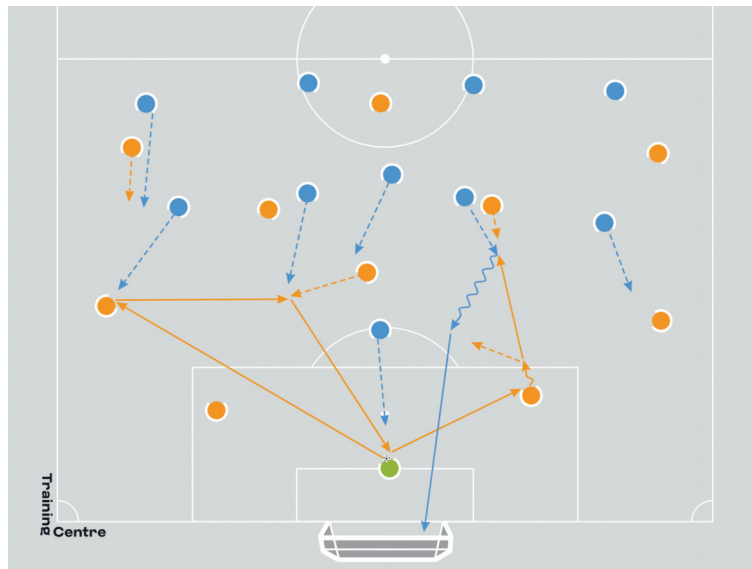


## France U17 Thursday 2: —●— Defending in a high block

### EXERCISE 1 - 11V10 GAME SCENARIO ON A HALF PITCH

The exercise always starts with the goalkeeper playing the ball out to one of his centre-backs. The defending team then look to execute their press to try to win the ball back and create goalscoring opportunities in the transition phase.



#### Organisation

- Half-pitch playing area
- Team of 11 set up in a 4-2-3-1, with a goalkeeper
- Team of 10 set up in a 4-3-3, without a goalkeeper

#### Explanation

- The goalkeeper begins the exercise by playing the ball out to one of his centre-backs.
- The exercise then involves free play.
- When they lose possession, the pink-team players can defend but are not allowed to sprint.
- The pink team aim to progress the ball beyond the halfway line.