

Topic: **Retreat & Recovery**

Objective: **Understanding the lines of recovery and when to retreat following a loss of possession**

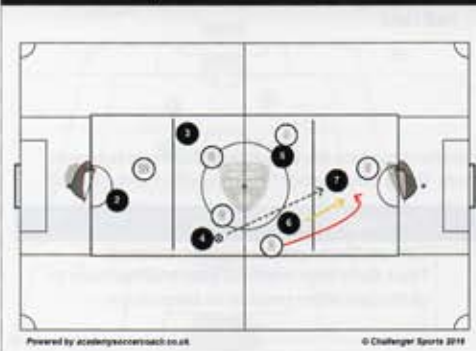
Session Part: Technical Warm-up



Session Part: Small Sided Game



Session Part: Expanded Small Sided Game



Session Part: Game



Organization	Time: 15
Area: Attacking Third	
Numbers: 7	
Shadow play 3v4 Right or left attacker begins with the ball and can; 1- play inside and make a run down the flank to receive back. 2- Float a ball in for central and opposite winger to attack. 3- Play the ball inside, overlap and receive a diagonal through ball. 4- Try to beat full back with drive down the line The red cones are the starting points for the back 4 who must retreat and recover according to play	
Progressions	Coaching Points
Add another midfielder to make it 4v4 and increasing the options in attack	Quickly identify who should press the ball and if this is direct or recovering Defending as a unit but tracking runners
Organization	Time: 20
Area: 35x55	
Numbers: 10	
5v4 +GK Black team press higher than the restraining line and cannot retreat until ball is played beyond that. The white team are looking to play around or through the back 4 to score in the goal. The back 4 must work together to prevent this and counter attack the small goals. If the white team get through the restraining line the black team must make recovery runs and retreat to defend the attack.	
Progressions	Coaching Points
The white team can dribble through the restraining line	Retreat together; if there is an attack from wide areas, the full back furthest from the ball should run in line with the back post, far post should run mid goal, mid goal should mark near post, near post should go to the ball.
Organization	Time: 25
Area: 60x35	
Numbers: 12	
6v6 in 3 areas with the central area being the largest with a 4v4. The objective is to find the attacking target player in the attacking zone at which point 1 midfielder can join to finish the attack. Whichever midfielder is closest to the attacking midfielder needs to recover quickly to get goal side and prevent a goal scoring opportunity.	
Progressions	Coaching Points
Allow another midfielder to join the attack and another recovering midfielder - now we look at recovery runs and how the 3 defenders retreat	What are the options once recovered? Can the ball be won? Can a challenging player be tracked? Is getting to the player or covering the space most important.
Organization	Time: 30
Area: Full Field	
Numbers: 11v11	
4-2-3-1 vs 3-5-2 Opposition playing an attacking formation to give opportunities to break back line forcing retreat and recovery runs	
Progressions	Coaching Points
Tactics change - high/low press	Recovering defenders should understand their lines of recovery. The run should be a direct line towards their own goal.