

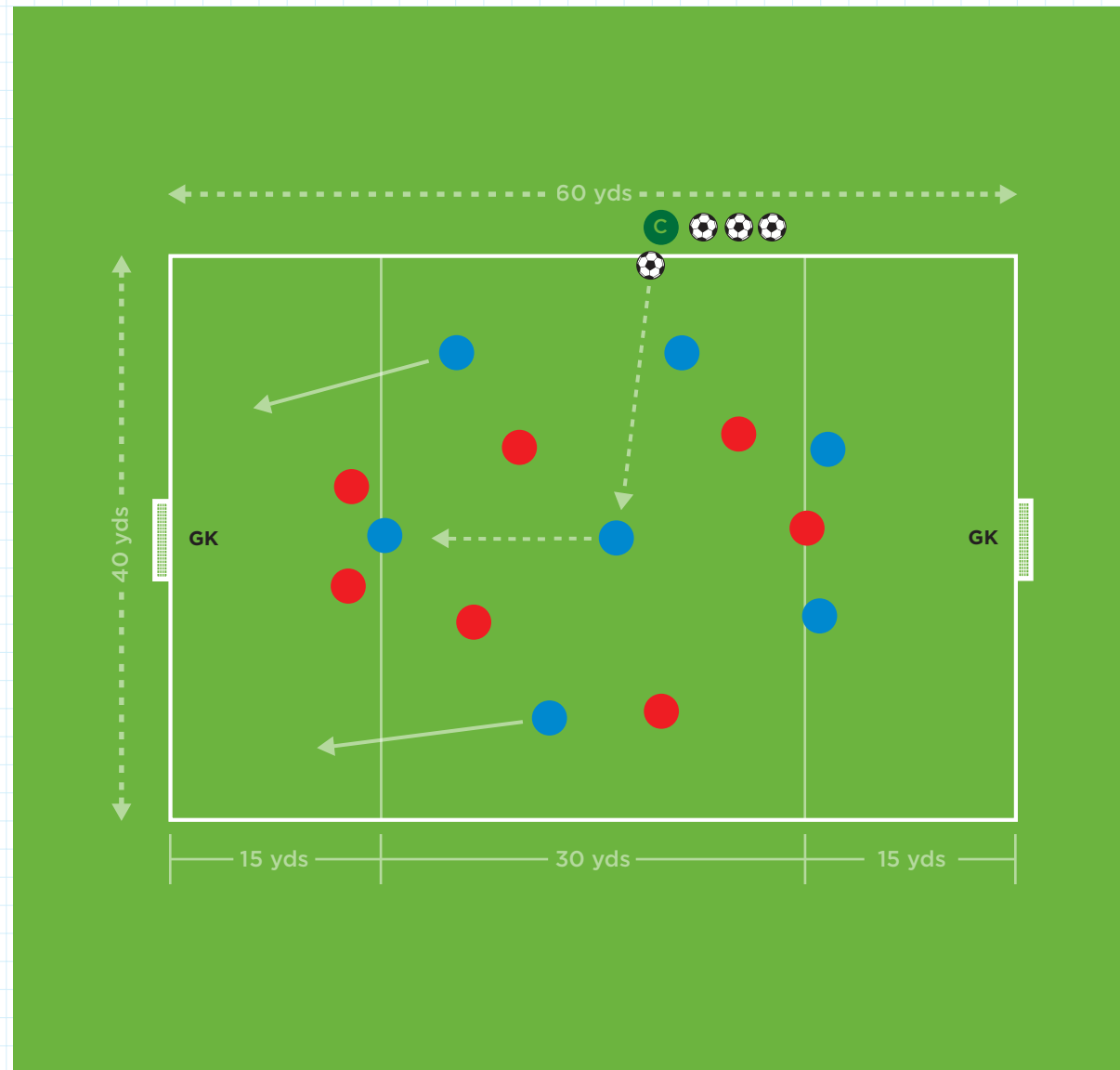
Supporting front players in final third

Practice organisation

- Area 60x40yds, divided into thirds with an off-side line drawn 15yds from each end line of practice area & goals at each end, as illustrated.
- 16 players (incl. 2GKs) arranged 8v8, 1 ball.
- Teams are arranged 4v4 in centre zone, 2v1 (in favour of Defenders who are pushed-up to off-side line) in end zones.
- Practice starts with: ball served into central zone by coach & receiving team initiates attack by playing into lone striker.
- Two Attacking MF's can be released into end zone to create 3v2 & support front player, working to create goal-scoring opportunity.
- If D's gain possession: they transfer ball into central zone, for their team mates to initiate attack via their lone striker.
- A's supporting MF's are able to recover into central zone to challenge.
- Practice is reset when ball goes dead.

Detail

- Challenge: try to set-up attacks off 3rd man movement.
- If recovering team regains possession it can initiate its own counter-attack.
- Striker moving D towards ball to create space behind for runners.
- Simple progressions for this practice are:
 - D's send one player back from central zone to challenge 2 breaking players (& create a 3v3 in defensive half).
 - GK gathering ball & quickly identifying opportunity to throw into central zone where numbers are in team's favour, to maintain momentum of game (outfield players to remain aware of restrictions).



Attacking when opponents are 'out of balance'

Age group
12-16 years

Key coaching points

- Passing & support play in central zone, looking for opportunity to pass forward.
- Timing of runs from MF to support from behind, to the side & in advance of the lone striker.
- Angles & distances of support behind & moving ahead of the receiver of ball.
- Striker securing possession & holding-up play giving time for MF's to make ground to support.
- Striker looking for opportunity to turn D's, to threaten goal or play through pass to running MF player.