# 8v8 Cut-Back Practice

This session is a popular session that has been used to develop Attacking Combinations.

## Setup:
Session requires a 4v4 in the central areas, there is then two players at top end of the practice for each team, with two outside players acting as full-backs in the defensive half of the pitch.
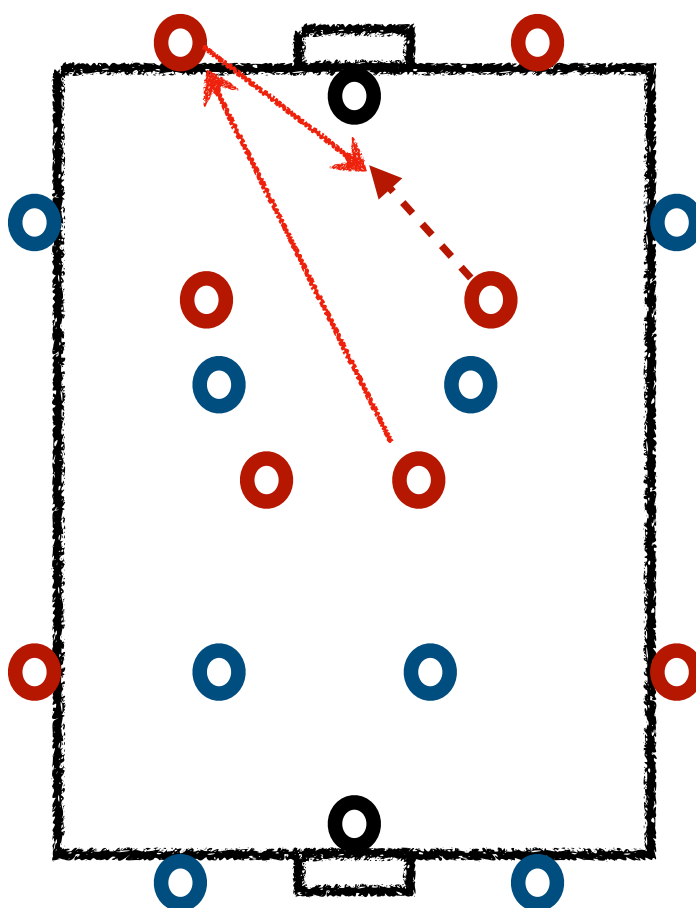
## Team Detail:
- Ensure the team recognize the importance of using the full-backs to give width to the practice.
- Players must recognize the need for defensive balance with 4 central players
- Can the players recognize the need for runs from deep to attack central cut backs.

## Individual Detail:
- Can players make runs from deep
- Can you finish first time.
- Can full backs find forward passes.

## Progression:
- Allow Full backs inside the pitch
- Forward Passes only



| Players | Space | Goals | Blocks | Work | Rest | Total |
|---------|-------|-------|--------|------|------|-------|
| 16 | 40x30 | 2 | 6 | 300 Sec | 60sec | 30 Mins |