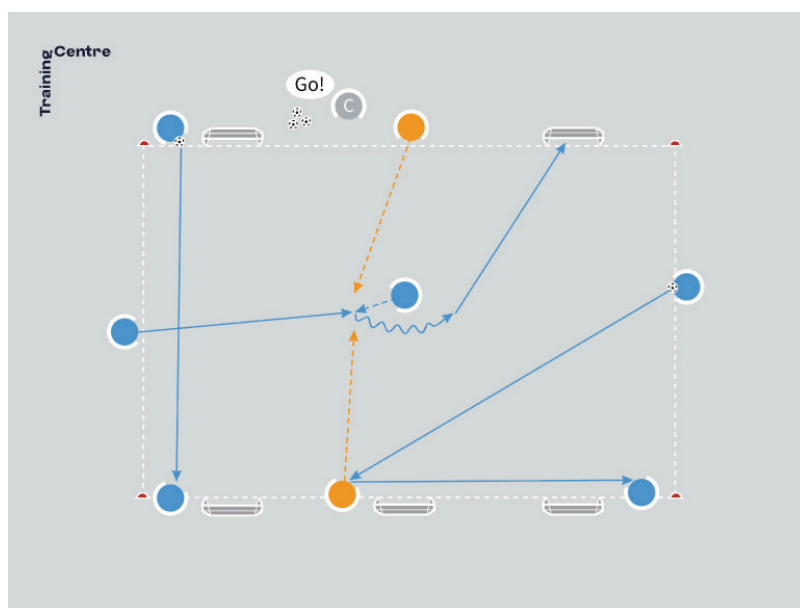
3rd Sequence

- After a goal or if the ball goes out of play, the coach passes to the attacker who has not yet been involved.
- 4v5 with offside
- After a goal or the ball goes out of play, restart.

Coaching points

- Time your run to get in behind the defensive line.
- Finish confidently from typical game positions after the dribble or run.
- Pass the ball behind the opposing back line as quickly as possible and only as slowly as necessary.
- Win the aerial duel and collect second balls.
- Defend the line and step up collectively.
- Transition quickly towards the mini-goals after winning the ball.

PART 3: ESCAPE THE PRESSURE



Organisation

- Mark out a 12x20m field with 5 mini-goals, as shown in the diagram.
- Designate 2 defenders (orange in video) and position the attackers (grey) around the field, with one player positioned centrally.

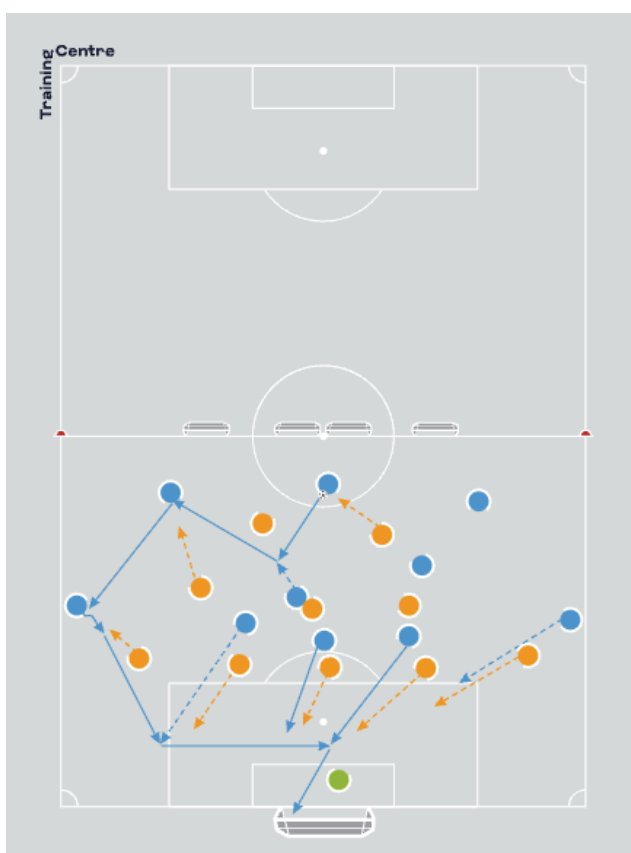
Explanation

- The players pass to each other regardless of their roles.
- On a coach's command, the central player calls for any ball from one of the attackers.
- The central player then attempts to finish in one of the mini-goals in a 1v2 situation.
- After a goal, the ball going out of play, or a loss of possession, the "passing around" begins again.
- After several rounds, rotate the roles.

