

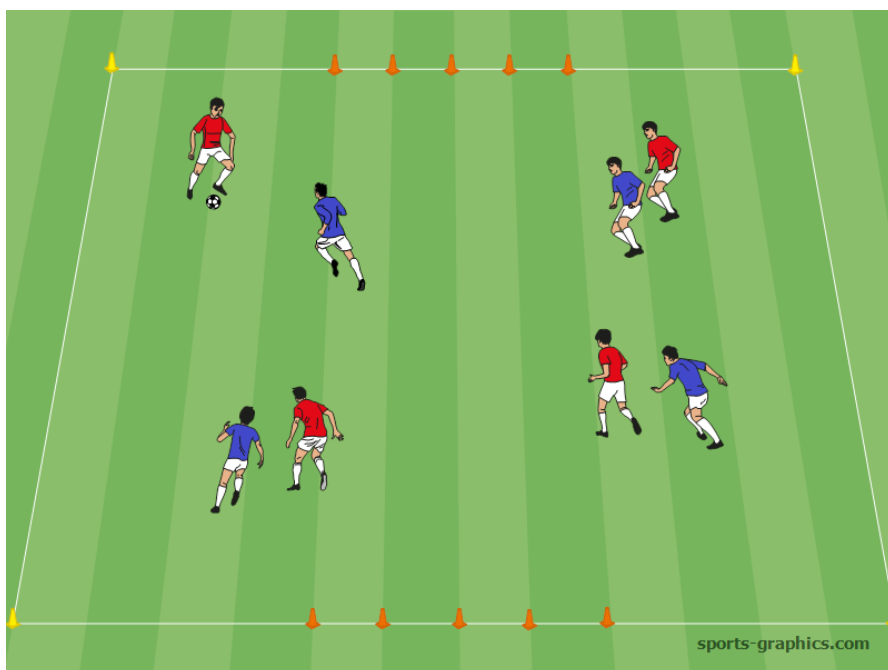
HIT AND RUN GAME

Improve attacking and counter attacking in a modified small sided game

TACTICAL

Attacking and Counter Attacking

Team Attacking



Set up a 20x20 area or adjust if necessary. Place five tall cones at each end of the area. Players play 4v4 with the aim of knocking the cones over at the opposition's end. If a player knocks a cone over, they must quickly pick it up and add it onto their own line of cones. The opposition take possession of the ball and quickly attack in the opposite direction. This gives a 4v3 overload for a short time while the player is running. Have a supply of balls for quick re-starts. The team that can take all the oppositions cones or have more after a set period of time, wins.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Angles and distances in supporting a teammate.
- Correct technique to receive.
- Develop good decision making.
- How to support in attacking situations.

KEY FACTORS

- Attack at pace
- Communication
- Good angles and distances of support
- Good early decision making - on and off the ball
- Good first touch
- Head up
- Keep the ball moving
- Quality of pass - accuracy, weight and timing

FOCUS AREAS

- Assess the movement of players and how they support to receive the ball.
- Attacking principles - width, depth, penetration, mobility, possession.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Encourage players to keep possession and breakthrough defensive lines.
- Encourage players to keep the ball moving.
- Form diamond and triangular shape.
- Looking for opportunities to move ball forward with good quality, speed and precision.
- Observe from different vantage points and affect performance when necessary with quick coaching points.
- Observe the quality of the technique.
- Play forward if possible.

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