Attacking Principles – “D” License Field Session
### Warm-Up: (1)
500 Touches Club (Ball Mastery)
- Individual skill moves (Coerver skills)
- Ball juggling skills and challenges
- Partner passing and skill work
- Small possession games

**Objectives/Coaching Points**
- 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

### Warm-Up: (2)
4 v. 2 Possession boxes with team shape
- 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

**Objectives/Coaching Points**
- 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

### Small Side Activity:
6 v. 6 end zone game: play to a target player
- 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

**Objectives/Coaching Points**
- 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
### Expanded Small Sided Activity:
**7 v. 5 Attack vs. Defense**
- **Set-up:**
  - 65 x 60 with two target gates just past half line
  - 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

- **Application:**
  - 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**
- **Set-up:**
  - 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

- **Application:**
  - 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)