



ATTACKING
Maintenance Session (Day 2)

Exercise 1: 6v4 possession game

Number of players: 20 players in total

6v4 Possession Game

Field size: 35-25 / ½ field

Duration: 20 Minutes – 3 minutes on – 2 minutes rest

Rules of the exercise: The 6 – 2-6 plus 8 – start with ball and look to complete 7 passes to score a point. The 4 defending – 7,9,10 & 11 – look to disrupt the build up and intercept the ball. They score when they complete 2 passes upon intercepting the ball.

FOCUS TEAM

Team structure (organization):

2-6 plus 8

Description of what you want them to experience:

You have possession of the ball – look to build out through the central mids – rotating to make themselves available

Principles: Move the ball to move the opponent

Sub - Principles: Speed of play / timing of runs (create openings) / penetrate and break lines

OPPONENT

Team structure (organization):

7,9,10 & 11

Description of what you want them to experience:

Press in identified situations

Sub - Principles:

Cut playing field in half – stay connected – make play predictable

Planned coaching behavior and interactions with players (script):

The starting positions are as shown.

The 4 or 5 start with ball. When they do – the rest of the group assume positions looking to open up the opponent by moving the ball (see principles)

Width is provided through the outside backs 2-3

Look forwards – break lines – when an opening is presented

Receive with the intention to play it forwards

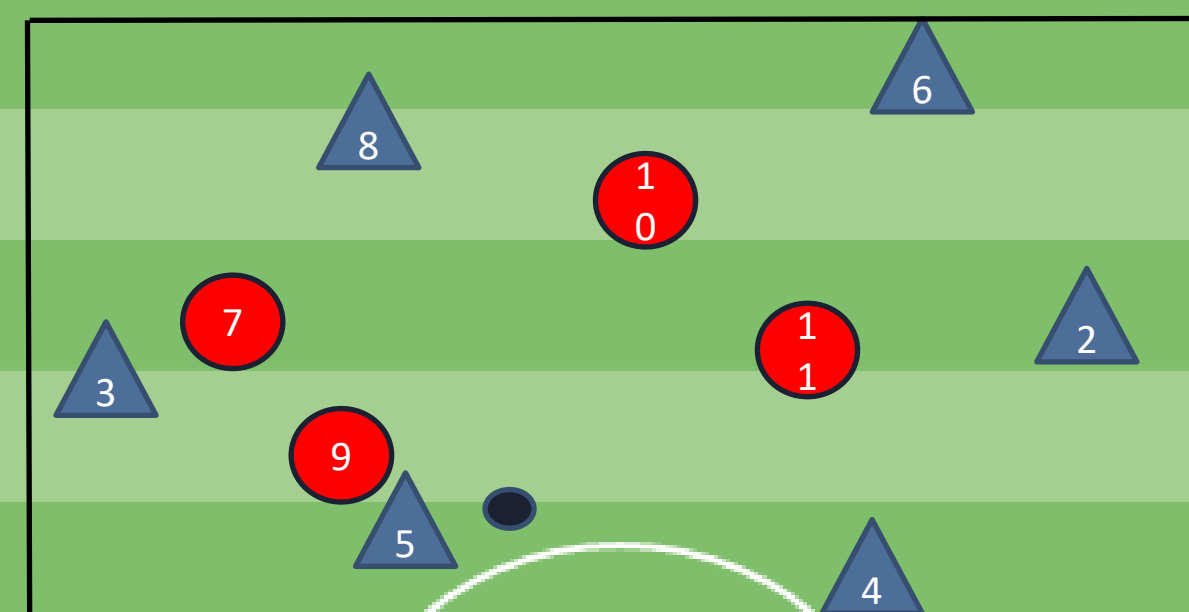
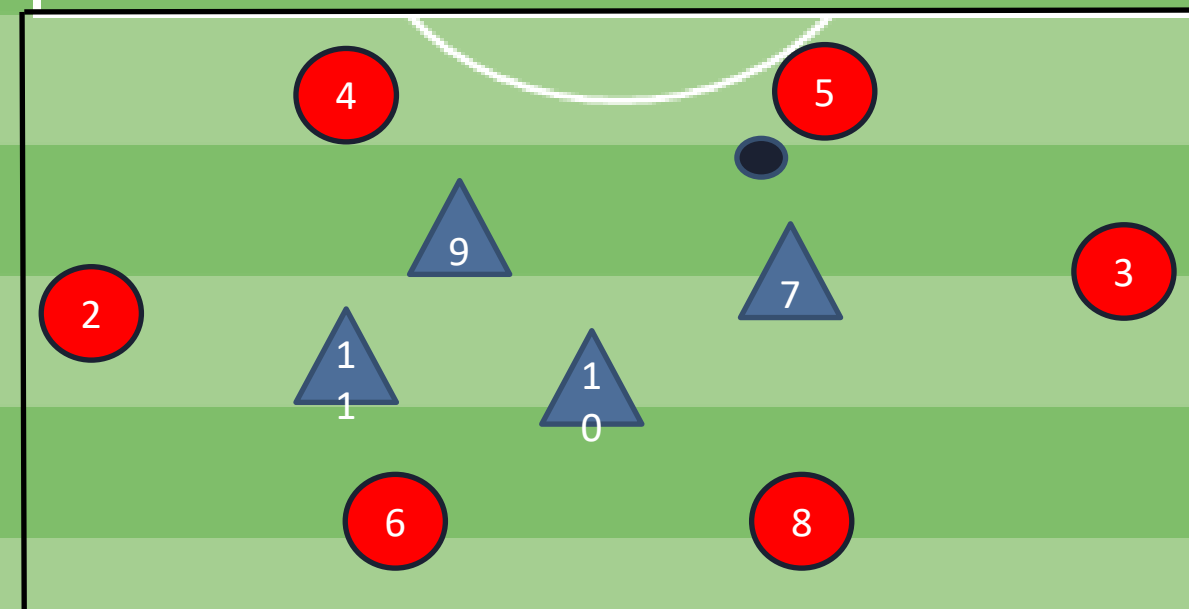
Support off the ball on angles.

