

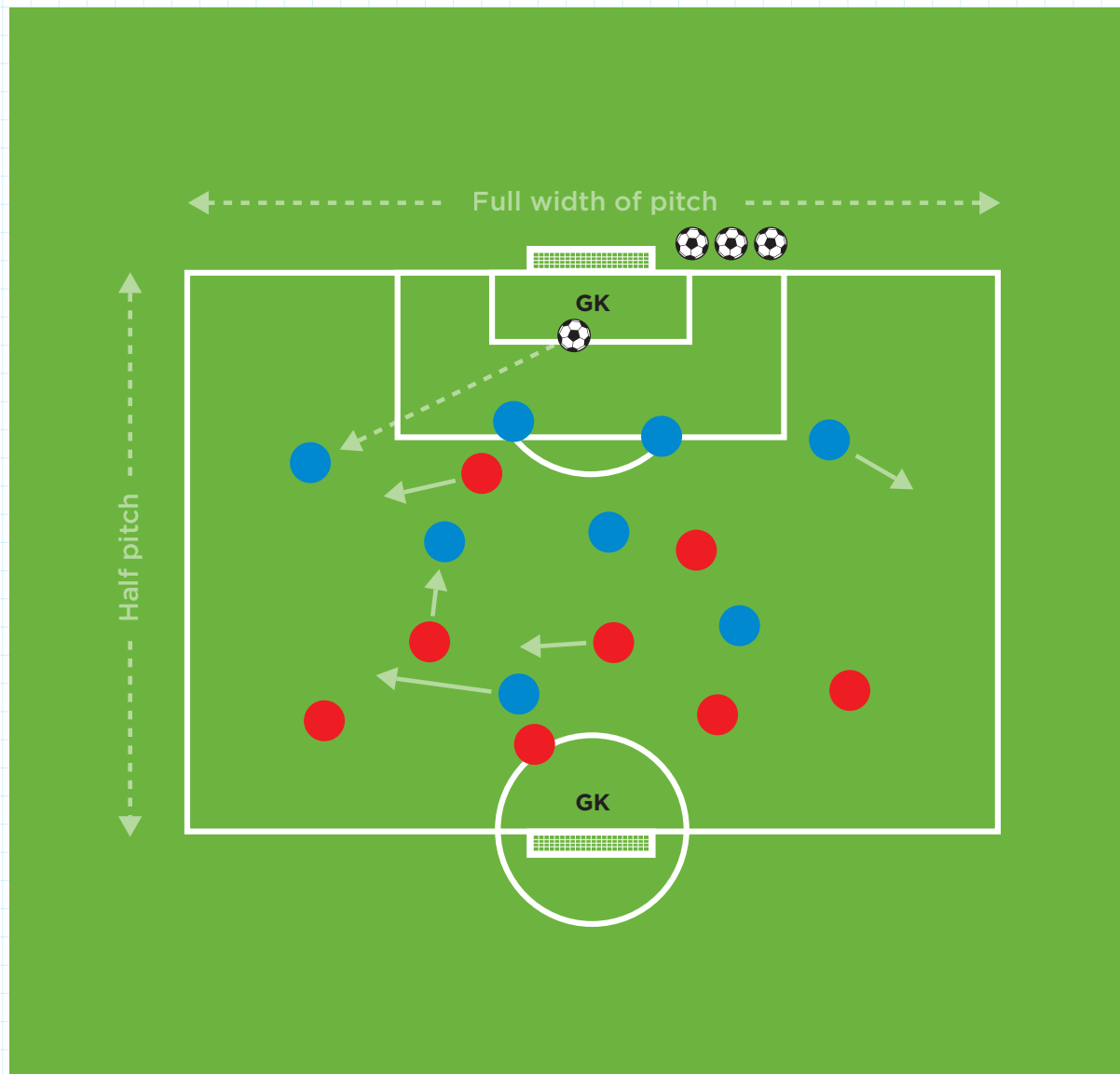
Phase of play attacking practice

Practice organisation

- Half pitch with goals at each end, as illustrated.
- 18 players (incl. 2 GK's) organised 9v9, supply of balls by goal with GK.
- Practice starts with: GK rolling ball to either FB for attacking team.
- FB is limited to 2 touches & must play ball into MF.
- Central MF players for Defending team look to screen the defence.
- If D's gain possession: they try to build quick attack & have 10 seconds to achieve a strike at goal.
- Objective of practice is: A's look for opportunities to build attacks & penetrate opposition with inventive individual, combination & direct play.
- Once attack &/or counter-attack has concluded: practice restarts from GK again.

Detail

- Quality & timing of A's passing & movement.
- Receiving, screening & turning skills in MF & attacking areas.
- Effective ball retention in all areas & precise passing execution.
- Individual creativity in 1v1 situations, looking for goal scoring opportunities.
- Depth of D's back line & position of screening player.
- D's marking & covering positions.
- Speed & precision of counter-attack by D's, breaking from back & MF areas.
- Concentration of A's defenders to safeguard against possible counter-attack.
- Simple progression for this practice is:
 - Introduce 4 additional players & play 11v11 on a full-size pitch.



Attacking when opponents are
'in balance'

Age group
17-21 years

Key coaching points

- Speed & movement of ball by A's.
- Individual & combined decisions on passing, dribbling, turning & running with the ball options.
- Movement & support to exploit space available in front, behind & between D's.
- Maintaining composure in possession, looking for penetrating pass, but having patience to explore alternative options.
- Pass selection: when to play to feet, when to play to space.
- Communication & coordination of team movement to unbalance D's.