

Description

Team Shape 4-4-2

Screen 1

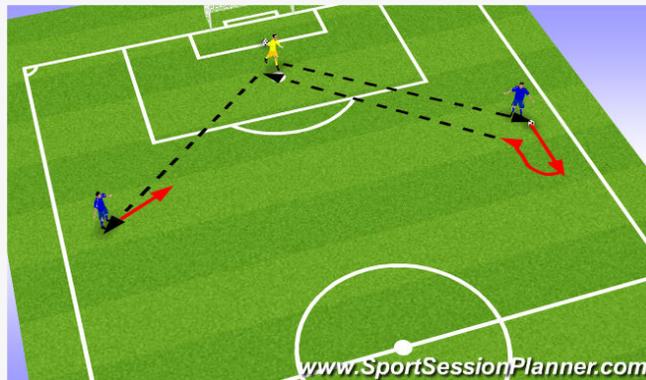
Organization - Start with a keeper, two fullbacks, right, left
Field Set up - half pitch, building from our half

Detail - keeper throws/passes the ball to the left back who has opened up so they can see the field with their first touch, the left back dribbles forward 4/5 yards then turns back towards the keeper and passes back to her, she then switches the play to the right back who has now made the angle and width to receive the switch of play, now the left back tucks in -repeat a few times, basically moving the ball in a V

- the left back now tucks in slightly

Progressions

Competencies - before receiving the pass the left/right back must shoulder check so it is safe to open up and dribble forward, try to have the keeper play on two/three touches maximum so the switch of play is quick



Screen 2

Organization

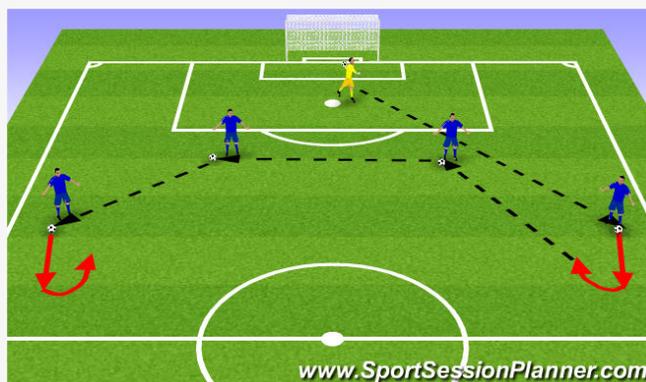
Field Set up half pitch

Detail - now bring in the two centerbacks as well as the fullbacks - we are now looking to involve these players in the switch of play across our back four

Progressions- like session 1, the keeper throws/passes the ball to the left back who drives forward 4/5 yards, the fullback turns and now plays a pass to the left center back who has made an angle to support - the left center back passes to the right center back who opens up and passes to the right back, who dribbles forward and repeats the exercise going for a switch of play down the other side of the pitch

* at any time the switch of play can involve the keeper again but she must use her feet only now at this point

Competencies - every player before they receive the ball should shoulder check and open up before they receive the ball so they can keep the speed of play up - the quality, weight and angle of the pass should be good enough that the back four can switch the play using two/three touches each maximum



Screen 3

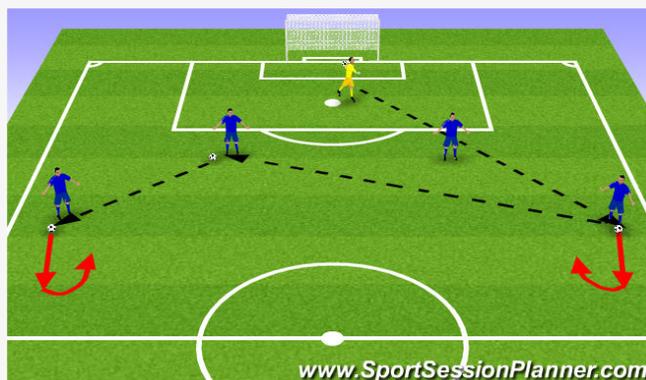
Organization

Field Set up

Detail - same set up as session 2

Progressions - now during the switch of play the players can miss one defender out so the switch will become faster, eg the left back now plays a pass to the right center back who plays the pass to the right back, remember to involve the keeper every so often! fullback on the opposite side drives forward with the ball 5/10 yards then repeat the exercise, once again missing out the closest center back

Competencies - angle of support of the player being missed out, the quality and weight of pass and once again the receiving player has shoulder checked and opened up with her first touch



Screen 4

Organization- now we add the two wide midfielders (wingers)

Field Set up - full field if available, if not start from the halfway line and go to goal from there using the half field

Detail - we have now added both wide midfielders, one on the right hand side, one on the left

Progressions - keeper starts with the ball, throws/passes to the left back who has already pushed slightly forward of the center back on her side, she opens up so she receives the ball looking to play forward - the wide midfielder on her side runs away from the ball then quickly checks back to receive the pass from the fullback, when she receives the pass she dribbles forward 5/10 yards, turns back and plays the pass to her supporting fullback then we go through the switch of play routine as in the previous stages - as the play is developing down the left hand side its important the wide midfielder on the opposite side is pushing forward to keep up with the play and the fullback is tucked in slightly - repeat this "horse shoe" type movement multiple times so the players are comfortable with their roles and responsibilities

