



## SESSION 6:

# ATTACKING PLAY

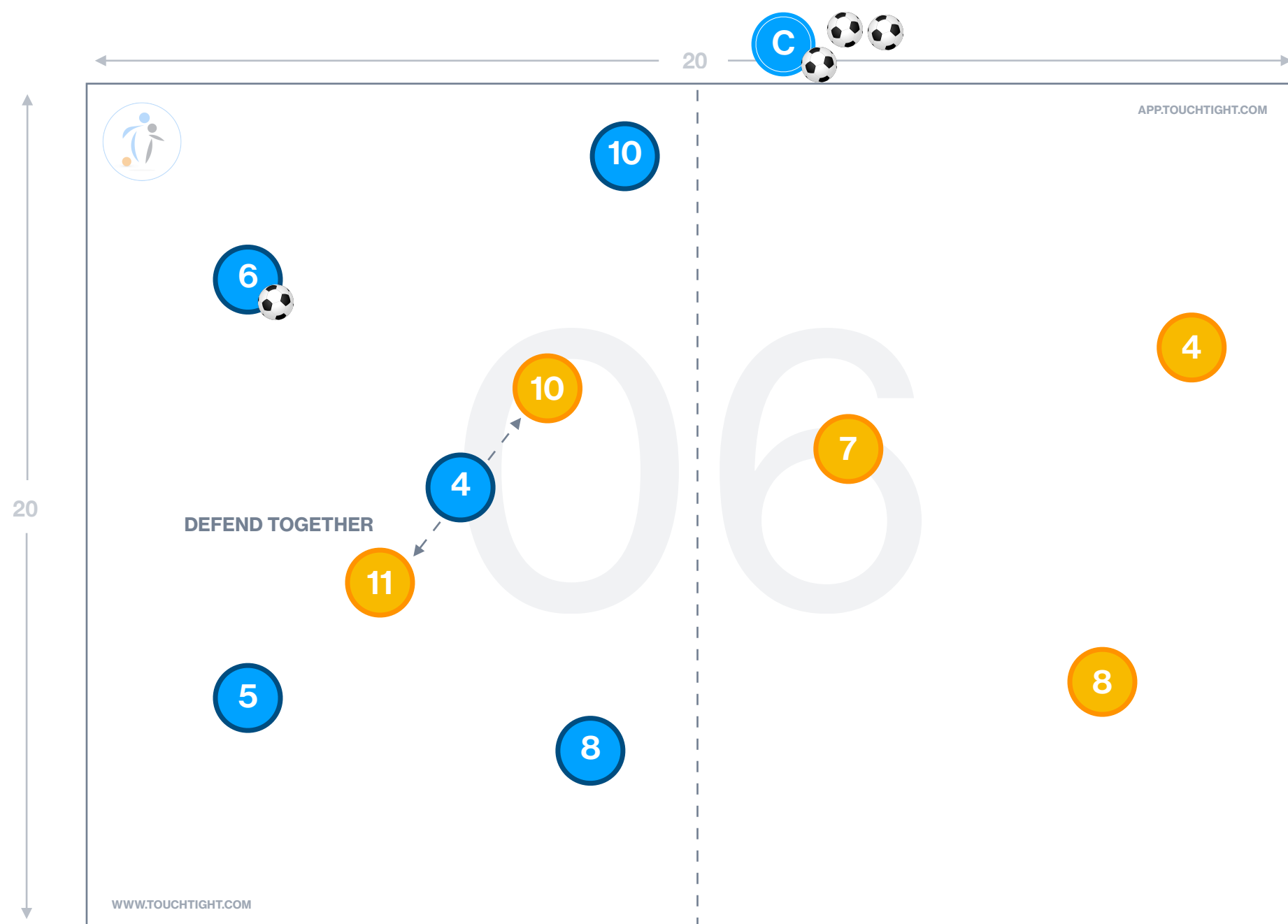
NUMBER OF PLAYERS: 14+

LEVEL: INTERMEDIATE



Title	Date	Start Time	Duration	No. of Players	Area Size

### ATTACKING PLAY



#### ORGANISATION:

Practice 2 of theme six defensive compactness is played in a 30 by 15-yard area, beginning with a 5 v 2 overload Rondo in one half of the practice area. The aim of the two defenders here is to regain possession and switch play to 3 awaiting teammates, becoming the passing team. 2 attackers then become defenders, switching grids to press as a pair to regain possession for their team.

