Attacking, build confidence

Category: Tactical: Attacking principles
Difficulty: Advanced

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

CPs:
Club Warm-up followed by players ina 20x20 grid, dribbling/running with the ball at pace. Players can transition with outside players when they either pass or do a take over skill move.
Blue players can be added as Defenders, be careful to not limit the pace of the players with the ball due to much pressure.
CPs:
1) Ball Masterey
2) Vision
3) Change of pace & direction
4) Space awareness
5) Confidence
6) Fun

Screen 2 (15 mins)

Set up:
Build grids basd on number of players, 4 shown with 18 players, Blue has subs, Red subs place themselves in the center of two grids.
CPs:
1) Speed of play
2) Space awareness - Attack the space
3) Supporting angles
4) 1v1 skills - to beat an opponent
5) Combinations
6) Transitional awareness
7) Fitness
8) Fun - keep scores

Screen 3 (25 mins)

Set up: Half field, squad of players. Field slit into two halfs, side take turns.
Side A, Shows a short ball allowing the wide player to run into space, Players 1 and 2 attack the final third looking for a pass or cross, player 1 crosses into the opposite field.
Side B, Shows a deep pass for the winger to run onto at pace, players 3 + 4 run into Final third looking for pass.
CPs:
1) Organization
2) Passing
3) Receiving
4) Movemnet off the ball
5) Shooting & Finishing
6) Confidence
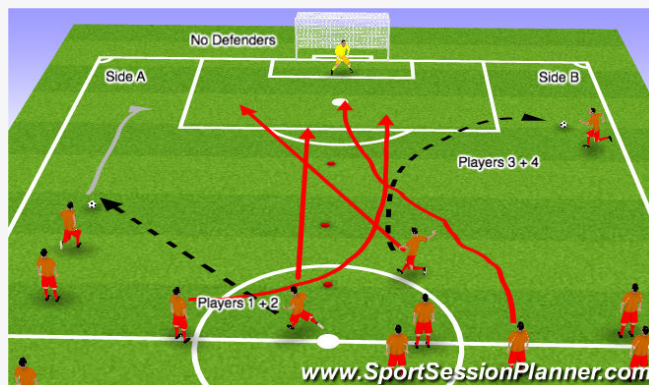
Screen 4 (35 mins)

Set up: Half field,

Blue team (Defending) Keeper, back 3, 3 midfield players
Red team (Attacking) 4 midfielders with 3 Forwards, 4 midfield subs

Game: Coach starts game by playing ball into Red Attacking team, game devlops into Atacking themes looking to end with shots on goal, If Blue win they counter to gates, this allows Red to work on winning the ball back to restart their next Attack in open play. Flow of game is vital.

CPs:

1) Team organization - formation, shape - rotation

2) Individual and team awareness - Penetration - overload - crosses

3) 1v1 skills

4) Combinations, short and long

5) Communication - loud and clear

6) Transition - both sides of the ball

7) Game management - restarts - corners -throw ins

8) Shooting & Finsihing - types of shot, distance and angles

9) Final third mobility - Runs into space

10) Game sharpness

Combination with a turn

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