



Attacking

Category: Tactical: Attacking principles

Difficulty: Beginner

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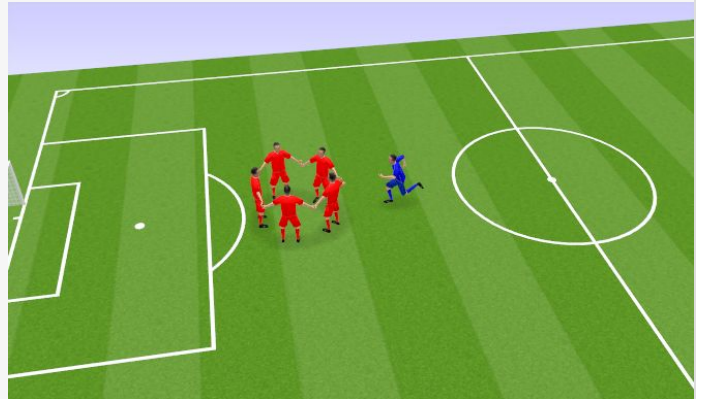
Fun Game

THE SESSION:

- Blue attacks and tries to touch a predetermined player of the reds that coach chooses right before blue starts the run.
- Red spin around in both directions to protect their teammate from getting caught. If blue touches the player he wins, if not then red team wins.
- 1 minute try each time and then both the hunter and the hunted changes.

KEY MESSAGES/POINTS:

- Great little warm up exercise which is excellent for creating team spirit. The players seem to love it!



Gladiator

THE SESSION:

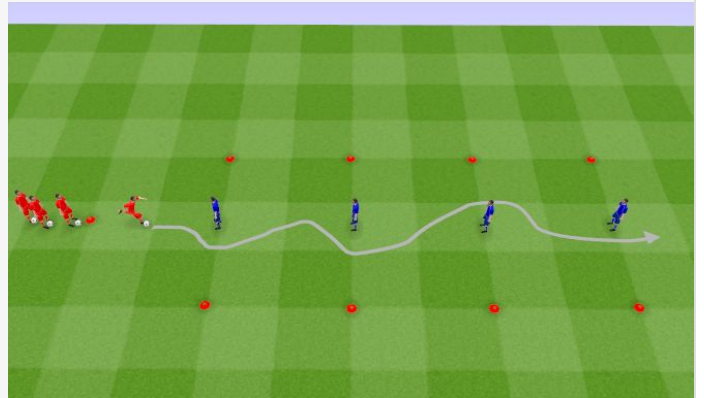
- Red players attack the blue players.
- Blue players must defend the line and cannot come off it.
- Red players must attempt to beat as many players as possible and gains 1pt for each player they beat. If they reach the end and beat all players they get 10pts.
- Rotate after set amount of time
- Competition

PROGRESSIONS:

- Add a goal at the end to score into
- Defenders can move off the line but once beaten can't recover
- Defenders can recover but only up to the next line

KEY POINTS:

- Close ball control
- Head Up
- Distance of Skill
- Timing the dribble according to the distance
- Exploit the space
- Feints
- Change of pace after the dribble
- Ball control after the dribble



Overloads

THE SESSION:

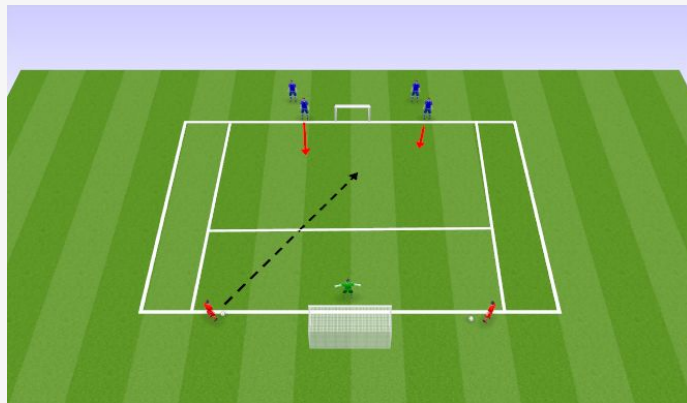
- Red defender plays the ball into 1 of the blue attacking players
- Blues play 2v1 against the red defender to try and score in the main goal past the GK
- If red defender wins the ball he tries to score in the mini goal
- Got to be in end zone before you can shoot
- Once 1 red player has defended the other red player goes in to defend.
- Once both sides have defended, both red players come out to defend against all 4 attacking players

Game Set up

- Game 1 = 2v1
- Game 2 = 2v2
- Game 3 = 3v2
- Game 4 = 4v2
- Game 5 = 4v4

KEY POINTS:

- Movement off the ball to create space
- Quality Passing
- Individual skill to beat defender if no pass on
- Be clinical
- Communication
- Decision Making



Risky Business

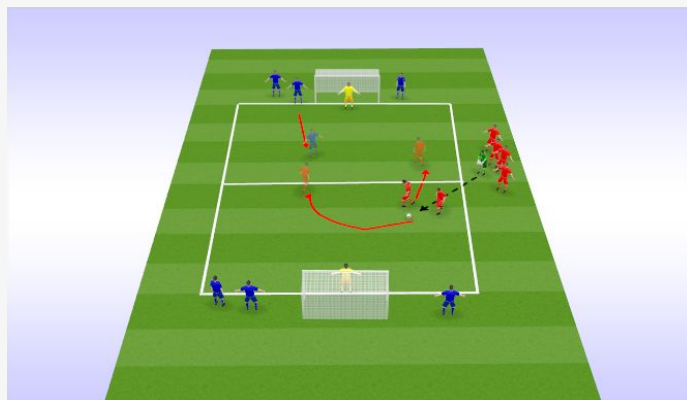
THE SESSION:

- Reds v Blues - Attacking team gets to choose the scenario they like.
- Come up with a scoring system
2v1 (5 pts), 3v1 (3 pts), 1v2 (7 pts), 1v3 (10 pts)
- The harder the situation the more points you get, the easier the situation the less points you get
- Create your own scenarios or ask players to create them
- Build good Competition

NOTE: each time we attack a different side and new defender/s come out each time.

KEY POINTS:

- Attack quickly
- Create space
- Hit target
- Types of run (with/without ball)
- Use the overload advantage



Street Football

THE SESSION:

- 5v5 - 7v7 free game
- Goals after a 1v1 successful situation count as double.
- Goals scored in under 5 seconds after a steal also count as double.

KEY POINTS:

- Build out from the goalkeeper
- High pressure on the ball when defending.
- Correct body positioning to receive the ball.
- Always pass to and receive with the back leg.

