

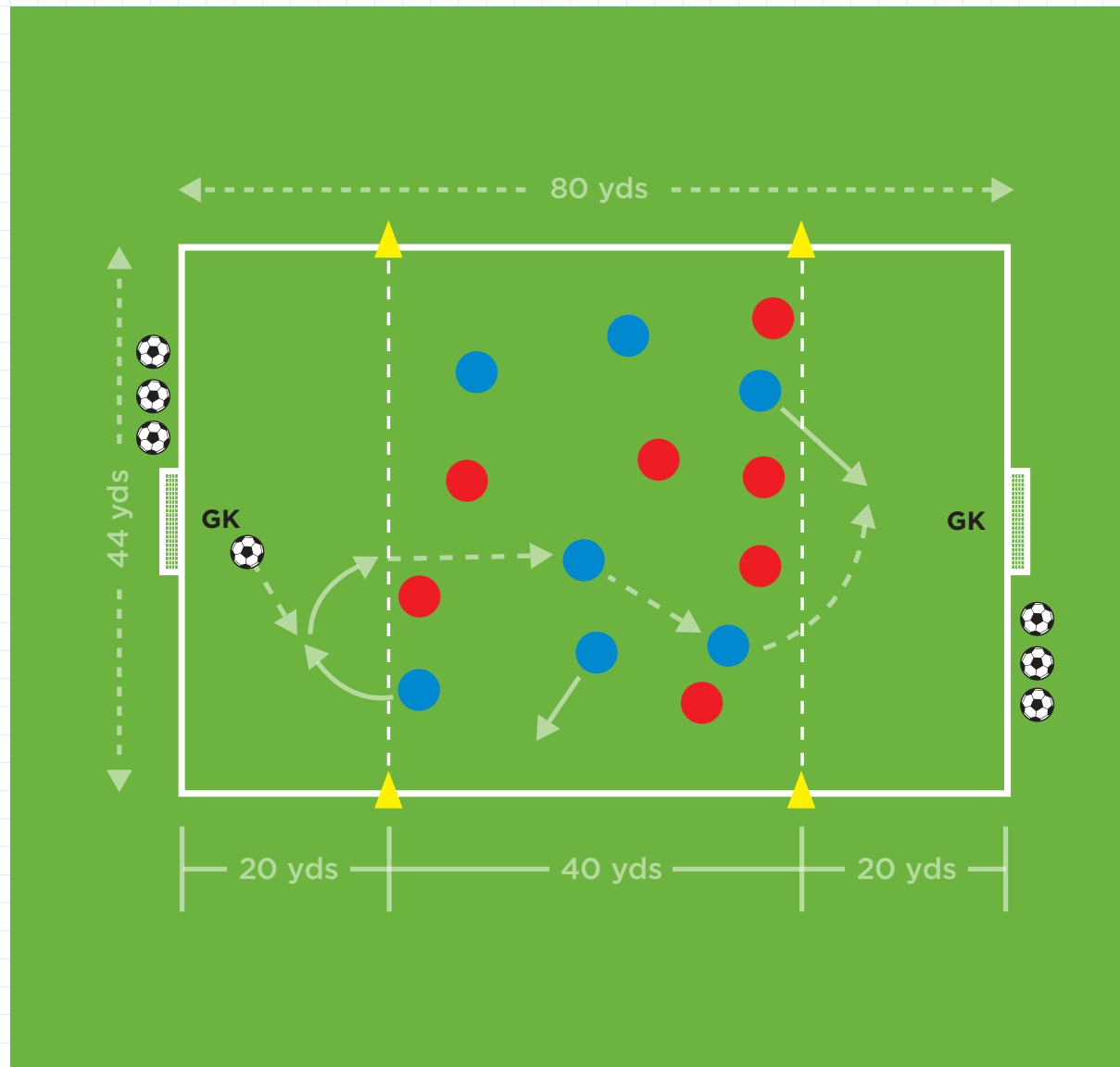
# Attacking play in a small-sided game

## Practice organisation

- Area measuring 80x44yds, divided into 3 zones, comprising 2 end zones of 20x44yds & a middle zone of 40x44yds with goals at each end, as illustrated.
- 16 players (incl. 2GK's), arranged 7 Attackers v 7 Defenders in middle zone, as shown in the diagram.
- Supply of balls by each goal.
- Practice starts with: GK rolls ball to an A, who drops deep (unopposed) into end zone to receive & turn.
- Receiving A then carries or passes ball into middle zone.
- A's look to retain possession & make forward pass for runner moving into attacking end zone to strike at goal.
- Off-side applies in end zone.
- D's are not permitted to recover into the end zone to challenge A until the ball has entered the end zone.
- When attack is concluded: practice reverses with A's becoming D's.

## Detail

- Awareness of supporting player to receive the ball.
- Disguise & accurate 1 touch or 2 touch play to eliminate opponents.
- Executing passes between opponents.
- Precision & correct pace of passes into space for runners.
- Observing GK position & evaluating possibility of early strike on goal.
- Execution of excellent technique in finishing situations.
- Simple progressions for this practice are:
  - One D recovers into end zone to challenge A & support GK in 1v1 situation.
  - Additional A supports advancing A in 1v1 situation to make 2v1.



## Key coaching points

- Support & movement in middle zone.
- Spreading-out/dispersal in middle zone.
- Quick, accurate passing in middle zone
- Timing of forward runs & turning to receive pass into space in end zones.
- Combination play to create opening for forward run to strike on goal.
- 1v1 skills with GK.

Attacking when opponents are 'in balance'

Age group  
17-21 years