



ATTACKING  
Threshold Session (Day 3)

## 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:** 24 Minutes – 6 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

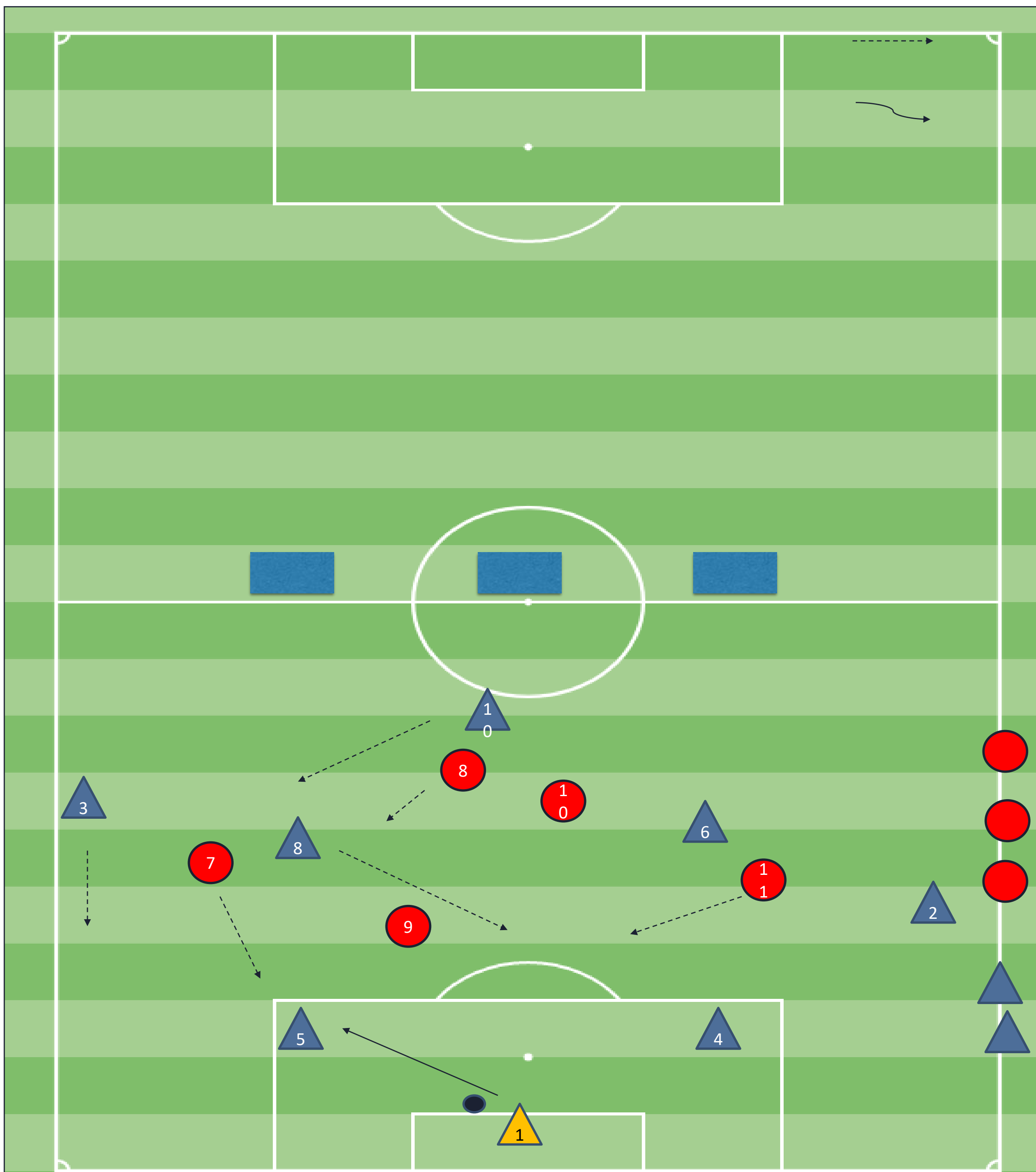
Receive with the intention to play it forwards

