



Improving Midfield to final 3rd Attacking

Category: Tactical: Attacking principles

Difficulty: Difficult

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Individual-Adult Member

Description

Warm Up - (10 mins)

Organization

If possible setup an area outside the penalty box approx 45 x 20.

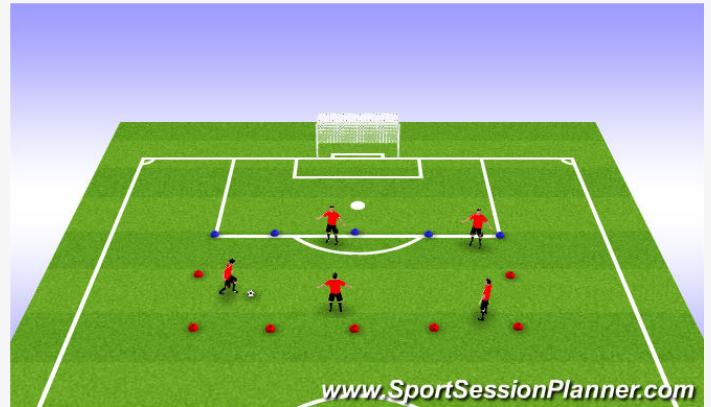
If not possible to setup in the above area set up a 45 x 40 area split into two sections with the center line a different colour.

Split the group into two teams and have them pass and move in a single area (1 team in 1 area) - do not crossover the center line.

Encourage 1 and 2 touch passes, long switching balls 1-2's. Quick combination play.

Different Types of passes - low driven, long lofted

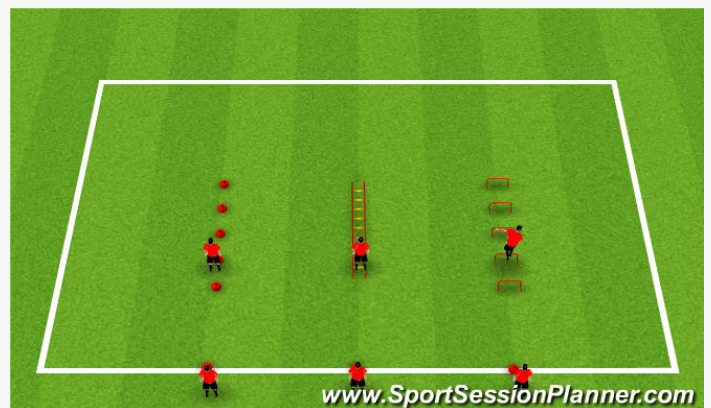
Add Dynamic stretches.



SAQ (10 mins)

SAQ

1. Side to side
2. two feet in each
3. Bunny Hops



7v0 (10 mins)

Organization

Starting Point - All players must be back at the starting point before the play can begin

Two forward players must start in the center of the blue line 5 yards apart

Two Wide players must start as wide as possible - on the 10 yard cone

Three central midfielders must start in the center area 5 yards apart from each other

Coach plays a ball into any player to begin the round

Aim

Is to have players create opportunities via through balls - any player can be played in. If a wide player gets played in, the two forwards can join the attack in the center.

Players pass and move the ball, using the 1-2s, quick ball movement

Coaching Points

1. Quick ball movement
2. Combination play between two forwards - midfielder 3 - can we get the wide players in?
3. Create width - can the wide players stay wide? or can we get a midfielder to overlap?
4. Can We score?



7v4 (25 mins)

Organization

Add 4 defenders into the area - when the ball is played through Defenders can not follow!!

Tip - start by playing the ball into the forwards

Coaching Points -

1. Can we find areas to play?
2. Can we pull the defense in one direction? then switch the ball quick?



7v4(7v5 second prog.) progression (20 mins)

Organization

remove width restriction attacking players can play anywhere inside the red area

Players can now penetrate via dribble and the pass

The two central defenders can now enter the area to defend. - if the defenders win the ball can they get it back to the coach or dribble out?

Coaching Points

1. Can we expose the wide space?
2. Can we get the ball into the box - via cross or through ball? different types of crosses? high low?
3. Can we have positive forward movement?

Progression's

1. All defenders can enter the box
2. Add a Defensive mid player (faded blue player)



7v5 game

Organization

Add a defensive midfielder in to play, if you havent already

First team to 7 points wins.

Attacking team gets 1 point for 1 goal.

Defenders get 1 point for playing out to the coach or dribbling across the line

Tip: - have the GK pick any balls he would have punted to save chasing them!

