

Topic: **Attacking Principles (2)**

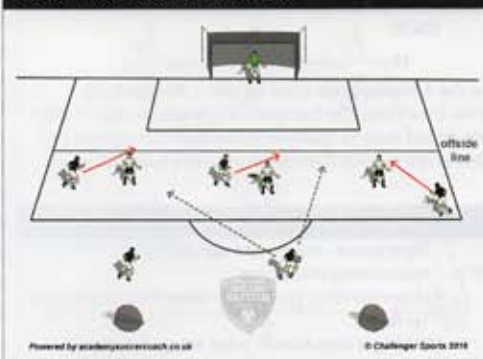
Objective: **To coach diagonal runs, forward play and increased speed of play to develop successful attacks**

Session Part: Technical Warm-up



Organization		Time: 15
Area:	Half Field	
Numbers:	10	
<p>Right - ball is played into winger, center forward makes diagonal run behind manikin and winger makes a run inside into box and looks to finish from a cross. Left - ball is played into center forward who sets the ball back to midfielder, winger makes diagonal run inside, behind manikin. Center forward spins into the box and looks to finish from a cross.</p>		
Progressions	Coaching Points	
Take out manikins and add defenders to defend the cross.	Timing/speed of the run. Timing/Weight/direction of pass. Quality of cross.	

Session Part: Small Sided Game



Organization		Time: 20
Area:	30x30	
Numbers:	10	
<p>5v4 + GK. Black players attack full size goal while white team play out to 2 wide goals. Once a black player breaks through the restraining line with a leading pass, they go 1v1 with keeper as defenders cannot retreat into this area.</p>		
Progressions	Coaching Points	
One recovering defender can now go into restraining area to put pressure on the attacker.	Provide support (ahead, behind, to the side). Mobility, interchange positions to create space. Movement away from goal to pull defender out and use space in behind	

Session Part: Expanded Small Sided Game



Organization		Time: 25
Area:	Half field with 20x30 central grid and 20x15 wide grids	
Numbers:	14	
<p>8v4 + GK's. The black team are trying to break past the whites last line of defense. Both teams are scoring in full size goals. The black goal keeper starts play and passes into 1 of the 4 players in the central grid. They try to make 3 passes before they play out of their grid; they can play to either winger in their grids, back to their full backs, or ahead past the restraining line which acts as an offside line. Once the ball leaves the central grid players are free to move.</p>		
Progressions	Coaching Points	
The image shows 2 plays: left winger pinches in for overlap from full back, winger plays them in. Right winger size receives a diagonal pass from central player - Add another defending midfielder to go 4v3 centrally	Different attacking plays; Central, through balls. Diagonal through balls. Winger taking on full back. Pinched forward runs to release full back etc.	

Session Part: Game



Organization		Time: 30
Area:	Full Field	
Numbers:	11v11	
<p>4-3-3 vs 4-4-2 Gives the attack (3-3) space and numbers to be creative</p>		
Progressions	Coaching Points	
Change tactics - use full backs as wing backs, can 6 & 8 pinch in and create space?	Attacking principles (Penetration, support, mobility). Be creative (Combinations). Diagonal runs - timing is key to get in behind defense	