

# Keep on tracking

A small sided game with a strong fitness element working on getting attackers to track back in an organised fashion.

The pitch is set up with two attackers and two defenders isolated in front of the posts. All other players are up the other end of the pitch.

The game starts with the defenders working four passes under pressure from the attackers before passing back to the coach.

The coach then feeds a free attacker and that team immediately goes on the counter attack.

The defenders have to pick an attacking player and track their run, trying to prevent them from being a passing option for the player on the ball.

Encourage communication among the defenders to highlight loose players who may need picked up.

If the defenders turn over possession they go on the attack, trying to score up the other end.

After each phase, switch the four players isolated in front of the posts.

**BALL**



**PLAYER**

