

1 1 V 1 1 A T T A C K I N O P P O S I T I O N H A L F

REINFORCEMENTS

- When a player commits defenders to identify and use space
- When a player uses their instep to flight a big ball to switch the attack or put attackers in final third
- When players create an overload of defenders on one side to create and find the space elsewhere
- When a central player receives it from one side and plays to the other
- When space is created so a through ball can be played behind lines
- Wall pass
- When an outside back helps

COACHING POINTS

- Receiving
 - Across body with inside of the foot
 - Into space if space is there
 - Away from pressure
 - Into the attack beating a line, if possible
- Passing
 - Inside of both feet
 - Instep of both feet
- Where are the defenders? Where is the space? How can we get there quickly?
- Can we get central players involved to get outside backs in the attack
- Dangerous balls into the final third - Long ball over the top, through balls that split defenders, diagonal balls over the top or through

QUESTIONS

- If you dribble at defenders, what will happen? Does it create space?
- What is the difference in how we play a short pass vs a long pass?
- What foot should you receive with if you have space? Furthest foot
- Why bring the defender closer? Space for teammate
- Who can we look for if we don't have space going forward? GK/Back
- When the ball moves central (Goalkeeper, Centerback, CM, etc.) where should the outside players go? Wide How? Backpedal or rounded run
- Is there more space on the other side of the field? How do we get there?
- What kind of balls can we play to unbalance the back line?
- Why would we play someone with less space intentionally? To bring more defenders and reduce the space, creating more space elsewhere
- What foot of your teammates should you pass to? If they have space, the foot they will want to take their touch with. If they don't, the closer foot s they can pass back quickly

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

NOTES

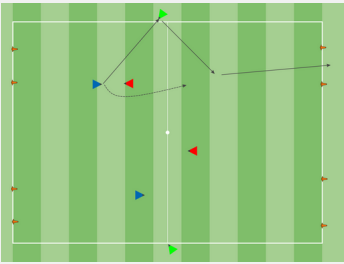
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Dribbling
- Passing
 - Inside of both feet
 - Instep of both feet
- Shape - Width/Depth
- Positional roles within the system
- 2v1s
- Speed of play
- Receiving
 - Across body with inside of both feet
 - Bouncing balls
 - Where to go- 1st touch
- Reading defensive shape
- Combination play
- Switching the field
- Individual and team discipline
- Self-Reflection

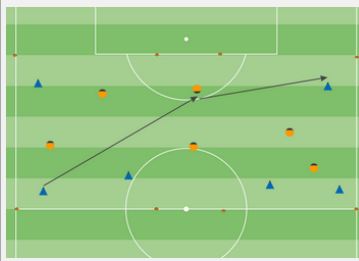
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A.13 2v2 + 2N flanks



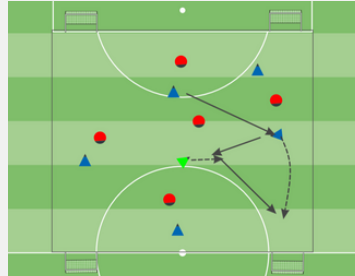
- 20x30 yard grid; 2 goals both ends
- 2v2 with neutrals on flanks
- Use wall passes with outside or teammate to score
- Can add additional points for combination that leads to a goal
- Focus on technique of wall pass
- Score in two goals - once goal is scored or ball is kicked out, other teams ball

A.12 3v2 switching



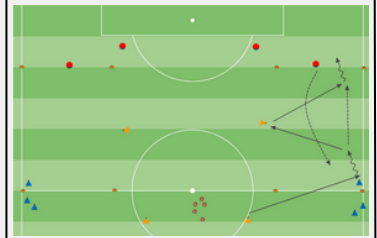
- Two grids on the flanks, with one smaller area central
- Two teams of six - six attackers split in wide area with two defenders in each (3v2) - two neutral plays central - As shown
- Play for four minutes then switch teams
- Possession in one wide area - play through central to other wide area for one point
- If two defenders win it, they play coach at center of halfline

A.11 5v5 + central N



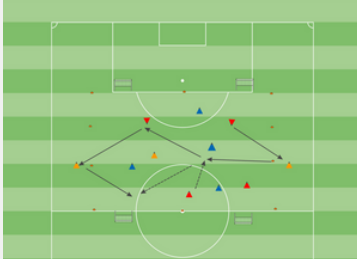
- Grid as shown - Adjust as needed
- 5v5 to two small goals with a neutral
- Focus on combination play to move the ball forward
- Focus on playing ball into final third into central areas (small goals)
- Free play - kick ins otherwise

A.10 1v1 + central N



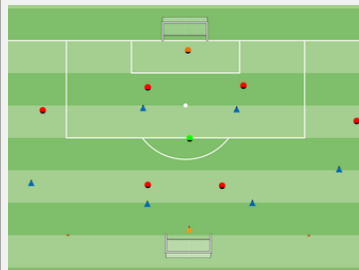
- Two grids on the flanks, outside the box - roughly 12 wide length as shown
- Central player plays ball in to outside player - Defender presses
- 1v1 on the outside flank - 7/11 vs 2/3 with a CM supporting as neutral centrally
- Focus on using CM to beat the OB with a pass or beat the OB 1v1

A.15 4v4 > 6v6 + 3N



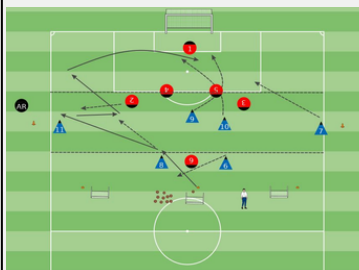
- Two grids on the flanks, outside the box - roughly 10 wide x length shown
- Space central about the width of the 18
- Two teams of 4/5/6 + 3 Neutrals
- 4v4/5v5/6v6 in central area with 1 neutral on each side and 1 central
- One team plays to one set of two goals and defends the other
- Focus on finding the extra player and switching the point of attack quickly to create space forward

A.18 6v6 (2 big goals)



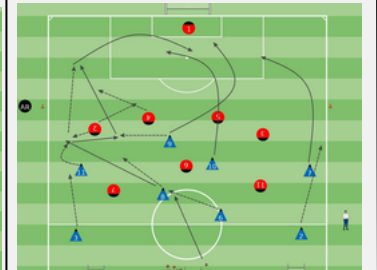
- Width of field and about 40 yards in length
- 6v6 + neutral
- Use the neutral to support wide defenders getting forward
- Fun activity with a lot of goal scoring opportunities that can also focus on using the width

A.17 6 v 5+Gk



- 6v5 - width of field and length of about 40 yards
- Use an offside line
- Attacking team goes to goal and defensive team scores in counter goals

A.19 8+1 vs 7+Gk



- Attacking 2/3 of the field
- 8+1 "coached" players going to goal
- 7+GK going to counter goals
- Can we find areas where we have more players than defenders and use it to get forward
- Ball played from where it went out including corners, goal kicks, throw-ins.