



ATTACKING
Sample Training Session

Exercise 1: 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: 28 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

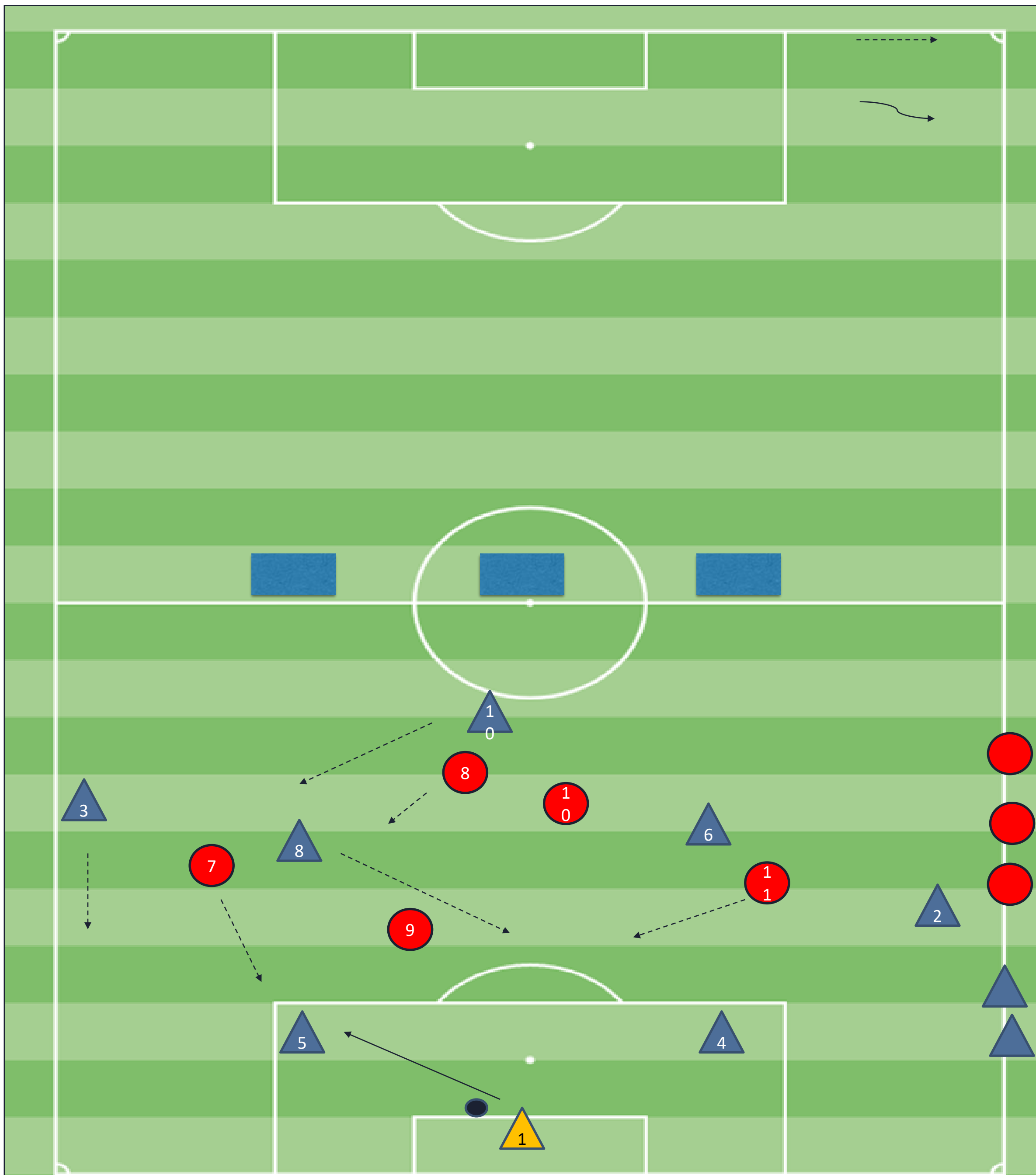
Receive with the intention to play it forwards

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)

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



Exercise 2: 9v7 towards targets

Number of players: 18 players in total

9v7 towards 2 target goals

Field size: 70-70

Duration: 27 Minutes – 7 minutes on – 2 minutes rest

Rules of the exercise: Blue starts with ball. Objective is to build out into the 3 purple target players. 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 – 9 as target

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):

5-11

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

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

Opposite – weakside HM cover lane to opposing 9

CB to cover opponent's #9

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.

