



Attacking Principles – “D” License Field Session





Practice Stage	Organization	Objectives/Coaching Points
<p>Warm-Up: (1) <u>500 Touches Club (Ball Mastery)</u></p> <ul style="list-style-type: none"> Individual skill moves (Coerver skills) Ball juggling skills and challenges Partner passing and skill work Small possession games 		<ul style="list-style-type: none"> Assist in the development of "technical excellence" in young players Encourage the development of "creativity" and expression through ball mastery Encourage young players to find innovative and unorthodox technical solutions to soccer problems they encounter on the field Encourage fun through ball mastery Functional technique Technique repetitions
<p>Warm-Up: (2) <u>4 v. 2 Possession boxes with team shape</u></p> <ul style="list-style-type: none"> 12 x 10 playing area Attacking team counts consecutive passes Defending pair wins it 3 times to get out Defense can work out over any line 2 v. 1 <p><u>4 v. 2 + 1</u></p> <ul style="list-style-type: none"> Possession with a penetrating pass with more movement and support 		<ul style="list-style-type: none"> Passing and support skills within a "team shape" and functional group within a team Principles of attack illustrated Defending pair tactics Touch restrictions may apply Encourage player rotation
<p>Small Side Activity: <u>6 v. 6 end zone game: play to a target player</u></p> <ul style="list-style-type: none"> 2-3-1 team shape Play starts in the end zone with two players supporting the attack in MF (3 v. 3 + 2). Progress to one support. Opponent is "inactive" when playing out from your end zone to the MF players Score by getting a pass to the target player 		<ul style="list-style-type: none"> Overload (5 v. 3) created with starting play from the end zone 3 v. 3 in middle zone attempts to keep possession and play an accurate pass their target forward in the end zone. 1 v. 1 in end zone when your team is defending. 2 v. 1 in end zone when your team plays out from the back If 3 defending players in MF win the ball, they try to play a pass to their target player on the counter attack



Practice Stage

Organization

Objectives/Coaching Points

Expanded Small Sided Activity:

7 v. 5 Attack vs. Defense

- 65 x 60 with two target gates just past half l
- Play starts with the GK who distributes in def. third and open play resumes
- Team building out from the back scores by crossing the half line and passing thru gate



- Build attacks from the back third through the MF
- Apply the principles of attack
- Positional play and team shape considerations
- Transition considerations when possession is lost
- Three lines linking play together
- Open play creates realistic situations for coaching points
- Re-starts can be practiced

Match:

7 v. 7 game with three vertical channels

- Pitch reduced to 65 x 60
- Offside lines at top of final third
- GK starts play with a ball out to defenders
- Team in possession builds play through the thirds to attempt a strike at goal
- Defending team attempts to win possession and counter attack
- Re-start play with GK on ball out of play



- Challenge players to spread out when in possession and to open up space in the central channel
- Quick, accurate passing to play out of pressure
- Build play up one side to create space on the far side of the field for effective switch of play
- Good support behind the ball for better ball possession options and defensive security
- Good movement and possible interchange of player positions
- 8 v.8 = Add another striker (2-3-2), 9 v. 9 = (3-3-2)