



Attacking Shape/Shadow Play using Passive Pressure

Category: Tactical: Positional understanding
Difficulty: Moderate

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Description

excellent exercise for developing a team structure when in possession with minimal opposition - very game related and fits into our playing model

Screen 1 (30 mins)

Organization - starting outfield 10 players - 4/5 large cones - substitutes - 1 keeper - good supply of pumped up footballs

Field Set up - full half pitch

Detail - arrange the cones/substitutes in any defensive arrangement you want, or if you know your next oppositions system use that as your guide - the substitutes are generally passive in their defending - the blue team (starters) can now play possession through the opposition eventually finishing with a shot or cross/shot from a wide area or directly through the middle - after the attempt at goal has finished, jog back to the starting positions and repeat or use another area to attack

Progressions - limit the touches in possession - must have a switch of play before you can score - every player on the attacking team must touch the ball before the team can score - the possibilities are endless with this exercise - minimal coaching the defenders

Competencies - football awareness - timing of runs - distances/spacing between players - quality and selection of pass - staying connected as a team - technique used when passing/crossing/shooting

