



RHYTHM OF PLAY – CHANGING THE POINT OF ATTACK

Functional Groups, Team

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COURSE: C/B/A Licenses

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TOPIC: Rhythm of play/Changing the Point of Attack

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES / COACHING POINTS
TECHNICAL WARM-UP		<p>Middle third or Top of the box to the half way line width of the 18 yard box - 16 players - GK's warm up with Coaching Staff (focus on foot skills and distribution - technical/tactical)</p> <ol style="list-style-type: none">1. Two teams of 8 players. One ball per group. Pass and exchange positions. Focus on the quality and tempo of each pass. Receiving player focus on 1st touch to turn inside the grid and attack space when entering the grid from the outside. Exchange positions with the player on the outside.2. Address speed of play basics. Minimize the number of touches on the ball, over-hit passes, play the way you are facing, angles and distance of support. Find players with space and time.3. Promote rapid switches in the point of attack through inter-passing and networking the ball. Create overloads and numerical superiority around the ball when it is central and quickly play to the outside. (The two teams can play vs. each other.)
SMALL-SIDED ACTIVITY		<p>The Midfield Triangle work to develop a Rhythm of play and change the point of attack by enlisting the outside backs or wingers on the side and a central defender at the back and the striker for a functional activity.</p> <ul style="list-style-type: none">• Server (OB) plays a ball into the near half where the 3 midfielders and the CB and FWD help to establish a rhythm and tempo 6 vs. 3. After 5 passes they change the POA and work to establish the overload on the other half of the field.• Change the rhythm and tempo of the play with short and long passes.• 4-7 minute bouts for the team in the center.• Coaching points: Out playing your direct opponent. Body shape and vision. Rotation and shape of the midfield triangle in support of the wide and deep players to create space and passing lines. Vision to see the switch pass.



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<p>EXPANDED SMALL-SIDED ACTIVITY</p>		<ul style="list-style-type: none"> • Middle 3rd by 75 yards • Attack 3 goals and defend 3 goals • 8v8 Functional organization • Defending team 3-3-2 <p>Coaching Points: Expansive Team Shape. Good positioning to isolate opponents in their zone. Establish a POA by attacking a goal and lure the opponent with ball circulation. Once you establish the overload, quickly change the POA with positive diagonal passes, a drop back or a long diagonal pass. Accelerate at the new point of attack and try to score quickly while you have numerical superiority. Always look to attack centrally as you shift the point of attack.</p>
<p>GAME</p>		<p>1-4-3-3- vs 1-4-5-1</p> <p>Coaching Points: Look for opportunities to change the POA out of the build up play using the “skip pass” to bypass early pressure.</p> <p>Look for switches of play as the attack solution to play middle to the final 3rd.</p> <p>Capitalize on the switch pass by working at speed to create a scoring chance. Coach the weak side attackers to make diagonal runs to get on the end of the crossing actions.</p>