Coaching points

- Scan and orientate before receiving the ball.
- React quickly to the coach's command.
- First touch away from pressure.
- Find the target with the second action

PART 4: 10V11



Organisation

- Mark out one half of the pitch with 1 full-size goal, with a goalkeeper and 4 mini-goals.
- Divide into 2 teams of 10 players each.
- Set up 1 ball depot, with the assistant coach at the halfway line.
- The attackers (blue in video) play in a 3-4-3 and the defenders (grey) in a 1-5-3-2.

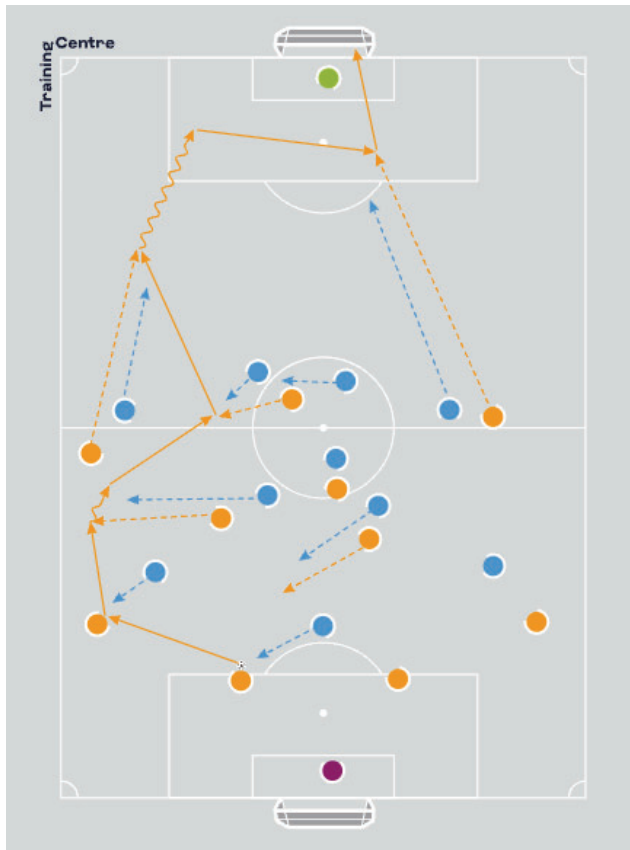
Explanation

- The assistant coach starts play with a pass to the attackers.
- 10v10 free play.
- After a goal or the ball goes out of play, restart with the assistant coach.

Coaching points

- Play wide quickly to stretch the defensive block.
- Time your run between the full-back and the centre-back.
- Winger decides whether to cut inside, pass or release the runner.
- Get in behind the defensive line with forward runs.
- Defend compactly and hold the 1-5-3-2 shape.

PART 5: 11V11



Organisation

- Use the full pitch, including both goals.
- Form 2 teams of 11 players, including goalkeepers, and position each team in a 1-4-3-3.
- Distribute balls around the pitch and in the goals to ensure a high net playing time.

Explanation

- 11v11 full-sized game.
- After the ball goes out of play at the goal line, the goalkeeper restarts play immediately; when the ball goes out on the sideline, a new ball is thrown in.
- The defending team plays a high press.

Coaching points

- Counter-press immediately after losing the ball.
- Play quickly to break through or bypass the press.
- Runs in behind to exploit space over the top.
- Goalkeeper restarts play immediately to maintain high tempo.
- Stay compact and connected as a pressing unit.