



1v1 Turning to Penetrate

Category: Tactical: Attacking principles

Difficulty: Difficult | Start Time: 16-Feb-2016 06:00h

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Individual-Adult Member

Warm-up (15 mins)

Set-up:

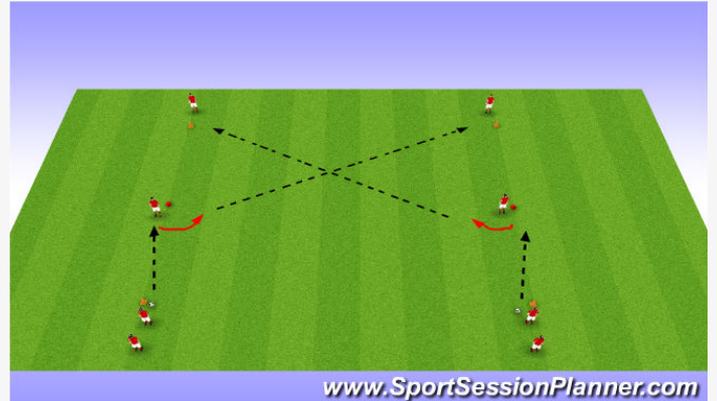
4 cones in a rectangle 30x20 with a half way cone on the 30 yard line. At least 2 players on start cones with a ball each, 1 player on 2 central cones and other 2 end cones.

Description:

Ball starts on end cones with 2 players. Both balls play at the same time. Ball is played in to players on middle cone, they turn inside and play a diagonal ball to opposite far end player. Each player follows their pass. The drill then repeats from the far end. Work through different turns at the middle cones.

Progressions:

1. Across body turn
2. Outside foot turn
3. Outside foot flick
4. Come to, spin out



Small-Sided (15 mins)

Set-up:

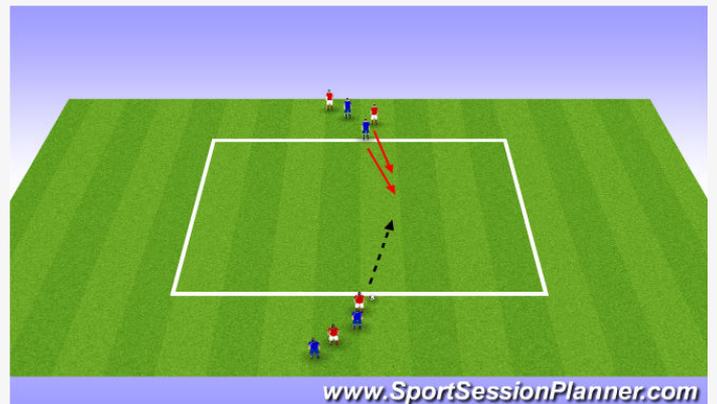
20x15 yard grid. Attacker and defender pairs on each end line. 1 ball.

Description:

1 attacker checks in to the grid followed tightly by 1 defender. Ball is played from the opposite end into the attacker. The attacker uses any turn to get past the defender and dribbles back to their end line.

Progressions:

1. Tight but passive defender.
2. Live defender.
3. Competition between two teams.



Expanded Small-Sided (15 mins)

Set-up:

40x30 yards with two big goals. 3 teams of 9, 1 team off each post, 1 team off.

Description:

3 forwards against 3 defenders. Ball starts from attacking team into one of their forwards. Forwards must try turn and score to begin. Game is 3v3 until goal or set time. Once ended next 3 players are on.

Progressions:

1. Team 1 v Team 2
2. Team 1 v Team 3
3. Team 2 v Team 3



Final Game (15 mins)

Set-up:

Full Field with 2 teams playing 11v11.

Description:

Team 1 will play a 3-4-3 midfield box. back 3 stay as a back 3 in attack and defense. Two holding work as a pivot, supporting on strong side behind the ball. Two attacking center mids are free to create in attack. Central striker stays high in attack and looks to make runs in behind and be a target to link play. Two wide forwards create width, attack 1v1 when possible, link up with attacking center mids and central striker in attack. Defensively wide forwards must track fullbacks.

Team 2 will play a 4-3-3 with two holding mids and one attacking. Full backs look to attack on the strong side creating 2v1s with wide forwards. Central striker stays high, is a target to link play, and makes runs in behind. Attacking center mid is free to create in attack. Two holding mids work as a pivot, supporting behind the ball on the strong side and covering for fullbacks in transition to defense.