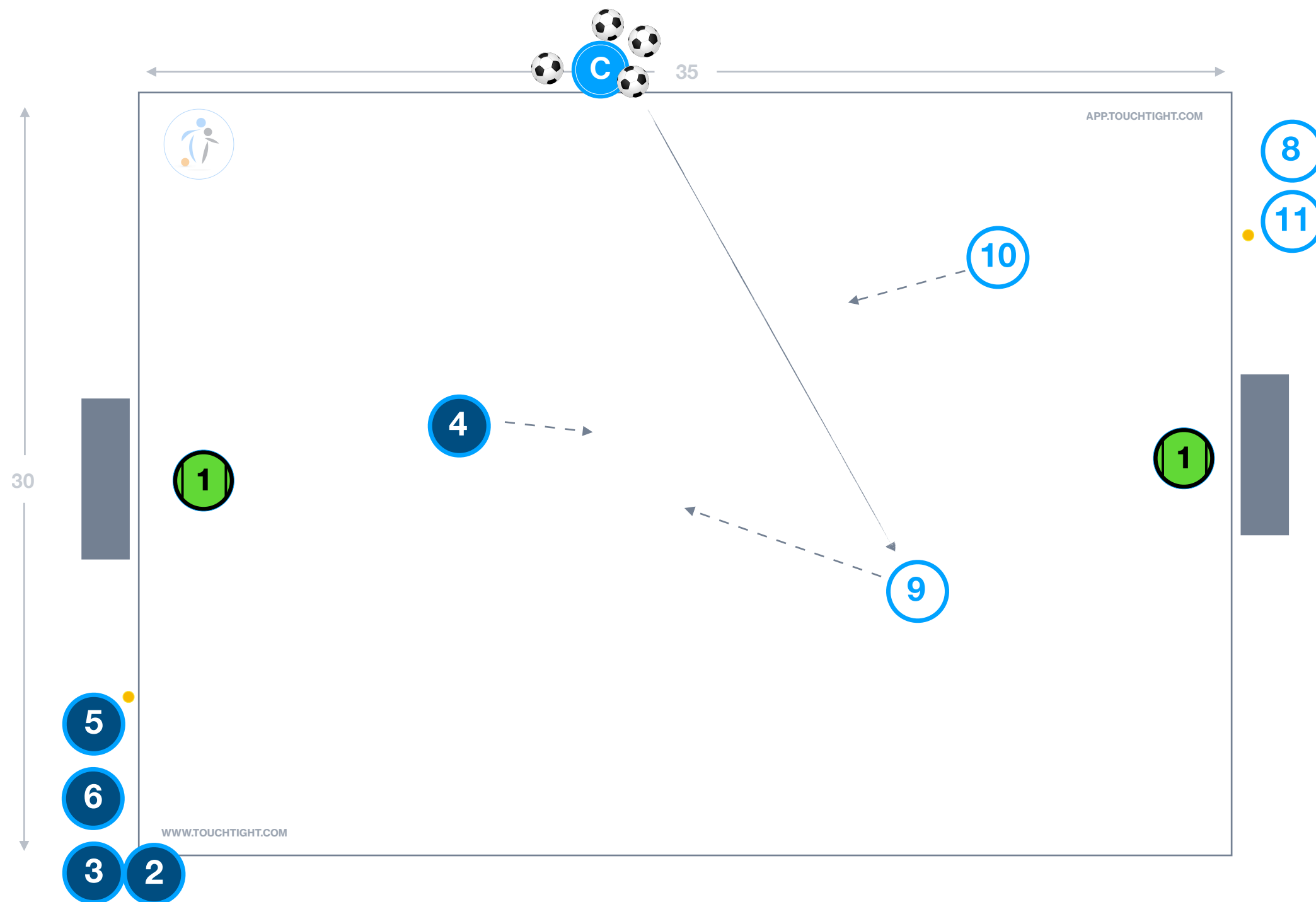
#### KEY COACHING POINTS:

Focus on the following key points:

1. Manage possession to create space
2. Challenge defenders to remain compact (distances and angles to be constantly checked)
3. Decide to force inside or outside as a pair
4. Triggers to press, identify these (slow pass, bad touch, poor pass)



### HOW TO SUPPORT ATTACKS TO OVERLOAD



#### ORGANISATION:

This is practice 3 of Theme 5 Developing Support Play and begins with the coach passing a ball into an attacking player who attacks a single defender and goal, with the support of a teammate in a 2 v 1 attack. If the attacking pair scores, an extra player joins in, creating a 3 v 1 overload. If the defender does not concede, an extra defender joins to create a balanced 2 v 2 outfield situation. We can progress this with numbers to a 4 v 2 or 4 v 3 depending on success.

