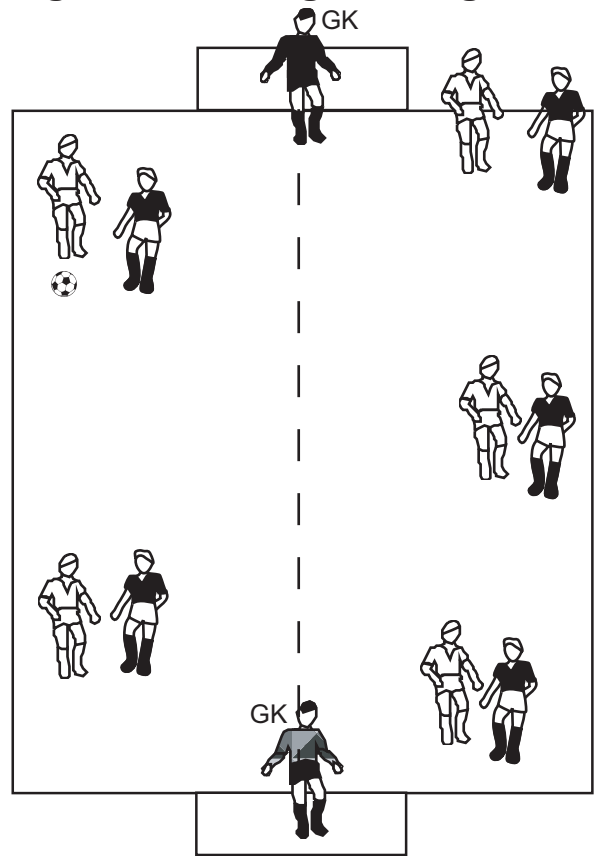
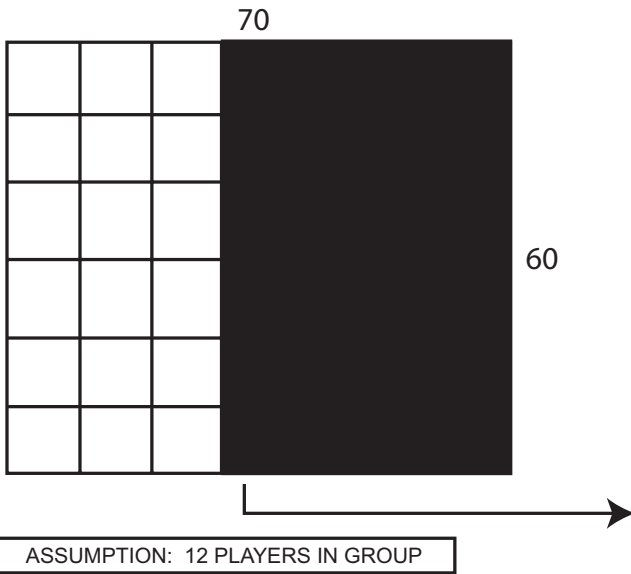


Attacking As A Team

Diagonal Passing To Diagonal Runs



Purpose

Small-sided game to develop diagonal passes and runs.

Organization

Set out a 40 x 60 yard area, with a center line placed along the middle of the field. Play 5 v 5 + 1 goalkeeper.

Game Objective

The object of the game is to score a goal in the opposing goal from a pass made from the opposite 1/2 of the field. Players should make runs with the ball across the field. Teammates must look to make runs across the field in the opposite direction to exploit the space created by the ball carrier. Attackers can score only from a pass from the other side of the field and must shoot with a 1 time shot.

