

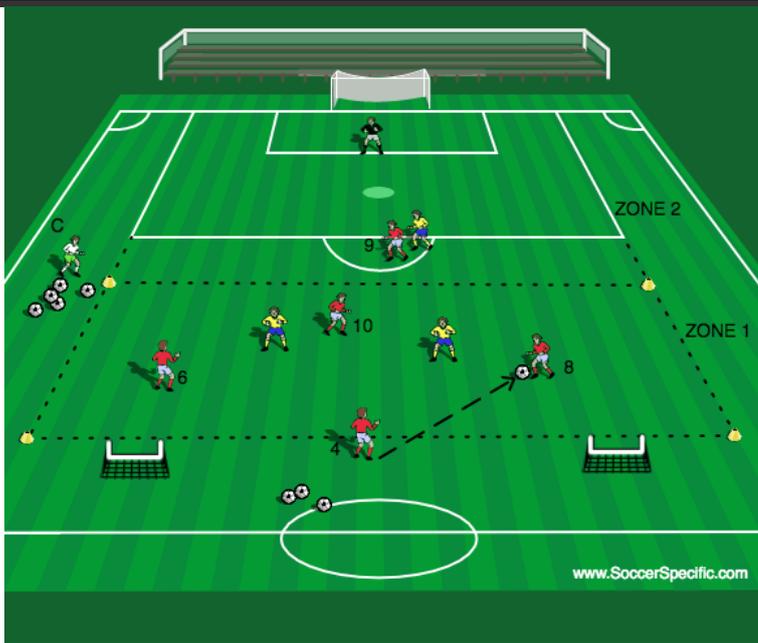


BUILDING ATTACKS CENTRALLY

Date: Jul 25, 2016

Team: SoccerSpecific

Duration: 20 min



1

⌚ TBD ↗ As shown

Setup: Playing area is divided into 'Zone 1' and 'Zone 2' as shown. Red (attacking) team consists of a Central Defender (4), 2 Central Midfield Players (6+8), #10 and a Striker (9).

Instructions: DEVELOPING ATTACKS CENTRALLY: An attack starts with a pass from #4 to any of the midfield teammates (6,8,10). At this point, players must stay in their designated zones. A 3 v 2 is created within Zone 1 ; in Zone 2 a Central Striker (9) competes against a Central Defender. Objective is to get an attacking player from Zone 1 into Zone 2 to create a 2v1 against the yellow Central defender. The Red midfield players can dribble into Zone 2 or use #9 as a bouncer. Offside is in effect within Zone 2. Counter goals are in play if the Defensive team (yellow) gains possession.

PROGRESSION:

Add 3rd Defensive player in Zone 1, #4 can now enter into Zone 1 to create a 4 v 3 advantage situation.

Coaching Points: In Zone 2 the Attacking team must utilise the 2 v 1 numerical advantage to attempt to score as quickly as possible. Quality of finishing techniques within box.



2

⌚ TBD ↗ As shown

Setup: Playing area is divided into 'Zone 1' and 'Zone 2' as shown. A 5v5 + GK is organised. Red (attacking) team consists of a Central Defender (4), 2 Central Midfield Players (6+8), #10 and a Striker (9).

Instructions: DEVELOPING ATTACKS CENTRALLY: An attack starts with a pass from #4 to any of the midfield teammates (6,8,10). A 4 v 3 is created within Zone 1 ; in Zone 2 a Central Striker (9) competes against two Central Defenders. Objective is to get an attacking player(s) from Zone 1 into Zone 2 to create a 2v2 or 3v2 situations against the yellow Central defenders. The Red midfield players can dribble, if possible, into Zone 2 or use #9 as a bouncer. Offside is in effect within Zone 2. Counter goals are in play if the Defensive team (yellow) gains possession.

Coaching Points: Attacking team must look for opportunities to pass / dribble forward as quickly as possible.

Create opportunities to get #10 and / or #6 + #8 into Zone 2. Attacking team must be willing to run forward to support the Central Striker (9). Quality of finishing inside box.