



Attacking Principles/Transition/Defensive Principles I-Advanced

Category: Technical: Attacking and Defending Skills
Difficulty: Difficult

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Individual-Young Member

Screen 1

Warm Up (25min)

2:1 Work to stretch ratio

Calisthenics, stretch

Fast footwork, stretch

Ball control. Half of the players inside of the grid. Half on the outside of the grid. Working on different ball control. Players on the inside must control, connect the pass and sprint around the player on the outside.

Cp's- Concentrate on task at hand, attack the ball, bring the ball down as quick as possible, perform guided traps, proper weight on pass, toes up-heel down-ankle locked-passing foot perpendicular to planted foot, Planted foot-hips and shoulders facing target.



Screen 2

Finishing Drill (20min)

A Shoots, C passes a through ball for B. B must finish 1 touch. A overlaps around B to get down the endline for cross and finish.

Progression-Switch sides/ Add defenders

Cp's-Finishing vs Shooting, get over the ball, planted foot-hips and shoulders facing target, follow through, land on your shooting foot, communicate, hard runs on overlaps, put a name on your cross, time your runs, shake off your defenders, finish your chances, work on WINNING mentality



Screen 3

Small sided Activity (20min)

3v2 perpetual. Blue 3 attacks Green 2. Once the play is done Green's Goalkeeper restarts with the ball and one of the players in Blue (whoever has been in longest). One of the Players in Green must overlap the new player coming in

Cp's-Communicate, on offense- Spread out in width and length, movement off the ball, make space for yourself, scope the area around you, think of the next step, On defense-condense immediately, pressure and cover, communicate, work together.



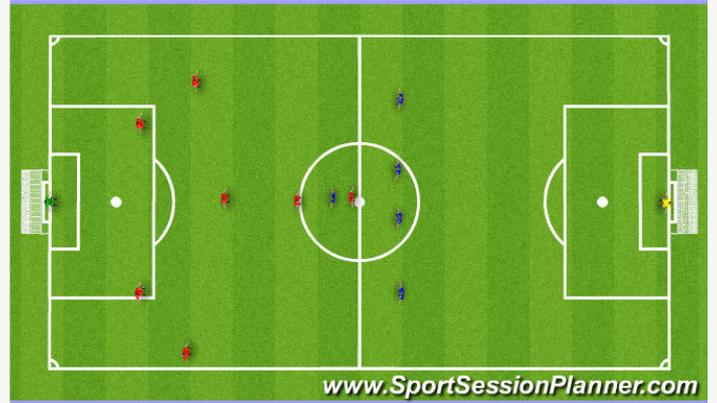
Screen 4

Playing Activity (25min)

7 v 5 into 9 v 7

Transition

Cp's-Communicate, on offense- Spread out in width and length, movement off the ball, make space for yourself, scope the area around you, think of the next step, create rythm, be creative, shoot from different angles. On defense- condense immediately, pressure-cover-balance, compactness, communication, work together.



Screen 5

Fitness 15min

Glycolitic Power

Sprint repeats – 10 repetitions of 30 second sprints as fast as possible with 15 seconds recovery between each sprint (2:1 ratio)

