



Attacking in the Final Third

Category: Tactical: Penetration

Difficulty: Beginner

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Warm Up Stage 1 (10 mins)

Warm Up Stage 1

LAYOUT

Approx 8 players per group

Cones approx 10 yards apart

PATTERN

- * Player A plays to Player B once they have peeled off from the cone then advances for a return ball
- * Player B plays ball back to Player A (preferably one touch)
- * Player B then makes a bending run around the cone for a through ball whilst staying onside
- * Player B plays ball to Player C (preferably one touch)
- * Player A becomes Player B
- * Player B becomes Player C
- * Player C becomes Player A on the other side

CONSIDERATIONS

Speed of movements

Speed of play (can the group handle 1 touch?)

Encourage the use of bending passes to compliment the runs and position of defenders / cones

Ensure the starting player advances slightly for the return ball to keep the combination sharp

Staying onside & timing of run / pass

Weight of pass

PROGRESSION

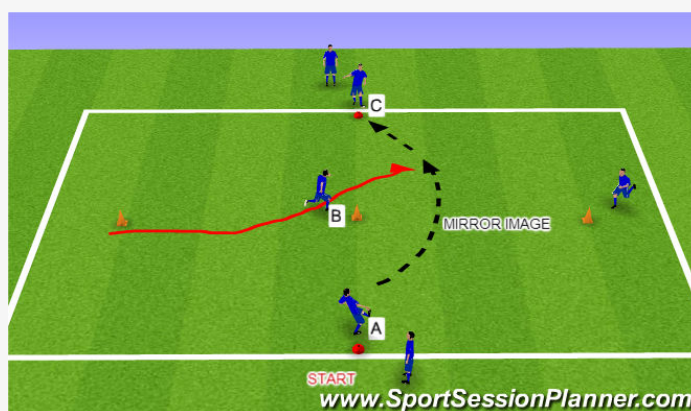
Both sides working at the same time i.e. 2 balls in play



Warm Up Stage 2 (10 mins)

Warm Up Stage 2

Similar to Stage 1. 2 balls going from the start. Player B runs towards central cone then makes a run behind and into the space on the opposite side. Player A will receive ball from other side and take touch forward then look to play a bending ball around center cone to Player B. Use of inside & outside of foot to bend the ball. Player B then completes sequence by passing to Player C.



Warm Up Stage 3 (10 mins)

Warm Up Stage 3

PATTERN

- * Player B drops off the cone to receive ball from Player A
- * Player A advances forward for the return pass and then plays a first time ball to the opposite side
- * Player C drops off while Player A & Player B are combining then makes a bending run around the cone to receive through ball
- * Player C then plays to player D



Main Activity (30 mins)

Activity 1

PLAYER ROLES

Player A is the #6 defensive midfielder

Player B is the #8 or #10 attacking midfielder

Player C is the #11 winger

Player D is the #9 center forward

PATTERN

Player B drops off to receive ball from Player A

Player C drops off to receive the ball from Player B

Player D runs square to receive from Player C and plays a ball into the left channel for Player C

Player D then makes a bending run around cone into box for a cross from Player C

Player D first time finish at goal

CONSIDERATIONS

Speed of play

Number of touches?

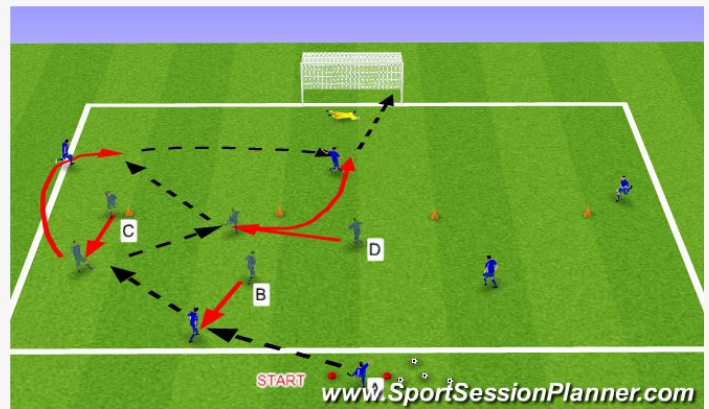
Direction & timing of runs

Staying onside

Confidence and assertiveness in cross and finish

PROGRESSION

Change the pattern and consider getting more players involved and a switch of play to the opposite side



Game (30 mins)

Game

Small sided game focusing on build up play, combinations & runs from previous activities.

