

The Brazilian

Using a full back as an offensive weapon was made popular by the Brazilian national team.

This session will help you develop “Brazilian” full backs in your team, giving it greater numbers in offence and increasing your attacking options.



What you tell your players the session is about

1. Getting full backs to play in a Brazilian style.
2. The full backs supporting the attack in front of the ball and behind.

Session planner

| Warm up | Session | Developments | Game | Warm down |
|---------|------------|--------------|---------|-----------|
| 10 mins | 10-15 mins | 10-15 mins | 20 mins | 5 mins |

| Activity | Kit | Outcome |
|-------------|----------------------------|---|
| Warm up | Cones | Fast feet and movement exercises. From <i>The Ultimate Football Warm-Ups Manual</i> , exercise 8 |
| The session | Balls, cones and a goal | The full back joins the attack behind the ball |
| Development | Balls, cones and a goal | The full back joins the attack in front of the ball |
| Game | Balls, cones and two goals | The full back joins the attack to create an overload. The other defenders react and squeeze across to cover |
| Warm down | n/a | Gentle jogging and stretching exercises |



Where it fits

Individual skills: Decision making, movement off the ball, dribbling, passing, crossing

Team skills: Movement off the ball, decision making in possession, combination play, cover and support in defence

Related Smart Sessions

- 30 [Overlapping runs](#)
- 59 [From defence to attack](#)
- 107 [Passing and communicating](#)



[Click here to download the index](#)



What to think about

When the wide player is in possession, the full back must join the attack.

If the wide player attacks the defender outside, the full back should stay behind the ball as support and a passing option.

It is important the full back does not get too close to the wide player as this will attract more defenders and create a crowded area. A 1v1 situation is then lost.

If the wide player goes inside, the full back should overlap and run beyond to create a 2v1 situation, or pull a defender away to create space centrally for the wide player to attack 1v1.





Set-up

Create a 60 yards by 40 yards playing area with a goal at one end. Or use one half of a full-size pitch.



What you get your players to do

The server passes the ball to the full back. The full back passes to the wide player who dribbles 1v1 against a defender to create a goal scoring opportunity. The full back must support from behind the ball and be available as a passing option.

Rotate wings so both full backs have their turn.

Keep play moving. As soon as the ball goes dead, serve a ball to the other full back.



What to call out

- “Join the attack”
- “Read the play”
- “Stay behind if he goes outside, go beyond if he goes inside”
- “Communicate with your wide player”



Development

Repeat the same practice but encourage the wide player to dribble inside. This will create space for the full back to overlap and run beyond the ball. Can the players make use of this 2v1 situation?



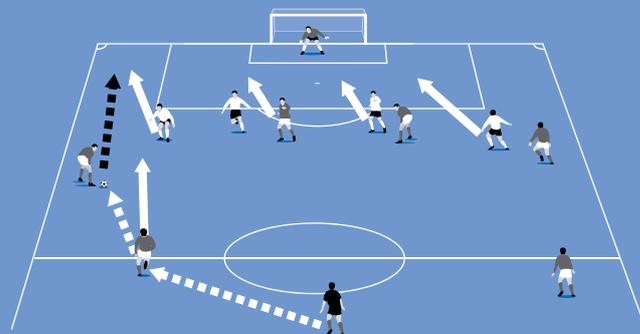
Game situation

Play a small-sided game. Each attacking zone has three defenders against two forwards. The central zone is a free zone where forwards can receive a pass without being challenged. The forwards are not allowed to drop into their defensive zone.

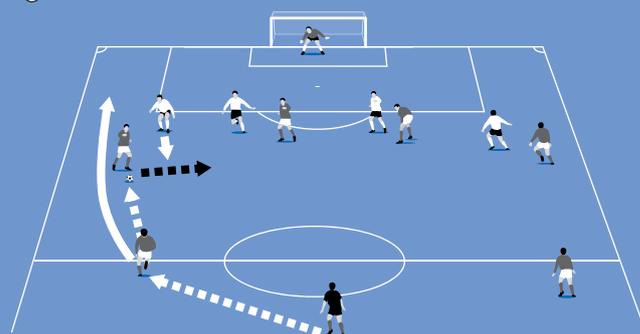
In the bottom picture, the grey team pass to a forward in the free zone. Immediately, the full back looks to join the attack and make a 3v3 situation. The remaining defenders must be alert to cover and ensure the white attackers are marked in case of a quick counter attack.

The Brazilian

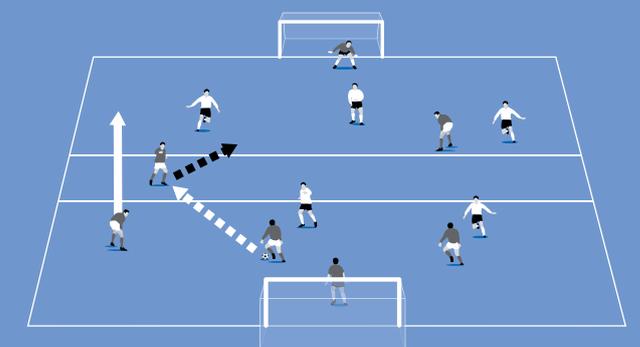
direction of run \Rightarrow pass $\square\square\square\Rightarrow$
 run with ball \dashrightarrow



The full back joins the attack and supports the winger behind the ball.



Now the winger dribbles inside. The full back joins the attack and supports beyond the ball.



In a small-sided game, the full back joins the attack to make the extra player.