



CREATING CHANCES - BUILDUP IN OPPONENTS HALF

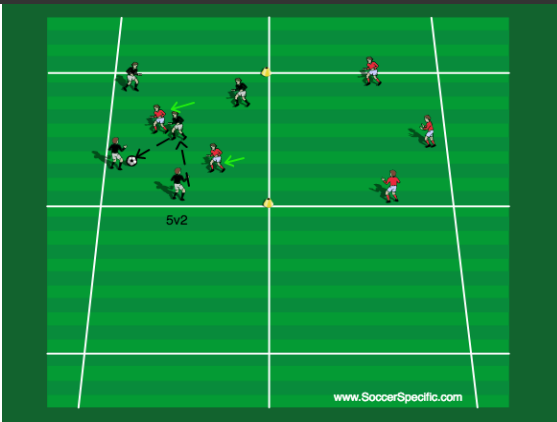
Date: Aug 31, 2018

Duration: 1:20

Team: SoccerSpecific

Intensity: ● (7/10)

Category: Tech / Tact

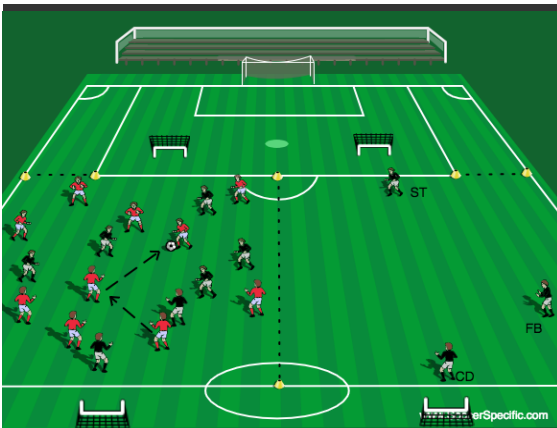


1

Setup: 10 Players split into two teams of 5 / 2 grids side by side.

Instructions: WARMUP ACTIVITY: POSSESSION / SWITCHING PLAY The 5 players in possession attempt to maintain possession against 2 Defenders (Red); 20 completed passes = 1 goal. Defensive (two) players must attempt to win ball and immediately switch play to their 3 teammates in the opposite grid - the Black team then send two Defenders to continue the game.

Coaching Points: Possession Team: Quick ball circulation and movement. Angles of support. Quality of passing - Decision-making + Execution. Defending Team: Work as pair to regain possession. Understand that advantage is on opposite side of pitch so look to switch quickly.

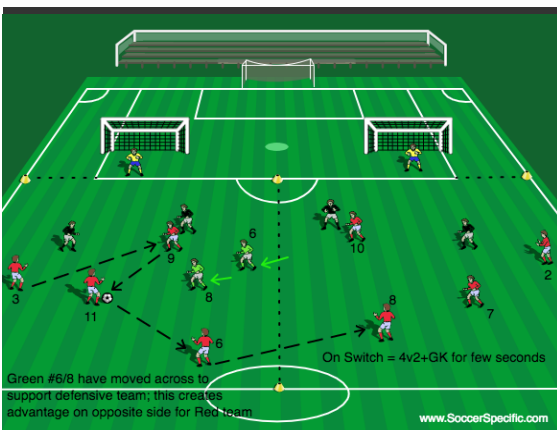


2

Setup: 10v10 - players in position. Pitch is divided in two (coned line).

Instructions: POSSESSION - Transition Across Pitch: A 10v7 takes place on one side of the pitch - possession team can score in their opponents mini-goal after completing 10 passes; the 7 defensive players must work to regain possession - on winning possession they must look to quickly switch play to their support players on the opposite side of the pitch. A 10v7 (advantage) then takes place on the opposite side. Transitioning team can attempt to score in mini-goal as fast as possible before opponent can transition; if not possible to score - patient in possession is emphasised. Play is continuous.

Coaching Points: Possession Team: Patience in possession. Regain possession and look to change immediately to the free players. Players must recognise that the 'advantage' is on the opposite side of the pitch. 'Where is the advantage?' - opposite side! Speed of transition to support.



