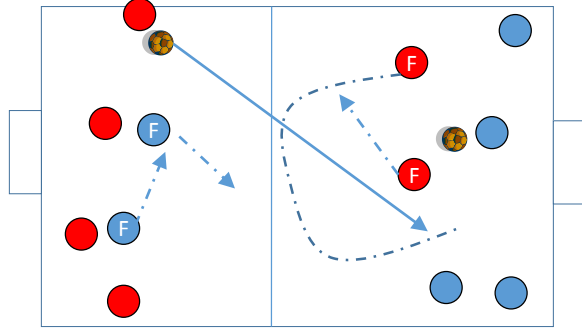


Player - - - - ->
 Ball - - - - ->

Attacking without communication



Red do a kriss kross with ball side striker running a loop- blue team go high and low

Organization

Two teams 6 with one ball per team in a 45x30 yard area
 4 players in one half and two forwards in the other

Ball is passed around the team and when the forwards execute a movement pattern the ball is passed across

When the ball is passed across the team supports leaving 2 forwards on the opposite side of the field

Use the other team as passive opposition

Midfield coaching points

- Open body shape
- Midfielders must be aware of strikers – look for visual cues of when to pass
- Quality of pass(pace)
- Can players play an inviting pass to their team mates front foot
- Play with their head on a swivel
- Quality of pass – Pace

Teams points

- Team Shape
- Quick support
- Intensity

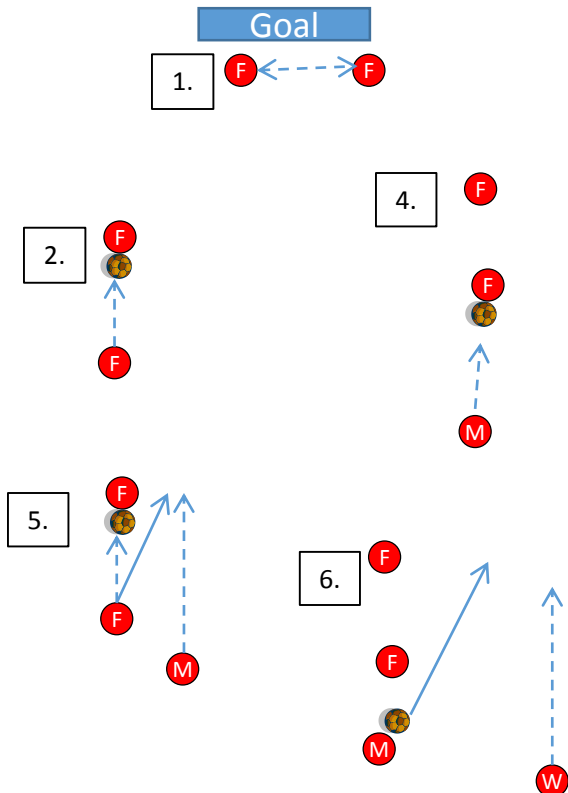
Movement patterns

1. Kriss Kross – forwards switch places with each other
2. One high one low – with the ball going into the high and the low player supporting
3. One high one low- with the ball being stepped over by the low and the high getting the pass
4. One high one low – with the ball going into the low and the midfielder supporting
5. One high and one low with the ball going into high and the low player supporting with the midfielder running past to receive a through ball (3rd player movement)
6. One high one low – with the ball going to the low and the midfielder supporting. The wide player runs through

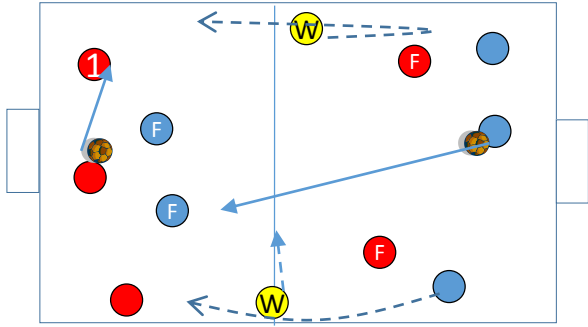
Now forwards can do any of the movement – coach the midfielders to react to all possibilities

Forwards movement points

- Strikers should always be central
- Strikers should be looking at each other- visual cues -when one moves that triggers the other to react
- Recognition of passing possibility
- Timing – the forwards should moving for the player that is about to receive
- Check at an angle
- Awareness of movement
- Speed of support
- Specific movement of ball side and not ball side striker
- Ball side striker runs a loop looking for a through ball
- Weak side striker moves in looking for a pas to feet
- Coach the forwards to display a lethargic-energetic approach



Attacking without communication



Red Team- Ball is played into player 1. As ball travels the wide player checks away and then to. Strikers move off the overlap
Blue team – ball is played into the striker and the wide player supports and player 1 overlaps

Organization

Now we add in two wide players that play for both teams

Players have the option of playing into the strikers directly or playing into the wide midfielders

Look to point out 3rd player movement opportunities

Midfield coaching points

- Open body shape
- Midfielders must be aware of strikers
- Be aware of outside midfield movement patterns
- Quality of pass(pace)
- Disguise pass- can they look wide but be aware of striker movement
- Move early to overlap the wide player
- Keep the run going until you get past the last defender

Wide player coaching points

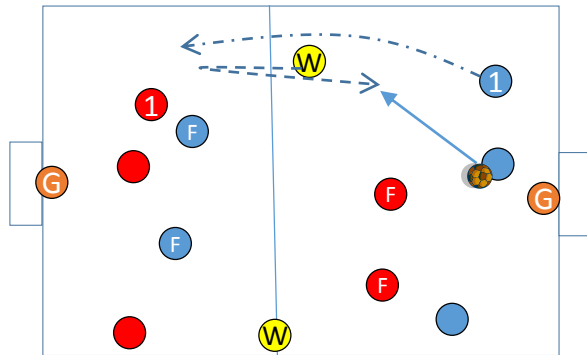
- Establish a visual cue 1 -Move away first as the ball travels and then towards as the player is about to receive
- Establish a visual cue 2-Move in to receive pass from a central player or from the opposite wide player
- Receive the ball facing the center of the field
- Hold the ball long enough to get the allow the support play to overlap
- If ball is played to strikers feet can they support promoting overlap

Forwards movement points

- Visual Cue- Strikers can time movement off the pass to the wide player
- Strikers are still ready to move for a direct pass

Game coaching points

- Establish a 6v2 in defensive zone- create a numbers up when game goes to freeplay
- Strikers stay central isolating themselves against the Center D
- players should look to play direct 1st
- Can teams play wide to create central
- Awareness of pressure when strikers or wide players are hit
- Look to see how the back players are set up on the opposite side



Blue are in possession and see that the red back 3 are close to the strikers. Wide player checks to receive and fullback 1 overlaps. Strikers cross to unbalance the D and wide player chooses based on how fullback red 1 reacts

Now we take it into a game with 1 ball and 2 coach goalkeepers

At first players are restricted to their own half with only the strikers allowed to press

Players can cross the half either with an overlap or supporting a pass into the strikers

Now allow players to cross zones when they want to