How would you adjust the demand during the sessions (cognitive & physical)?

Number of defenders can be adjusted

The team in possession can score by splitting the opponent – forcing them to defend as a unit

Breaks are based on the number of defenders



Exercise 2: 8v4 (8v5 to challenge) towards target goals

Number of players: 18 players in total

8v5 towards 3 target goals – adjust numbers if needed

Field size: 70-50 / ½ field

Duration: 18 Minutes – 4 minutes on – 2 minutes rest

Rules of the exercise: Blue starts with ball. Objective is to build out and score on 1 of the 3 target goals set up. Red is to defend and when they gain possession they can score on the big goal. Game resets after every out of bounce. The 10 starts high up the field – behind a line – and can drop in to become an outlet when 1 of the HM's drops in. Limited to two touches.

FOCUS TEAM

Team structure (organization):

1 – 2-5 6 & 8 – Plus the 10

Description of what you want them to experience:

You have possession of the ball – look to build out through the central mids – rotating to make themselves available

Principles: Move the ball to move the opponent

Sub - Principles: Speed of play / timing of runs (create openings) / penetrate and break lines

OPPONENT

Team structure (organization):

7,9,10 & 11

Description of what you want them to experience:

Press in identified situations

Sub - Principles:

7 or 11 to step to 4/5

9 to press deepest HM

8/10 cover passing lanes to other 2 cm's

Planned coaching behavior and interactions with players (script):

The starting positions are as shown.

When either the 4-5 receive the ball – our holding mids (6 & 8) are to move to create options allowing us to go forwards.

Width is provided through the outside backs 2-3

The 10 can drop in to provide an additional option – but only has 2 touches when dropping in behind the line

