

Strikers creating space

Practice organisation

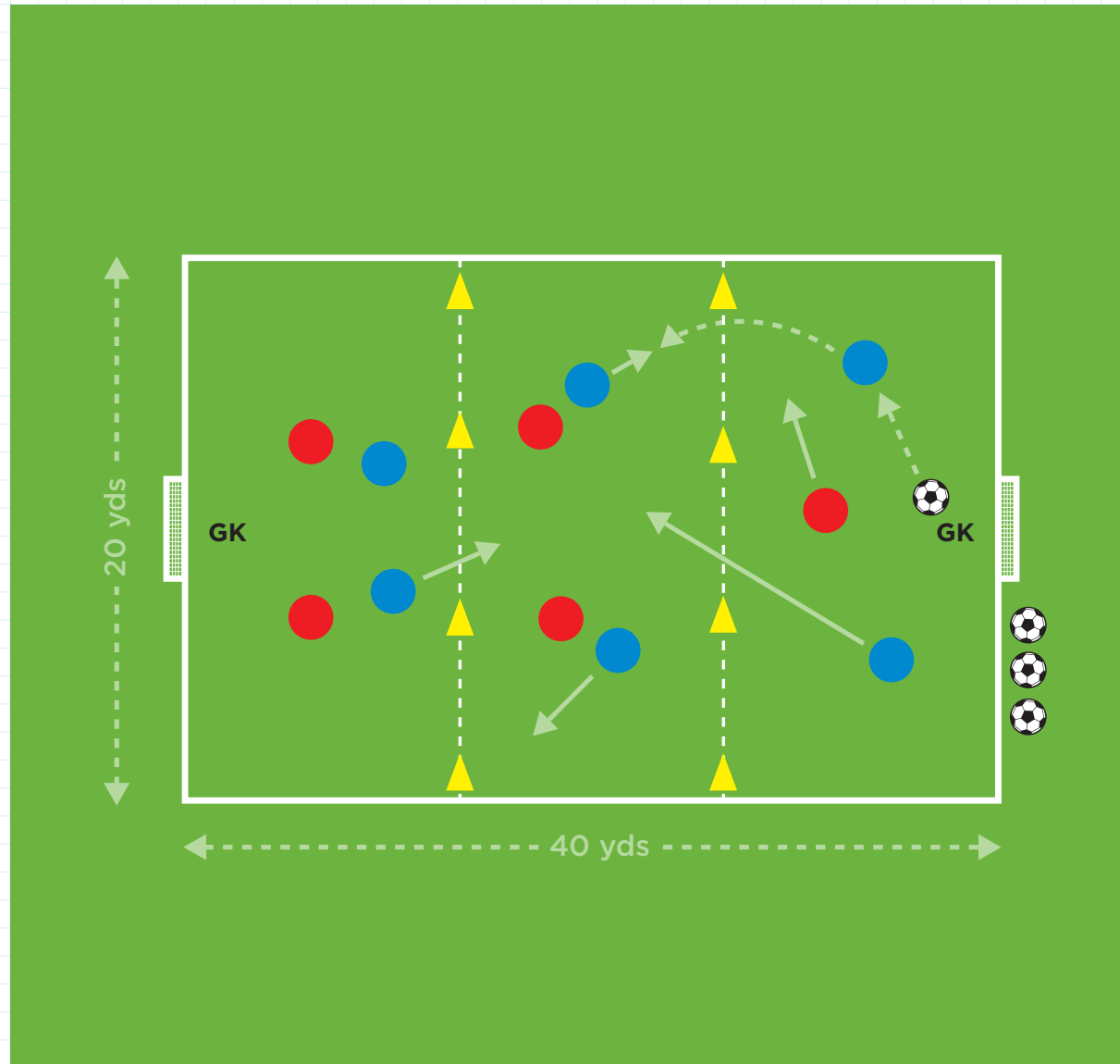
- Area 40x20yds, divided into equal thirds & goals at each end, as illustrated.
- 13 players (incl. 2GK's) arranged 6 Attackers v 5 Defenders (2v1, 2v2 & 2v2 in each third), as shown in diagram.
- Supply of balls with GK of A team.
- Practice starts with: A's receive ball from GK in defensive third & look to move ball by either dribbling or passing into mid-third to progress play.
- One A from defensive third can move into mid-third to create 3v2.
- Possession is established in mid-third with A from final third able to link play & create 4v2.
- Ball is moved into final third with 2A's getting forward by either dribbling &/or passing to create 3v2 & strike at goal.
- If D's gain possession: they become A's & look to counter-attack quickly with any number of players.

Detail

- Area can be modified depending on age & ability of players.
- Passing, moving & dribbling techniques.
- Making early decisions & selection on retaining ball or combining with team mates.
- Reaction to loss of possession to combat counter-attack.
- Making straight & diagonal forward runs into advanced positions & co-ordination of movement with other team mates.
- Simple progressions for this practice are:
 - A from mid-third can drop into defensive third to support early gain of possession.
 - D's can move one player up the field to nullify/dilute attacking overload in mid & final thirds.
 - All D's can advance one third to operate in 2 thirds of the field.

Key coaching points

- Use of GK as 3rd. player in A's defending third to establish good early possession.
- Timing of runs with ball &/or passes into mid-third.



- Mid-third players supporting angles & distances to receive service from back.
- Spreading-out by mid-third players to exploit overload & create passing channels for advanced A's.
- Movement & timing of front A into mid-third to supplement overload & link play.
- Movement & support play of advanced A to receive ball into final third.

- Working off advanced A when making attacking/supporting runs from mid-third.
- Quality & precision of strikes on goal.
- Looking for rebounds/secondary chances from early strikes at goal.
- Seizing on & combating counter-attack opportunities on changes of possession.