Our # 9 provides a target – a outlet ahead of the ball

Look forwards – break lines – when an opening is presented

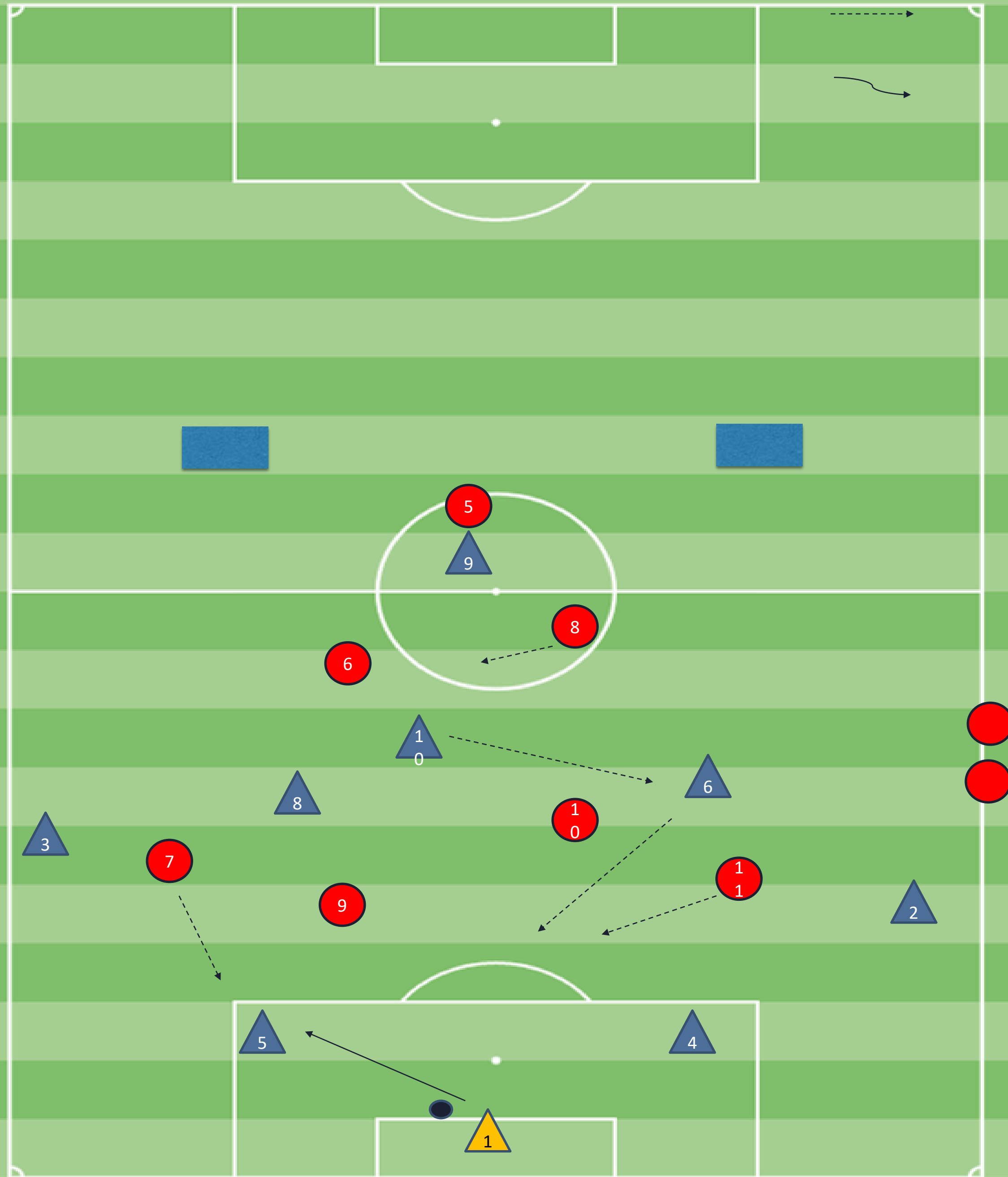
Receive with the intention to play it forwards

Support off the ball on angles.

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

Monitor intensity – red has players able to rotate in

Keep an eye central players – adjust length of activity & breaks if/when intensity drops



Exercise 2: Final Game 9v8

Number of players: 18 players in total

9v8 towards 2 target goals

Field size: 70-70

Duration: 20 Minutes – 8 minutes on – 2 minutes rest

Rules of the exercise: Normal rules of play. Offside in play in your attacking half.

Restarts included (throw ins / goal kicks).

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):

4-11

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

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

Opposite – weakside HM cover lane to opposing 9

CB's to cover opponent's #9 / lanes to target goals

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.

Our # 9 provides a target – a outlet ahead of the ball

Look forwards – break lines – when an opening is presented

Receive with the intention to play it forwards

Support off the ball on angles.

