



# Ball Control / Attacking

**Category:** Technical: Ball Control  
**Difficulty:** Difficult

Am-Club: Omaha FC  
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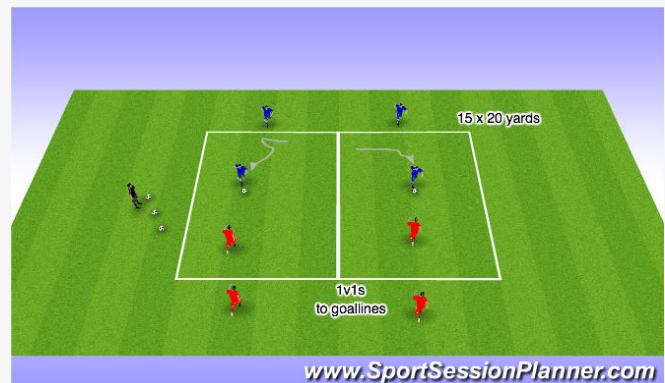
## Screen 1 (15 mins)

Club Warm-up,  
Set up: 15 x 20 yards  
Cps:  
1) Ball mastery  
2) Comfort with the ball



## Screen 2 (20 mins)

Set up, 15x20 grids, based on number of players  
CPs:  
1) 1v1 skills  
2) Change of pace  
3) Ability to beat player  
4) Defending demands  
5) Transition  
6) Support angles/ Cover



## Screen 3 (40 mins)

Set up: 1/6 field at OSC, full size goal, 3v2  
Cps:  
1) Attacking combinations  
2) Movement off the ball  
3) Space awareness / Shape /  
4) Shooting and Finishing  
5) Transition  
6) Fitness  
7) Communication



## Screen 4 (45 mins)

Set up: 7v7 (5 ball Attack game)

Game Rules, each team starts with 5 Attacks, for every goal scored an extra Ball/Attack is added to the next round, for every counter point/goal scored the team again adds a ball/attack to the next round

- 1) Game awareness
- 2) Transition
- 3) Mobility in attack
- 4) Defending roles
- 5) Keeper role
- 6) Communication
- 7) High tempo activity

