

Objectives:

1. OFFENSIVE TRANSITION

- Session 1: In the Defensive 1/3 - Offensive transition from the defensive 1/3 after regaining ball possession from a corner kick against our team.
- Session 2: In the Middle 1/3
- Session 3: In the Attacking 1/3

Week 7

Session 1

Focus: Counter Attack after a corner kick against.

Players: 18-22 field players including 2 Goalkeepers.

Field: Full field.

Warm up

Brazilian warm up without the ball. A series of dynamic stretches and body coordination. Then ball control with BTB's (Brazilian Technical Balls), juggling and trapping the ball with different body parts (head, chest, thigh, feet).

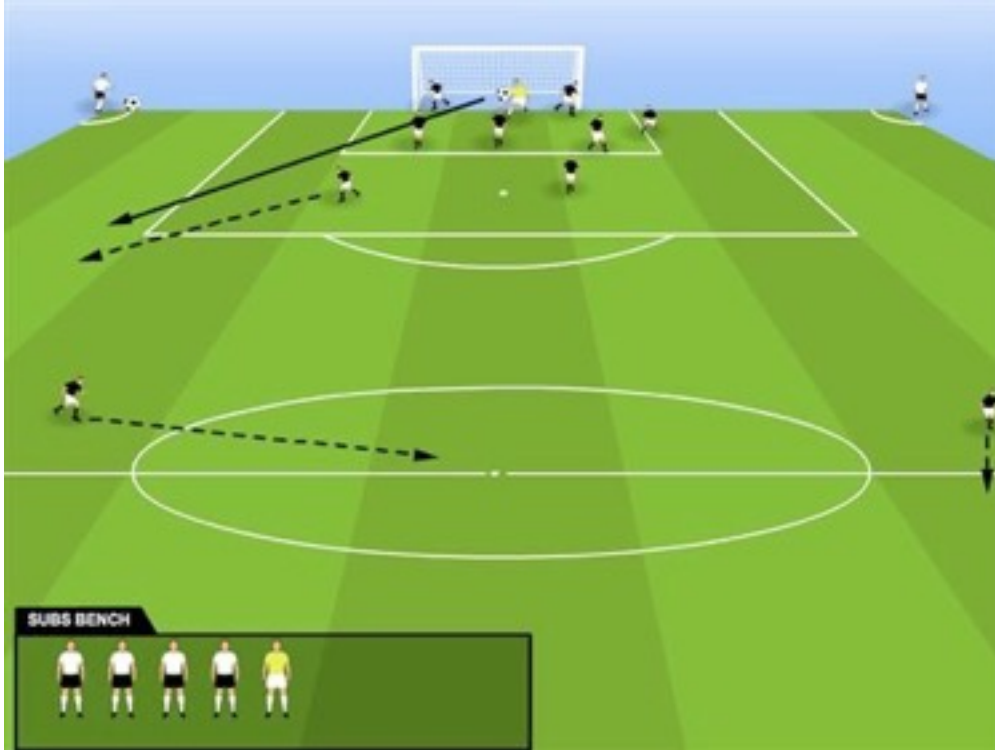
Progression 1

Place eleven players in position to defend a corner kick. No opponents. Corners kicks come from left and right side.

Coaching Points

- Fullbacks on each goal post (near and far post).
- The two center backs and a Holding midfielder in the six-yard box zone. Front post, central area and far post.
- The best header in the soft spot zone, right in front of the near post. If it is an in-swinger corner that player gets closer to the near post. If it is an out-swinger, then he can move more towards the middle of the 18-yard box. Normally a holding midfielder.
- Then two attacking midfielders in the "second six-box", penalty kick area.
- Have the two forwards wide open and high up the field.

After regaining ball possession by the goalkeeper, the weak side attacking midfielder will immediately break wide to the opposite where the ball came from. The goalkeeper will link up with him thru a leading pass. All the other players must move out of the box and move forward quickly following the pace of the play. Counter attack mode.



Coaching Points

- The attacking midfielder needs to open up facing up field, ready to receive the ball from the goalkeeper.
- The goalkeeper should use the hand-throw technique, over his head, to link up with the attacking mid. More power with precision. It is a leading pass where the ball is thrown towards the attacking midfielder's feet. This avoids waste of time with too many touches and trouble controlling the ball, which could give time for the defenders to recover.
- The forward from that side withdraws inside towards the center of the field.

Once in possession, there are series of runs from the players off the ball that need to be made in order to carry out this counter attack (transition to offense).



Coaching Points

- The attacking midfielder will play a line pass. There are a series of extra combinations that he can play, and that you will find at the book "Brazilian Box Midfield" at www.worldclasscoaching.com
- Next, the idea is to get in the attack with numbers up with different options in different areas of the field in order to continue to play the ball forward. Ideally arriving with a minimum of 3 forwards followed by the rest of the team is the main objective. Remember that in the box formation the team enter the attacking field on a 4-3-3 formation whenever possible.
- The forward that runs central, now could reverse his run back where he came from and reach the line pass.
- The attacking midfielder that made the line pass moves forward after the pass.
- The other attacking midfielder and the second forward should adjust their position accordingly to the development of the play. In other words, they should fill out the gaps and be a potential receiver of the ball where the space is available (normally at the weak side of the play).
- Finally fullbacks and holding midfielders should strive to get involved. If they are strong side they should go up and weak side support. However the moment that a switch of the point of attack is about to happen then the weak side these players should aggressively release their support positions and move forward as a surprise from the back.

Below you have a variation of the play.



Coaching Points

- This time the opposite forward comes across emulating a suppose blind run behind the opponent's back, and reaches the line pass.
- The other forward adjusts and go wide and the second attacking midfielder pushes thru the center = 3 forwards like in a 4-3-3 formation.

Progression 2

Now add a back 4 to play against.



Coaching Points

- Add defenders from another activity, so they have very little knowledge of the play and making it more realistic.
- 100% pressure.
- Players must read the game and adjust conform the new situation presented. Stick with the idea and not with the drill.

End part of the same play, viewed from a reversed angled.



Coaching Points

- Notice that at the end of the play there will be three front players (forwards) plus the rest of the team supporting. 4-3-3 formation in the attack.
- Be direct.
- Minimize the number of touches on the ball
- If dribbling is necessary, do it with a purpose, going to goal.
- If angles to finish in goal are tight, go for assistance/cross by playing the “runner” (teammate).
- 1v1 attack skills versus the goalkeeper. Be composed; go around the goalkeeper; see possible gaps to place it in the goal, visualize the ball in the back of the net – aiming. Players should not waste the chance because of lack of ideas or uncertainty, therefore emotion control.

Progression 3

Finish the session with a 11v11 always starting from the defensive corner kick.

**Coaching Points**

- Repeat this situation many times. That is the only way that it is going to happen in the game. Repetition is important. Train the way you play and the team will play based on the things we train.

Cool Down

- Swimming Pool and Stretches + swimming.