Competencies - no one should be standing still when the ball is on the side of the ball, as the switch of play is happening the players on the opposite side should now be getting the same shape



Screen 5

Organization- we now bring in the two central midfielders

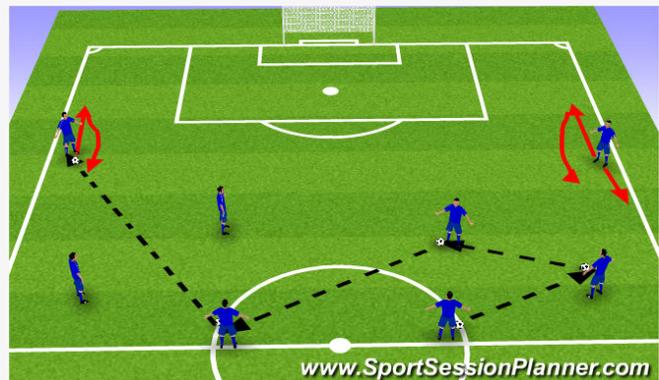
Field Set up - half pitch attacking one goal

Detail- we basically now want to give the players freedom to look inside to use the central midfielders - in this example the ball starts with the right centerback who plays it to the right fullback, the wide right midfielder makes the angle to support and has opened up ready to receive the pass - the right back now chooses to play the pass inside to the central midfielder on her side - the central midfielder can't play forward and has decided to play the way she is facing and passes to the left sided center back who now switches the play to her wide left midfielder- if this pass is not on she can play her pass to the left fullback

Progressions - as described above, with this portion of the team shape the player in possession can play the most simple pass she can at any time, we are trying to get the players to understand that if we can't go forward it is ok to play back towards our own goal and start again

- if it is possible we will try to get each receiving player to be turned side on so she can look/play a pass forward ie the central midfielder now has shoulder checked and has space to play forward or can switch the play - again this portion of the team shape session is about getting some playing patterns/directions down so that the players have an idea of where players should be when a player is in possession of the ball, the players out of possession should be proactive rather than reactive

Competencies - shoulder check to see if there is a defender in a direct position she wants to turn with the ball, the player in possession plays the pass away from the defender or the safe side away from the defender, quality and weight of pass and speed of play will determine the success of the switch of play, look forward as often as possible but don't force the pass, keep it simple



Screen 6

Organization - 10 outfield players in a 4-4-2 team shape attacking

Field Set up- half pitch, attacking the goal, now trying to score against a keeper, no defenders

Detail- this is just one of many attacking shapes/patterns whilst attacking in a 4-4-2, first we begin with the left centerback passing to the right centerback, she opens up her body as she receives the pass, now on her second touch if possible she will pass to the right fullback, the fullback will look to play the first striker that has shown for the ball, she receives the pass, the striker controls the pass and plays the ball back to the central midfielder who has made an angle of support, the midfielder player now plays the ball wide to the wide right midfielder, who now controls the ball, dribbles forward and crosses the ball

Progressions- after the ball is played wide we now see the movements of our team getting forward to get into the box to try and score from the cross, the movements required are as follows - the striker not involved in the pass back will make an angled run away from the ball then quickly change direction to get to the near post area!, the striker that passed the ball back to the midfielder will quickly get to the back post area, the opposite wide midfielder will now try to get up and into the box in a wide role to get to the cross that may miss everyone out, the



central midfielder that has not passed the ball wide will try to get in the box late and fast in between the strikers but all players must not be in a straight line, we will try to get the runs inside the box in a staggered type formation, hopefully after all this movement we will get a good cross from the wide area and score a goal!!

Competencies - every pass should be played with some thought and care, we are trying to break down a defence so we need to show quality in possession, the timing of the movements is very important, basically if you are in the box standing still you are in too early, therefore you will be easily marked, it is better to arrive late and fast than slow and standing, the cross must try to miss out the opposition's first defender

- it is very important that even though we are attacking we must stay organized when we have the ball, don't ball watch (defenders not involved in the play), organize when we have the ball!!

Screen 7

Organization - overlap using the right fullback

Field Set up - half pitch

Detail - the ball starts with the right sided centre back, who passes to the right back, the right back plays the ball to the first showing striker, the striker passes the ball back to the supporting midfielder, the midfielder now passes to the wide midfielder, the right fullback times the run forward to run past the midfielder receiving the pass, the midfielder player now passes the ball down the line for the overlapping fullback to cross into the box, the movements from the previous team shape now repeat, it is very important the wide right player now recognises that they now need to move into the right back area to keep the team shape.

Progressions - same exercise , now the movements come from the left hand side

Competencies - the timing of the run from the fullback is very important , the fullback must not run past the midfielder too early and risk losing possession thus causing a counter attack, the wide midfielder must be in safe possession of the ball!- the team shape when we are attacking is very important, we must always be organized even when we are in possession of the ball - once again the timing of the runs forward are better to be lagte and fast rather than be in the box standing waiting for the cross