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

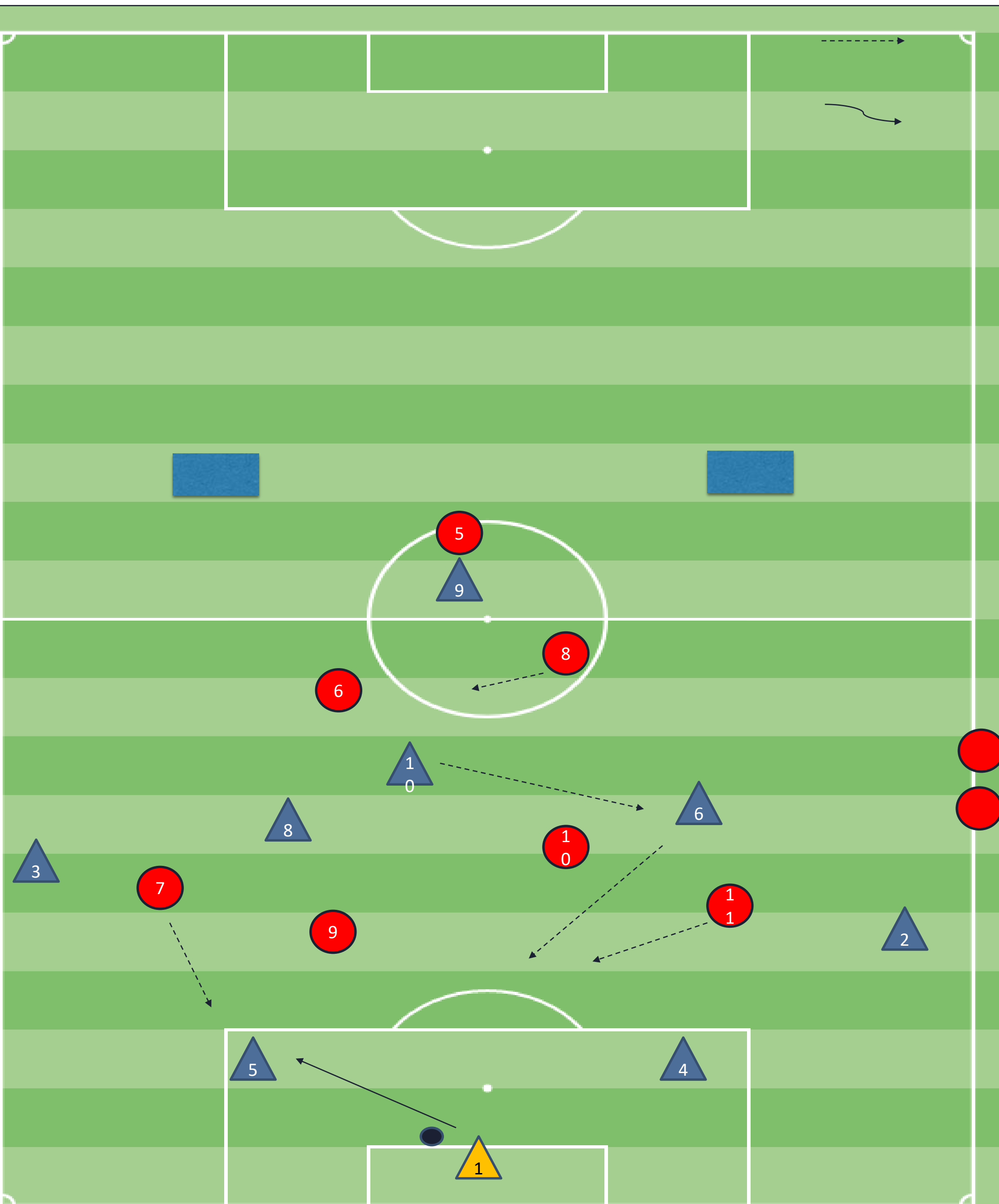
Receive with the intention to play it forwards

