



Attacking Principle and Possession

Category: Tactical: Attacking principles
Difficulty: Moderate

Howard Rushton, CG, United States of America

Description

Screen 1

Set up as shown

First part - Rondos in each zone.

both end zones is 3v1 (red vs blue)

middle zone is 4v1 (blue vs red)

Just keep the ball moving and play around the defender.

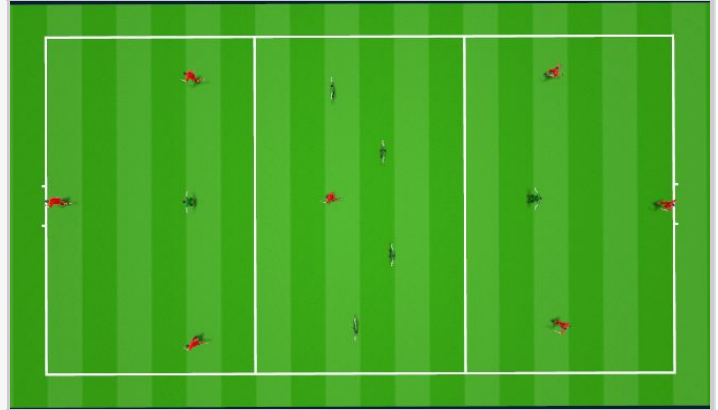
Second part -

Red will always start with the ball, from one end zone to the other.

Try to keep possession.

Red will start with 3 passes in the box before progressing to the next zone, once reds make 3 passes, can they find the red in the middle zone to connect and play to the end zone on the other side.

Blues will be defending the reds. stay compact and narrow, while red will be making the pitch bigger and wider. (width and depth)



Screen 2

8v7

Blues have 8, with 2 players locked in the shaded area (full backs), midfield 3 + front 3

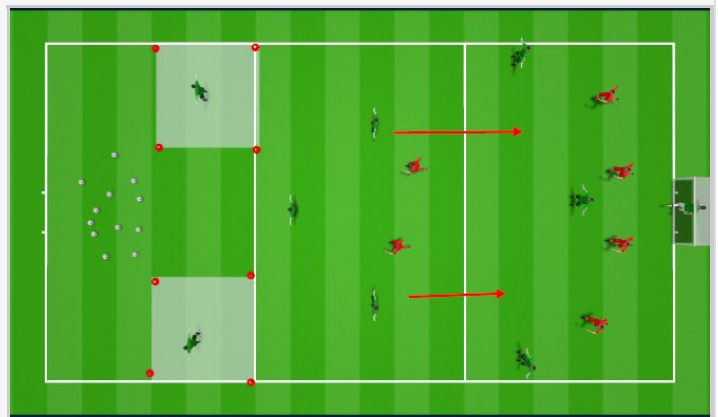
Reds have 6 outfields + 1 GK

Blue will always start the ball, its 5v2 in the middle zone, aim to create spaces and chance to play forward, once they make a pass to any of the front 3 players, 2 of the mids can join in the final zone to create goal scoring chances.

Reds stay compact and narrow to defend blues, if they get the ball, try to connect and play to the blue's full backs (could be their wingers in game situation)

Coaching points -

- patience on the ball, do not force forward passes
- details on the passes
- movement on/off the ball



Coaching Practice Review and Reflection

How were you able to affect the individuals in the practice?

What can be done to make sure you have the same, or an even better, impact next time?

What's the main thing you can do to make the session even better next time?