

Argentina National Team: Attacking Tactical Training |

Breaking down a dual zone defense

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**Objective:** Breaking down a dual zone defense and movement without ball between the lines

- Duration 4x5 minutes with 60 sec. break

**Description:** 9v9 game in 40x60 m. field with three zones.

The game always starts with the Blue GK in possession.  
Both teams' aim is to score

**Restrictions:**

- No more than four players are allowed in each zone for the Red team
- The Blue team's players move freely
- Limitation of two touches for the Blue team
- When the Red team has the ball, there are no limitations as regards moving into and out of the zones

**Coaching points:**

- Off the ball movement
- Quality in passing
- Quick and accurate finishing