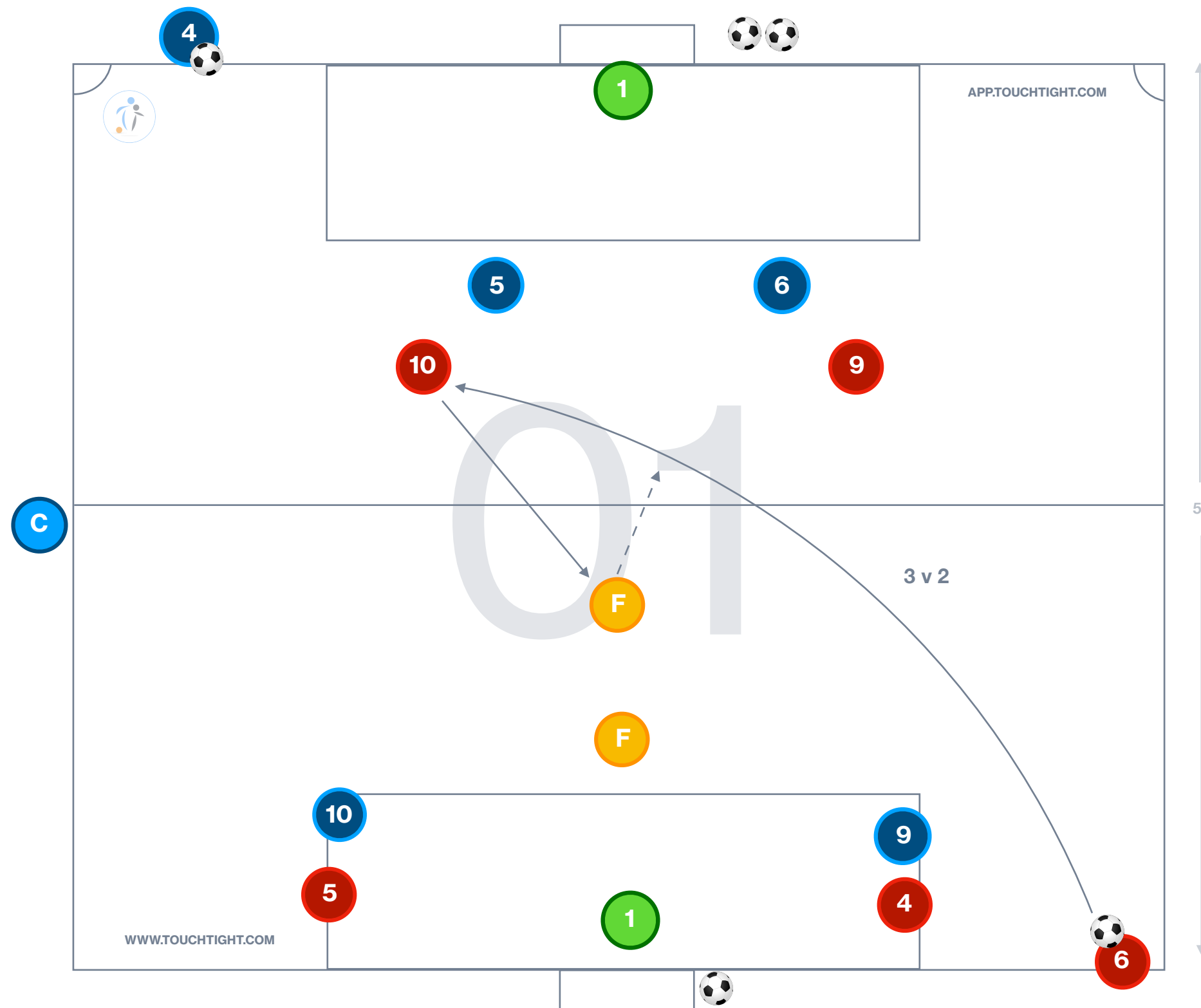
#### KEY COACHING POINTS:

Focus on the following key points:

1. Passing quality speed and accuracy to beat defenders
2. Width to create space to exploit
3. Draw defensive pressure to play through
4. Clinical final pass and finish



### HOW TO USE OVERLOADS EFFECTIVELY



#### ORGANISATION:

This Wave Practice takes place in a 50 by 40 yard area and begins with 2 deeper players playing to 2 attacking players before supporting in a 4 v 2 overload to finish. After the initial attack is complete, the defending team must then become attackers, creating a 4 v 2 overload in the opposite direction. If defenders win possession, they must counter attack against 2 opposition players, as a support player drops in to connect avoiding offside.

