



Basic Principles of Attack

Category: Tactical: Possession

Difficulty: Moderate | Start Time: 05-Mar-2019 17:30h

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Individual-Young Member

Description

Who? Entire team in possession

What? Penetration, mobility, depth, width, creativity, finishing

Where? Defensive and Middle 1/3 of field

When? Our team has clear possession of the ball

Why? Possession to pass or dribble forward in order to create chances in the final 1/3

Technical Warmup

Technical WarmUp

Setup:

- Open area
- Groups of 3 or 4
- Each group w/ 1 ball

Action:

- Players passing, dribbling, and moving in designated area
- Players must communicate and show which foot they want it on
- Ball never stops moving

Progression:

- Player must perform skill before playing a pass to a teammate
- Player must find a '1-2' pass around opposite team
- Player must back pedal, receive on back foot, and turn
- Team must find penetrating pass + support



4v1 Rondo Series (15 mins)

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Objective:

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Setup:

- 1 square (roughly 10yd x 10yd)
- Total of 5 players
- 1 player on each side
- 1 defender inside
- Can expand to 5v1 or 6v1 if required, but do your best to try for 4v1 to allow for proper movement off the ball

Action:

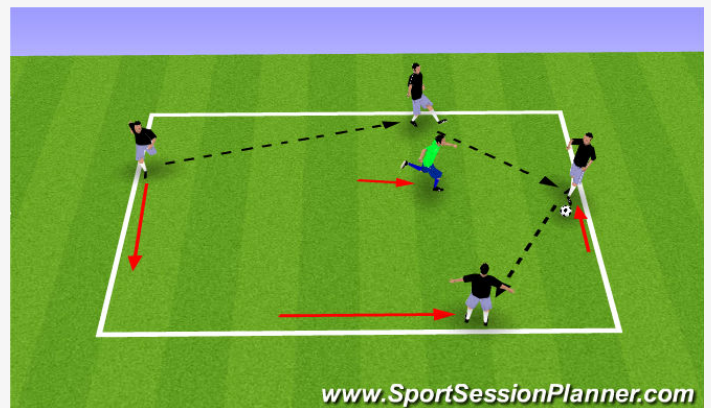
- 2-touch keepaway (no other number of touches allowed)
- Offensive players confined to their side of square
- Offensive players can only pass to adjacent side of square (passing across the middle is not allowed)
- Offensive players must be moving off the ball at all times and with urgency to provide best possible target to player in possession.
- Offensive players must receive passes across their bodies whenever possible
- Offensive players should attempt to pass the ball to teammate in way which best allows them to receive across their body.
- Speed of play should be maximized.
- Defender must go 100%. (or whatever trainer sees fit)
- Switch defender every 30-45 seconds

Competition

- Have 2-3 grids going at once
- Each team sends a defender over to the other grids
- Team with most consecutive passes wins!

Guided Questions

- How does the distance of the defender change the angle of support you provide?
- Based on the positioning of your body, how much of the field can you see?
- How can you adjust your body to see the whole field?
- Why is receiving across your body so important?
- How can dribbling create space for others?



5v2 Expanded Rondo (15 mins)

Square Passing

Objective:

Who? Entire team in possession

What? Penetration, mobility, depth, width, creativity, finishing

Where? Defensive and Middle 1/3 of field

When? Our team has clear possession of the ball

Why? Possession to pass or dribble forward in order to create chances in the final 1/3

Setup:

- Begin w/ two 15x15yd boxes to ensure success - expand if needed
- Team separated into 2 equal groups
- One group begins activity with the ball while other sends 2 defenders

Action:

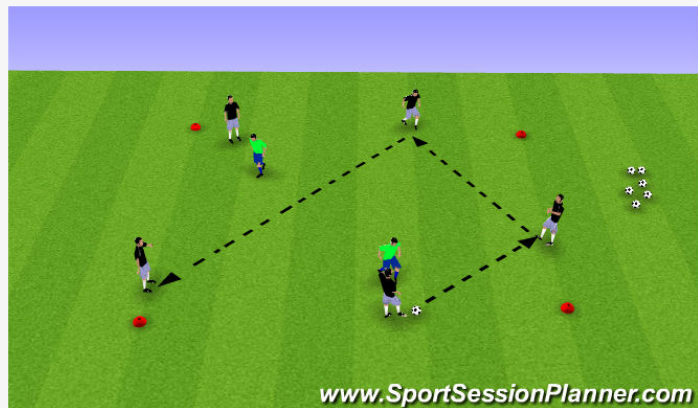
- Same activity as 4v1 rondo, but now we introduce 'penetration'

Competition

- 5 passes = 1pt
- 1 split = 3pts
- First team to 10 wins

Guided Questions

- How can connecting shorter passes first help us?
- How do we know it is a good time to split the defenders?
- When is a good time to dribble? Why?



Endzone + Targets (20 mins)

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Where? Defensive and Middle 1/3 of field

When? Our team has clear possession of the ball

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Setup:

- 30x40 grid w/ 5yd endzones (age appropriate)
- Teams split into 2 equal groups
- 2 neutral targets in each endzone
- 4v4 in central grid
- Possible progression - add neutral player in the middle

Action:

- Play begins with coach sending in a ball
- Teams play 4v4 in the middle grid, trying to score into a designated endzone
- Progression 1: Teams score by playing into target
- Progression 2: Teams score by playing into target or dribbling
- Progression 3: Teams score by playing into target & receiving pass back from them in the endzone

Guided Questions

- Where should our first look always be?
- How can we shape our body to see more of the field?
- When is a good time to dribble vs pass/penetrate?
- What should it look like to support our target after we find them?
- How does our team shape change between attack/defense? (width/depth)



Final Game (20 mins)

8 v 8 Scrimmage

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Where? Defensive and Middle 1/3 of field

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Organization:

- 70yd x 40yd (age appropriate)
- Both teams in a 1-2-3-2 formation

Action:

- Teams played according to the normal rules of soccer
- Offsides is in place

