

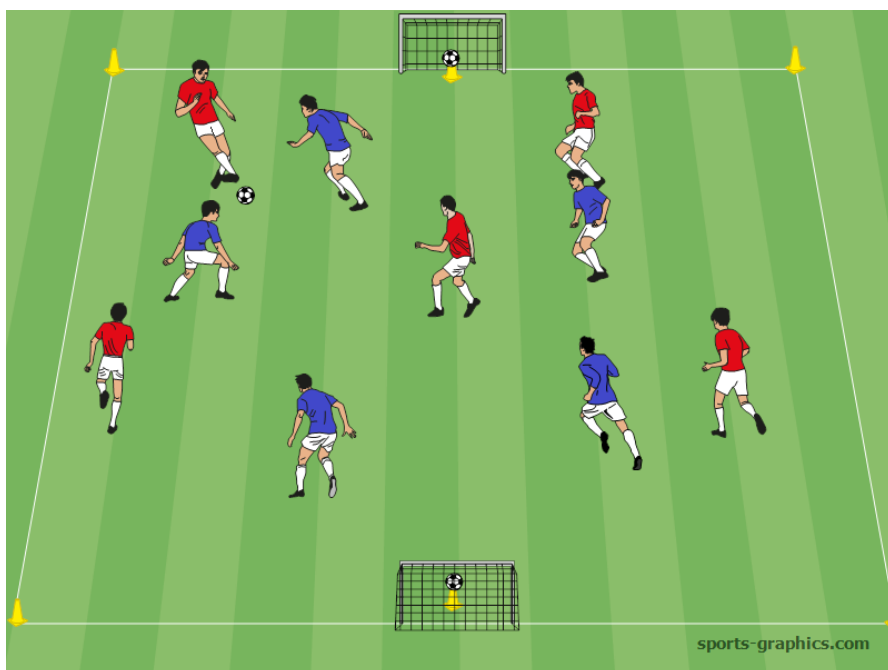
AVOID HITTING THE BALL

Improve attacking and counter attacking in a modified small sided game

TACTICAL

Attacking and Counter Attacking

Team Attacking



Set up a 30x35 playing area with a small goal at each end. Adjust the size to suit number of players.

Place a ball on a cone in front of each goal.

Divide players into two even teams.

Reds play blues and try to score under regular football rules.

A goal is scored by passing the ball into the goal. However, if the ball hits the ball on the cone, the other team score a point ensuring the final pass is accurate and well judged.

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 of support. Does the player on the ball see a clear pathway to a teammate?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- To work within a team unit with an agreed outcome.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- End product
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Play forward if possible
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly
- Technical execution

FOCUS AREAS

- Angles and distance of support.
- Can the pass go forward?
- Change angle on first touch to create and gain advantageous space.
- Change of pace and angle of attack according to pressure, varying tempo to suit situation (not always fast).
- Encourage communication between the players.
- Encourage players to keep the ball moving.
- End product - hit the target.
- Looking for opportunities to move ball forward with good quality, speed and precision.
- Observe body position of the player to receive the ball.
- Observe the session from different vantage points and make any key points quickly and precisely.
- Observe the technical execution by all players.

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