



Lakeville Soccer Club
Model Training Session
Attacking Principles: When, Where and How to Attack
Chad Moore – Director of Coaching



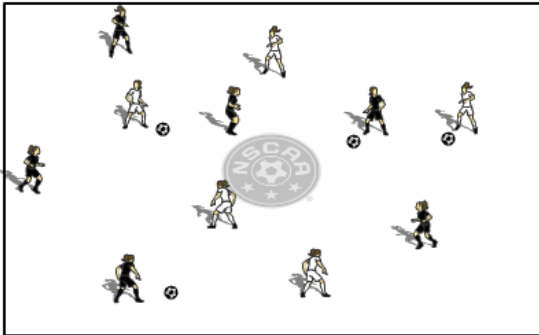
The focus of the progressive session will focus on the attacking principles. More specifically, the two main objectives will be to:

1. Help the player in possession of the ball (1st Attacker) make good decisions regarding when, where and how to attack.
2. Help the attacking teammates (2nd & 3rd Attackers) make decisions regarding proper support and creation of space, which will allow for success in the attack.

Attacking Roles:

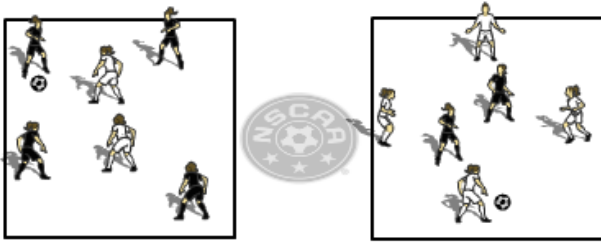
- 1st Attacker – shoot, pass, dribble
- 2nd Attacker – support
- 3rd Attacker – create space

FIFA 11+ Warmup



Technical Warmup (35 yards x 20 yards)

Groups of 6 with two balls per group
Passing, receiving, dribbling

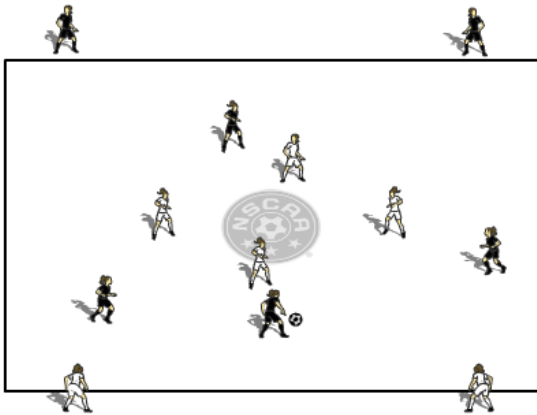


4v2 Keepaway (20 yards x 15 yards)

Team of 4 starts always starts with the ball

Team of 4 attempts to complete as many passes as possible; 1 pass = 1 point

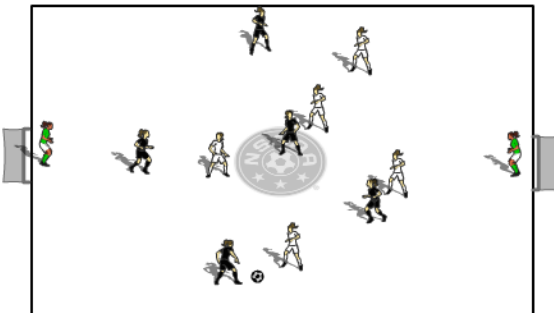
Team of 2 attempts to dribble out of the area; 1 dribble out = 5 points



4v4 to Endlines or Targets (40 yards x 35 yards)

Players inside of grid compete 4v4

Objective is to pass ball to targets or dribble over the endline



6v6 to goal (40 yards x 35 yards)

Each team will play 1-3-1

All match rules apply (including offside)