Look forwards – break lines – when an opening is presented

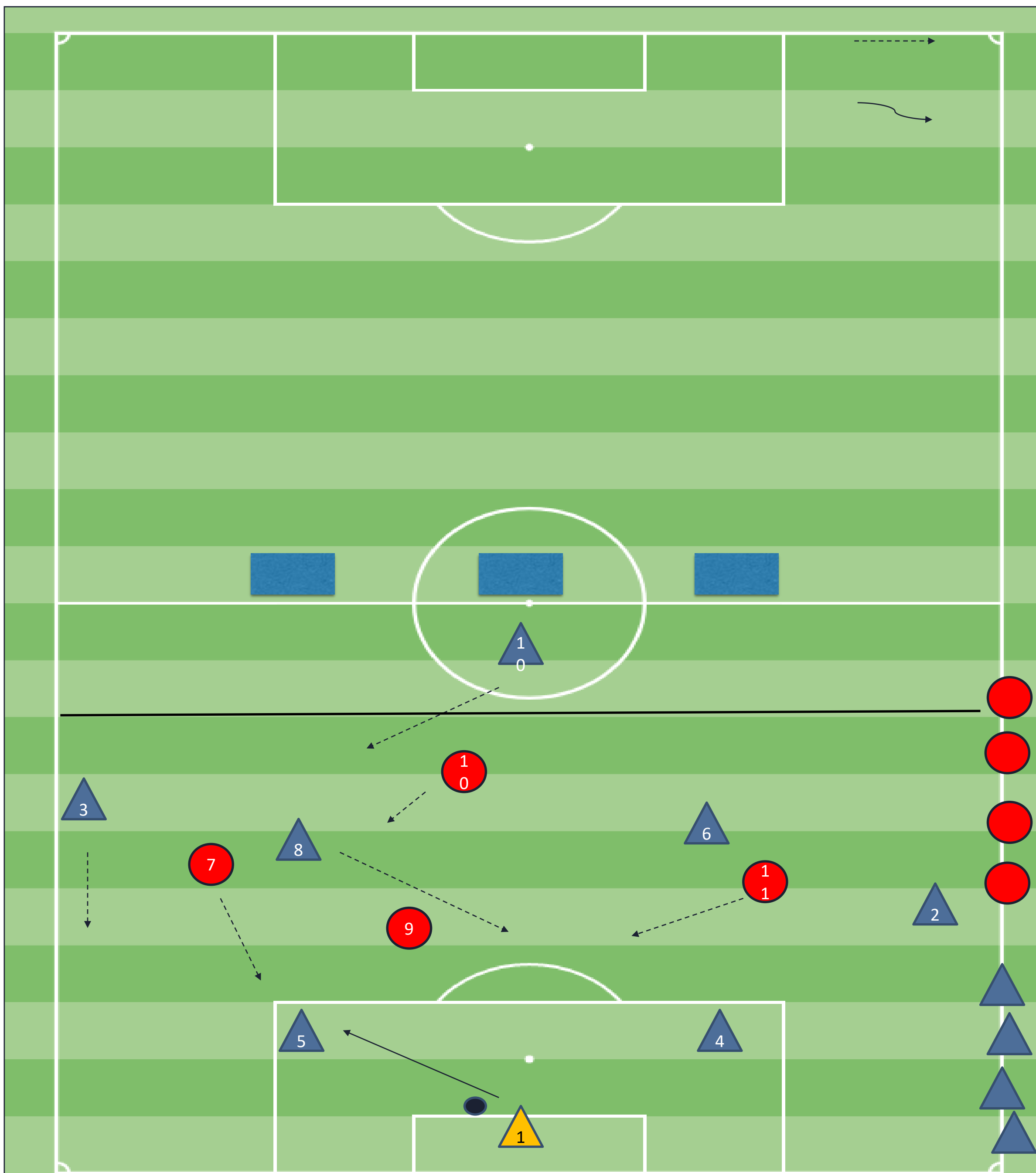
Receive with the intention to play it forwards

Support off the ball on angles.

How would you adjust the demand during the sessions (cognitive & physical)?

Number of players on red can be adjusted – add a defender (8v5)

Rotate players in / on for red & blue – keep an eye on players in central areas



Exercise 3: 8v5 (8v6 to challenge) towards target goals

Number of players: 18 players in total

8v5 towards 3 target goals – adjust numbers if needed

Field size: 70-50 / ½ field

Duration: 24 Minutes – 4 minutes on – 2 minutes rest

Rules of the exercise: Blue starts with ball. Objective is to build out and score on 1 of the 3 target goals set up. Red is to defend and when they gain possession they can score on the big goal. Game resets after every out of bounce.

FOCUS TEAM

Team structure (organization):

1 – 2-5 6,8 & 10

Description of what you want them to experience:

You have possession of the ball – look to build out through the central mids – rotating to make themselves available

Principles: We look to go forwards

Sub - Principles: Speed of play / timing of runs (create openings) / penetrate and break lines

OPPONENT

Team structure (organization):

7-11

Description of what you want them to experience:

Press in identified situations

Sub - Principles:

7 or 11 to step to 4/5

9 to press deepest HM

8 & 10 cover passing lanes to other 2 cm's

Planned coaching behavior and interactions with players (script):

The starting positions are as shown.

When either the 4-5 receive the ball – our midfield 3 (6,8 and 10) are to move to create options allowing us to go forwards.

Width is provided through the outside backs 2-3

Option 1 – 10 moves ball sided – HM that side drops in diagonal on angle

Option 2 – 10 moves away from the ball – Opposite side HM drops in on an angle to create an option.

Look forwards – break lines – when an opening is presented

Receive with the intention to play it forwards

Support off the ball on angles.

How would you adjust the demand during the sessions (cognitive & physical)?

Number of players on red can be adjusted – add a defender (8v6)