#### KEY COACHING POINTS:

Focus on the following key points:

1. Disperse to create space and stretch defenders
2. Decision making to penetrate
3. Positive on the ball to play forward and drive
4. Clinical in the box to finish



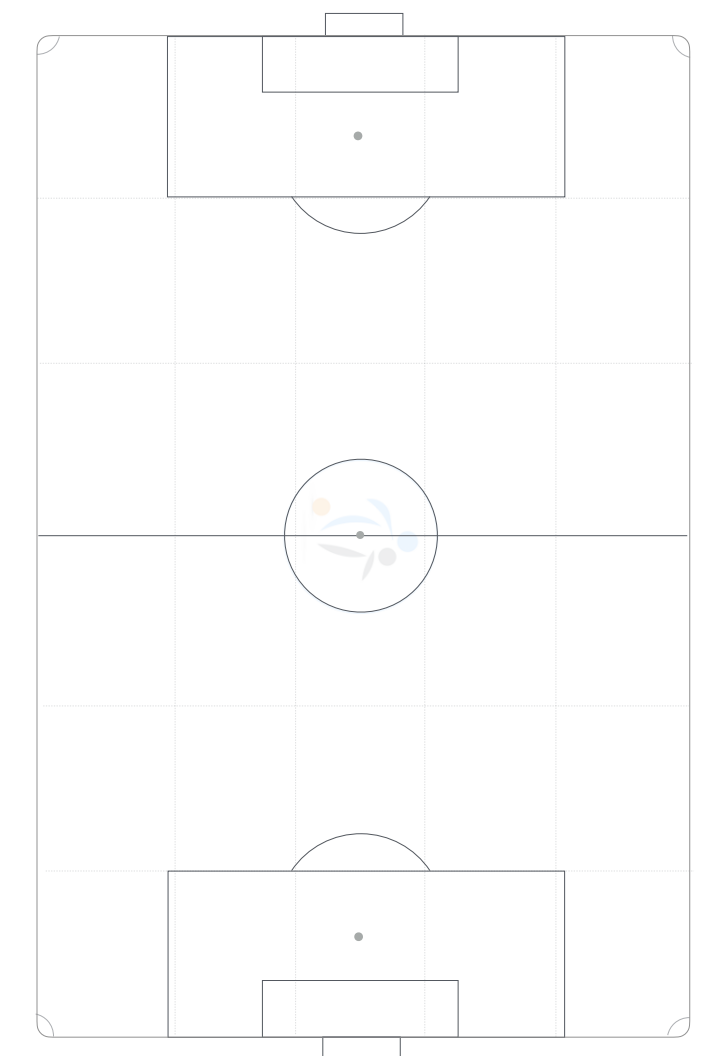
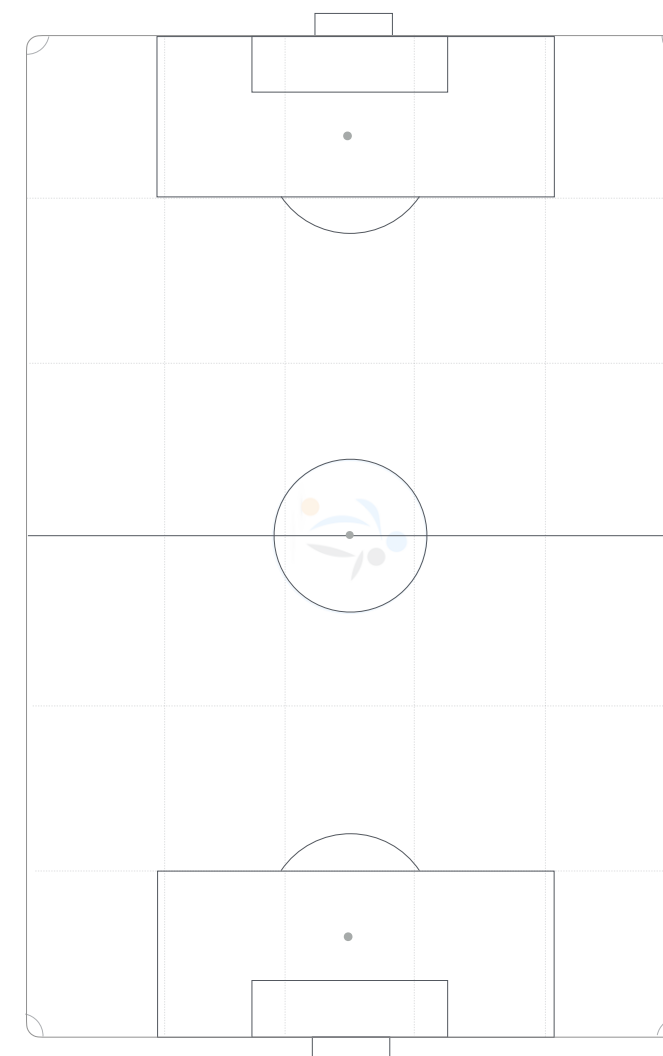
### PROGRESSIONS:

