

Objectives:

1. OFFENSIVE TRANSITION

- Session 1: Team's Need.
 - Session 2: In the Middle 1/3
 - Session 3: In the Attacking 1/3
- Finishing in a Breakaway situation and finishing in close range.

Week 11

Session 3

Focus: Breakaway Finishing

Players: 15 field players + 2 Goalkeepers.

Field: 1/2 Field.

Warm up

Every player juggles a BTB (Brazilian Technical Ball) for 2 minutes and alternate with 2 minutes of dynamic stretching. 15 minutes total.

Progression 1

3 men weave. 3 players per group; 5 groups. One group at a time. Start with the group on the right wing, then the center group and then the left one and so on. Rotate clockwise. As the group approaches a good position to finish, the player on the ball should do it so. The other two players follow for rebounds.



3 men weave: pass and follow the ball and go behind the back of the next player.



Coaching Points

- Sharp passes, 1 or 2 touches.
- Keep the runs short. Avoid separation between the 3 players. Emulate a quick combination/triangulation.
- Aggressive penetration to goal. On the wings be sure to go to goal and not to the corner flag. If they go wide then manage to cross the ball. Try to go to goal, this is not a crossing drill.
- Recognition of the finishing opportunity. Do not get too close to the goalkeeper. Encourage players to take ownership of the play if they are in the best position to do it, and teach the ones that rush with it when they are not the ones in a position to finish (require better vision and decision making from these ones).

Progression 2

1v1+1. Player A passes to player B who serves to C. Player C will break to goal and player A will be defender against him. Player C tries to finish in goal and player A will try to deny him. Player B will be the supporter player of player C. One group at a time. Groups rotate clockwise as before. Player A will be the defender, player B will be the server and player C will be the forward, on the right, center and left – then in the next round they rotate their roles. Make sure they all play all roles in all positions at least once.



Coaching Points

- It is a breakaway with pressure. The forward is receiving a leading pass to goal. So go to goal. Go direct. Go fast. Do not wait for the defender. Bypass him and penetrate. Do not be intimidated by his approach, do not slow down. Speed up. Avoid cutting and giving the defender the chance to keep the forward in front of him. When a forward cuts unnecessarily, he is simply avoiding free passage to goal and giving time to defenders to recover. Time works in favor of the defense. Many times forwards chose to cut because of lack of confidence. It has to be the opposite, forwards should run defenders in breakaway and score the goal. By running defenders their only option is to foul a forward (free kick or PK).
- If a defender is fast then the forward has the option to penetrate with a shot directly in goal OR use his supporting player. Just careful not to shoot too far and waste the chance. If the option is to use a supporting player, make sure to keep the tempo high, otherwise this breakaway will become a possession situation and this play is no longer a counter attack.

This is an example of the same progression done by the center players. Note that player C now faces the opposition of the goalkeeper and therefore he chose to use the "runner" player B, as a better option to finish in goal.



Progression 3

3v2. The 3 forwards play against 2 defenders and try to score in goal. Do it by the right, left and center, and the rotation as previously done. Rotate the roles among the forwards and the defenders.



Coaching Points

- Any kind of combination that aims to go forward, avoid transforming the play into a possession situation.

If does happen do not stop, but be emphatic that players must have the courage to take players on and bypass them.

- To make more like an offensive transition, have at least one of the defenders coming from behind and arriving late to the play.

Progression 4

Romario's Game. The session ends with a 5v5v5 plus 2 goalkeepers inside of the 18-yard box. The team that scores a goal eliminates its opponent and stay on the field for the next game, but now attacking the other way. If the black shirt team score on the North goal, then the red team is out and black will play against the white. The black will now score on the South goal and so on. The team outside must retrieve balls. All balls come from the goalkeepers hand, except the restarts from the sideline which must be done by a kick in that cannot be used to score a goal.



Coaching Points

- Composure inside of the 18-yard box.
- Quickness, placement, combination, rebounds, opportunism, shooting, finishing, heading, bicycle kicks (why not?) and more.

COOL DOWN

- A round of Penalty kicks for about 20 minutes using both goals and portable goals.