

FORFEITS

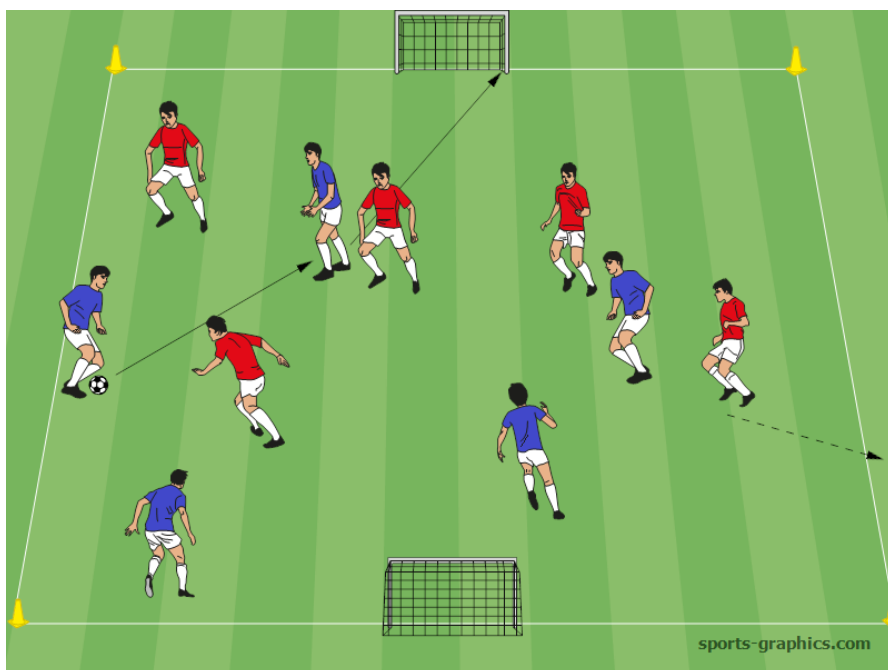
Develop basic attacking principles in a modified small sided game

TECHNICAL

TACTICAL

Attacking and Counter Attacking

Team Attacking



Set up a 30x20 playing area with a goal or gate at each end.

Divide players into two even teams.

Play regular football rules.

When a goal is scored, a player from the team that conceded the goal must run around the playing area before they can join the game.

The game continues while the player is running.

The exercise or forfeit can vary with a player doing a number of juggles with a ball or another type of physical exercise.

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.
- Awareness and decision of passing options. Which is the most effective pass?
- How to create space.
- How to exploit attacking situations when overloaded against the opposition.
- To understand attacking principles.

KEY FACTORS

- Angles and distance of support
- Attack at pace
- Communication
- Decision making
- Good first touch
- Quality of pass - accuracy, weight and timing

FOCUS AREAS

- Demonstrate good angles and distances of support.
- Encourage clever and inventive individual and combination plays by the attackers.
- Encourage communication between the players.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- 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 technical execution by all players.

FORFEITS

Develop basic attacking principles in a modified small sided game