3

Setup: Pitch divided in two; 2 Full-sized goals utilised. #6 + 8 for Defensive team (Green) move across the zones to offer DEFENSIVE support.

Instructions: TACTICAL GAME - Buildup to Create Chances / Recognising When to be Patient + When to Switch:

Play begins with a pass from the Coach to either attacking group (Red) - this creates a 4v3+GK; after 10 seconds the Defensive #6 or #8 can move across - this now creates a 4v4+GK in that quadrant of the pitch. The buildup team must attempt to score as quickly as possible - if the side is blocked they must look to quickly switch play to attack the opposite half of the pitch. The #6 + eventually #8 Defensive player must transition across; therefore a quick transition creates a 4v2+GK advantage for the attacking team.

Play is continuous - balls start with the Coach / GK each time. Rotate in/out extra Players as needed to avoid overload / fatigue. Counter Goals are placed in opposite half of pitch for Black team to score.

Coaching Points: Quick ball circulation / dribbling / movement - can you break down the opponent without switching the play? Recognise if the side



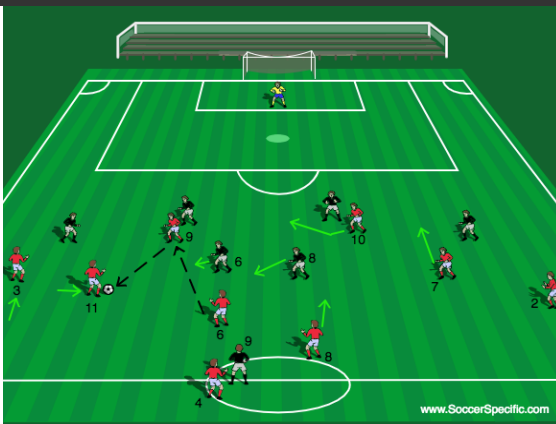
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4

Setup: An 9v7+GKs is organised as shown. Goalkeeper and full-sized goal positioned 25yds in opposite half (not shown in Diagram).

Instructions: TACTICAL GAME - Creating Chances: Play begins with a pass from the Coach or GK to Attacking team (Red). The buildup team must attempt to score - if the side is closed they must look to quickly switch play to attack the opposite side of the pitch.

Rotate in/out extra players to avoid overload / fatigue. Defensive team has a target #9; if Black team win possession immediately counter to attack opponents goal.

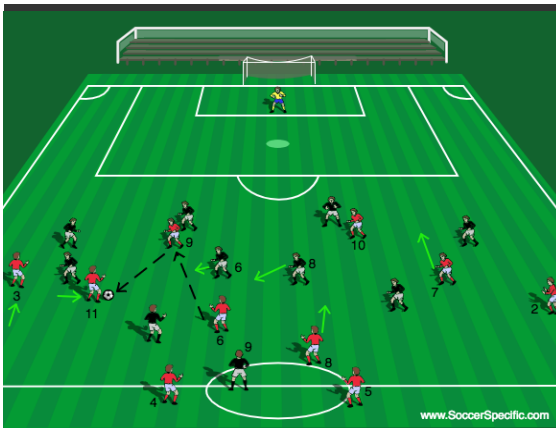
Coaching Points: In Attack; go at pace - if not possible - be patient with quick ball circulation / dribbling / movement.

Patience in possession to draw opponent to one side of the pitch.

Recognise if the side is closed - switch play! 'Where is the advantage?' -

opposite side! Speed of attack once ball transitions across!

Movement of players to drag opponent Fullbacks out of position.



5

Setup: An 11v11 is organised as shown. Goalkeeper and full-sized goal positioned 25yds in opposite half (not shown in Diagram).

Instructions: TACTICAL GAME - Creating Chances: 11v11 Game incorporating all previous situations and Coaching Points.

Coaching Points: In Attack; go at pace - if not possible - be patient with quick ball circulation / movement. Patience in possession to draw opponent to one side of the pitch. Recognise if the side is closed - switch play! 'Where is the advantage?' - opposite side! Speed of attack once ball transitions across! Movement of players to drag opponent Fullbacks out of position.