

Topic: Attacking Principles (1)

Objective: How to build a more effective attack by providing support, width and depth

**Session Part: Technical Warm-up**



**Session Part: Small Sided Game**



**Session Part: Expanded Small Sided Game**



**Session Part: Game**



<b>Organization</b>	<b>Time:</b> 15
Area:	30x35
Numbers:	15
3 teams of 5 look to play possession inside the same grid using a variety of passes i.e. short, long, combinations.	

<b>Progressions</b>	<b>Coaching Points</b>
As the ball is traveling to a player, they should call the name of the player they are looking to pass on to. Forcing them to continuously scan the field to know their next move.	Offering different angles and distances; having low, high, wide options. Playing a step ahead, so when the ball is being played, other players are finding new angles/spaces.

<b>Organization</b>	<b>Time:</b> 20
Area:	30x35
Numbers:	12
2 of the 3 teams of 4 link up to play 8v4. Which ever team loses possession become the new defenders. The image show black and white jersey's working together while the stripes are on defense.	

<b>Progressions</b>	<b>Coaching Points</b>
Cannot play a pass within same grid - larger grid is split into 6 areas	Ensure there are players supporting close (Primary) and Far (Secondary). The team in possession should be well spaced and players are actively working to create space for themselves and each other.

<b>Organization</b>	<b>Time:</b> 25
Area:	Half Field
Numbers:	12
6v4 +GK's. Ball always starts with holding midfield as they attack the back 4. They should have their wingers stay as wide as possible and the central midfielders/forwards to attack with good mobility. At least one of the central players should be making runs to get in behind the defense.	

<b>Progressions</b>	<b>Coaching Points</b>
Add an opposition midfielder to make it more difficult to find support on the ball	Supporting positions ahead, to the side and behind the ball. Stretch laterally across the field and also provide opportunity for penetration via wide areas

<b>Organization</b>	<b>Time:</b> 30
Area:	Full Field
Numbers:	11v11
4-2-3-1 vs 4-4-2 Wide players in the 3 can keep width while there is a lot of support centrally on the ball, the 9 keeps the depth in attack	

<b>Progressions</b>	<b>Coaching Points</b>
Change in tactics - play out from the back, counter attack or long balls	The ability to play through or behind the opposition. Exploit space with good on and off the ball movement.