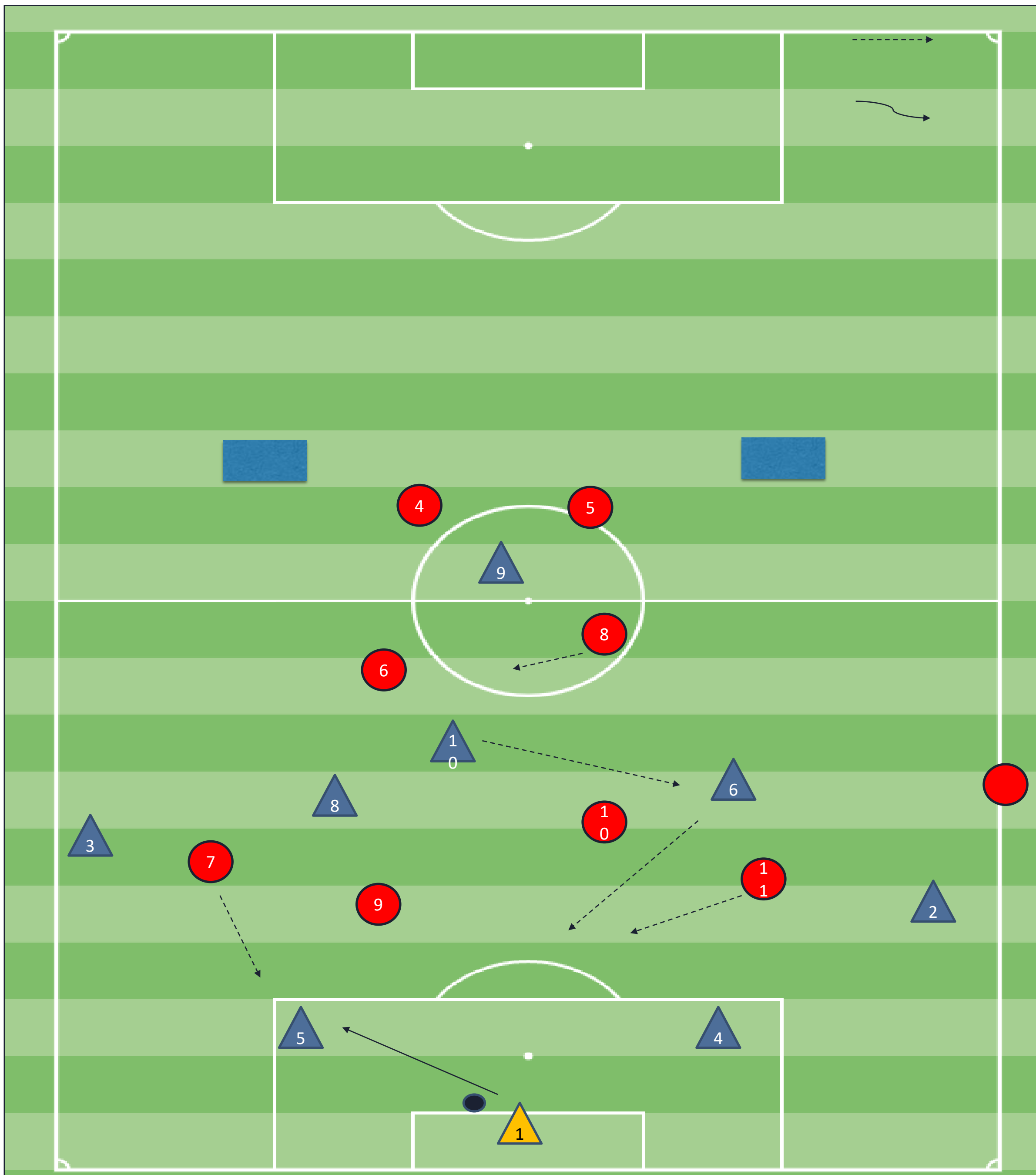
Support off the ball on angles.

**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.