

Visual Behind

Coaching Points (visual behind, move between lines-space, away from pressure)

Objective: move-support away from pressure.

1. Player check where are defenders (pressure).
2. Head is turned one direction (visual behind) while running different direction (from inside to outside left of the pitch).
3. Recognize space (arrow pointing vertically).
4. Move to space to support player with ball

Note: (see inside rectangle) 9 players (5:4) in a small space (high pressure area). Ball was played away from it.

