



Improve Attacking as a team

Category: Tactical: Attacking principles

Difficulty: Moderate

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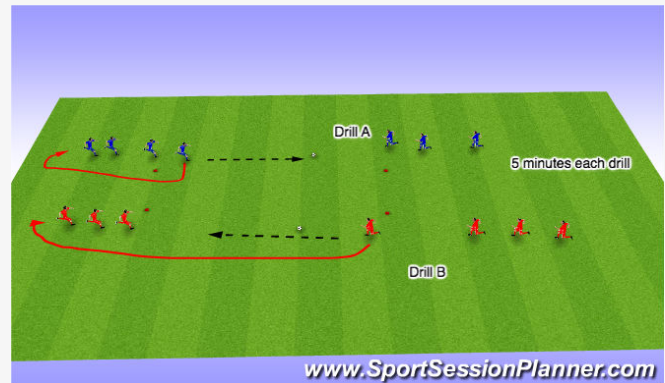
Screen 1 (10 mins)

Club Warm-up dynamic movements, followed by passing drill

Two teams,

Drill A) Pass to opposite side move to the back of your own line (two touch, then one touch)

Drill B) Pass to opposite side join the back of the opposite line (two touch moving to one touch if possible)



Screen 2 (10 mins)

Set up: lay out field with a line or cones to separate the field.

Game: Each team makes 5 passes, the sixth pass must be a forward pass onto a teammate who has ran into the other half, every teammate must also make the forward run. (both teams are moving back and forward) Repeat several times looking for the correct movement of the ball and players. As players become comfortable reduce the number of passes working on speed of play. Be aware not every player may get a touch.

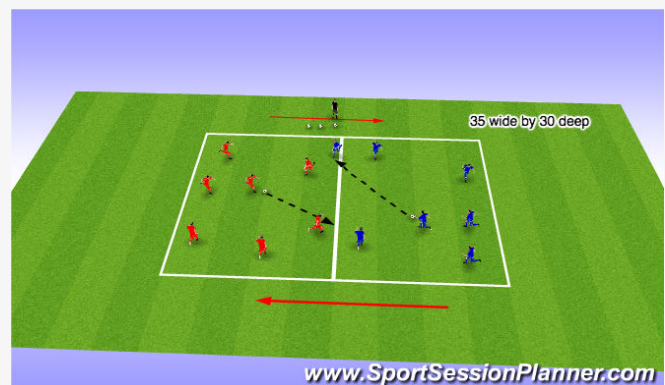
CPs:

Passing

Receiving

Game awareness

Speed of play



Screen 3 (15 mins)

Same set up.

Game: Now place one player in the opposing half, every player in Red must receive a pass, once every player has had the ball the next pass is played into the waiting player in the other half, every player but one races across to start the next play, one player from each team must stay, make sure the same player does not stay every play. Repeat as many times as needed working on group shape.

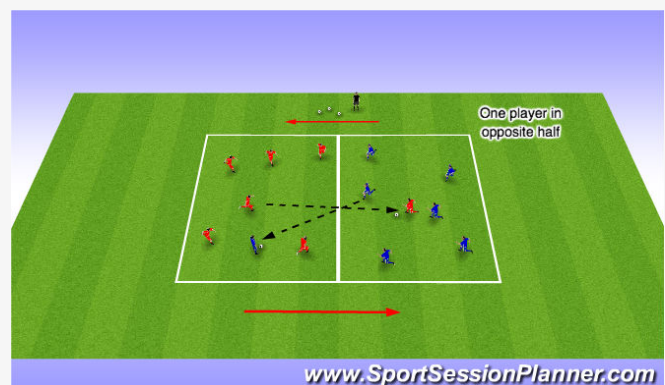
CPs:

Passing & Receiving

Game awareness - Movement off the ball,

Speed of play

Support and balance



Screen 4 (15 mins)

Same set up: One team at one time. Coach plays the ball in.

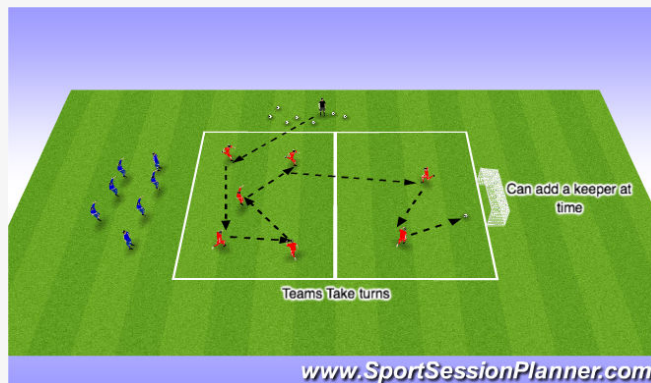
Game: There are now two players in the other half, ball is played in by the coach every player is on one touch, on the last player the ball is played forward into one of the targets who now sets up their teammate to shoot on goal, 5 Attacks each rotation, rotate forwards

CPS:

Focus on balance and supporting angles of both forwards

Speed of play

Shooting & Finishing



Screen 5 (15 mins)

Same set up:

Game: Now the shot must come from the back half, keeper is added.

CPS:

Type of shot with accuracy and power.



Screen 6 (25 mins)

Set up: 40 wide by 35 deep

Game two teams up to 9v9

All Coaching points as before including Keeper roles

