

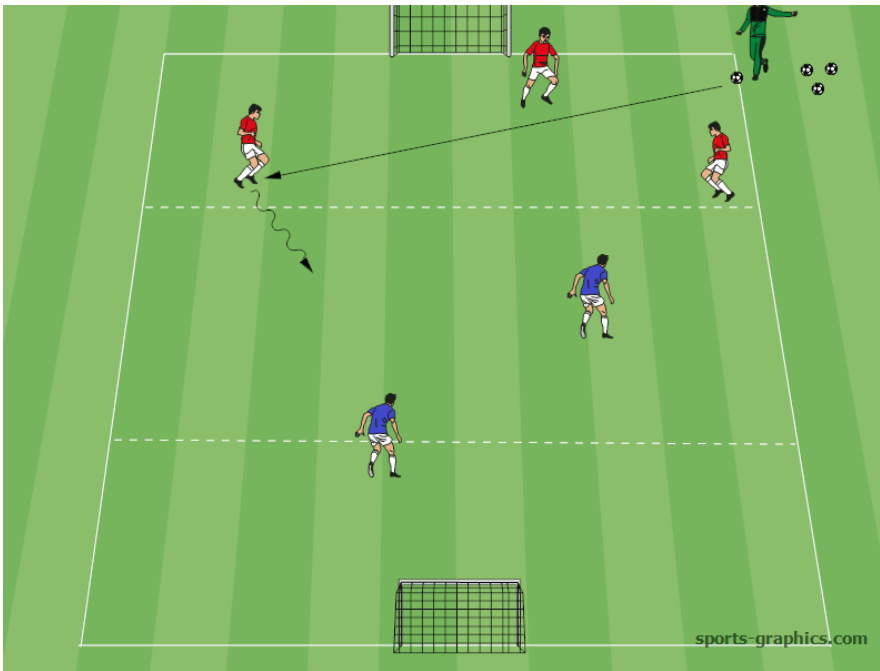
BREAK-OUT GAME 3v2

Developing basic attacking principles concentrating on support play with quick counter passing combinations

TACTICAL

Passing

Combination Play



Set up a 30x15 playing area and divide into thirds. Include a goal at each end.

Use five players (three attackers and two defenders). Or use six players with one defender staying off the pitch for each wave of attack.

To start the practice, the ball is fed in to one of the three attackers who are positioned in their own defending third.

Attacking team attacks through the middle third and are challenged by a defender who leaves their defending third to come into the middle to create 3v1 overload.

The second defending player becomes the goalkeeper.

The offside rule applies.

After six sets, players rotate roles.

If the practice has accommodated a third defender, the practice is modified by

changing roles after each attack with the defending team now attacking the opposite direction and the new defending team have one player leave the area.

To start the next attack, coach passes the ball into the opposite end.

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

- Awareness and decision of passing options. Which is the most effective pass?
- Correct technique to receive.
- How to make space as individuals.
- To understand how and when to support the player with the ball.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Body shape
- Communication
- Create space to receive
- Good first touch
- Head up
- Keep the ball moving into space
- Move the ball off straight lines
- Positive attitude to score
- Quality of pass (accuracy, timing and disguise of the pass)

FOCUS AREAS

- Attacking at speed with ball under control.
- Body shape.
- Change angle on first touch to create and gain advantageous space.
- Communication.
- Decision to pass - when to release (timing) and direction of pass (forward, square or back).
- Disguising the strike and striking with power and accuracy.
- Encourage players to keep the ball moving.
- Observe the quality of technique.
- Observe the session from outside the grid to identify and make necessary improvements.

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