### ADDITIONAL INFORMATION

### PLAYER QUESTIONS:

### ADDITIONAL INFORMATION:

### COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

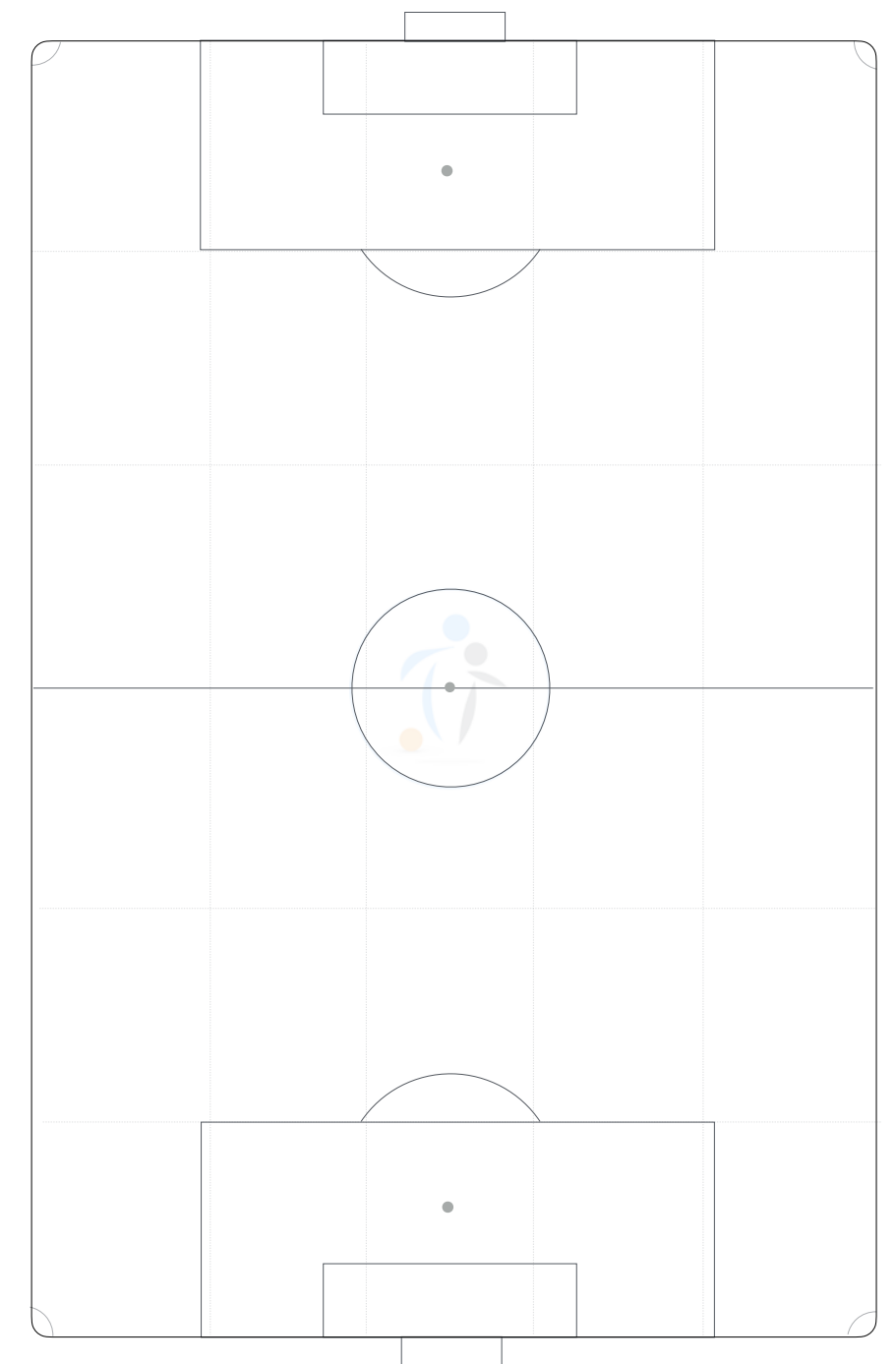
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?