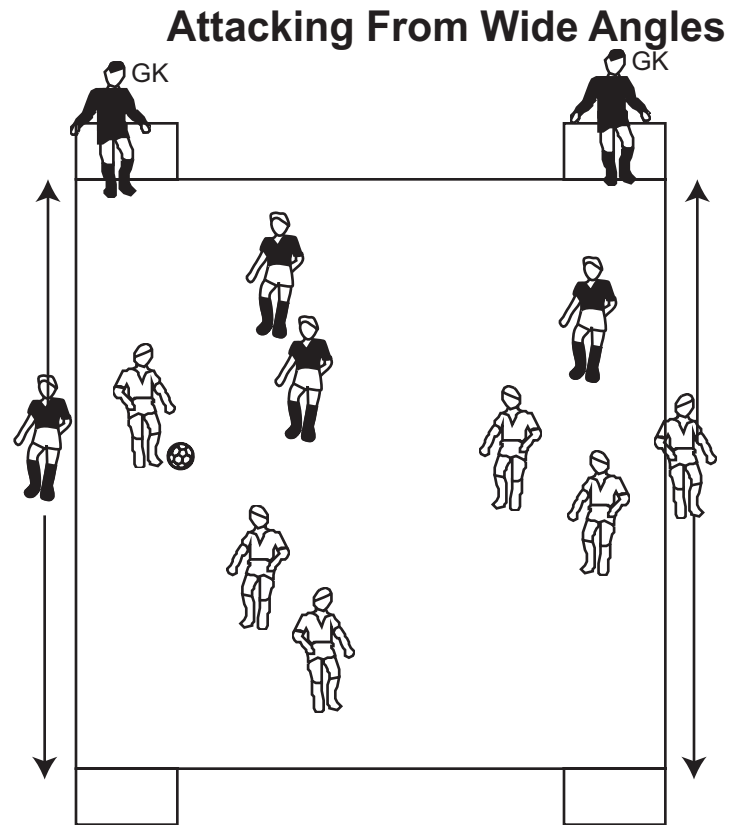
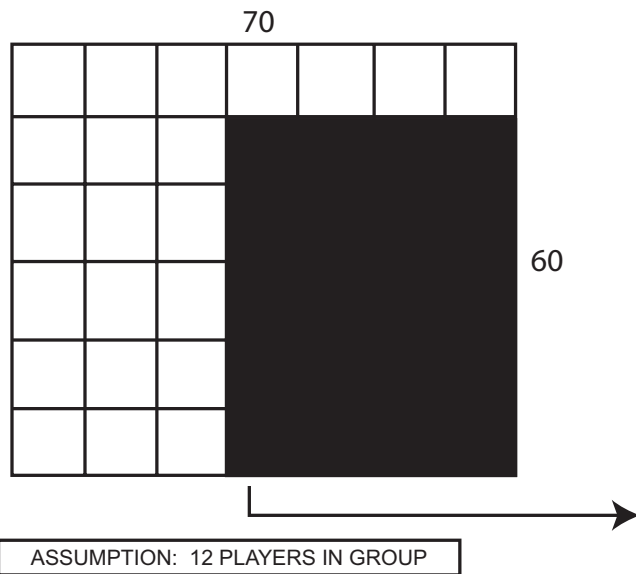
Progressions

Take the middle line away.

Key Coaching Points

1. When a player runs across the field, teammates must look to exploit the space created.
2. Passes and runs should be diagonal.
3. Players should call for the pass.
4. If the pass is not on, the ball carrier should fake to pass and take it himself.

Attacking As A Team



Purpose

To develop attacking from width and changing point of attack.

Organization

Set out a 40 x 50 yard area with 2 goals at each end of the field as shown in the diagram. Play 5 v 5 in the middle area with 2 floating players on the outside of the area. The floating players play with the team that has possession.

Game Objective

The object of the game is to score a goal in one of the 2 opposing goals. This may be achieved by play within the area or by getting the ball wide to a floating player to cross or shoot on goal. When a team has possession, the other team must drop back 2 of its players to defend the goal as goalkeepers. The floating players are restricted to 2 touches.

Progressions

The team in possession can score only from a cross by a floating player.

Key Coaching Points

In Attack

1. Switch the ball to the weak side.
2. Open up the field by receiving the ball side on.
3. Keep possession by spreading out side to side and end to end.
4. Cross early to the space behind the defense.

In Defense

1. Defender/goalkeeper on the weak side acts as cover and support until ball gets there.