

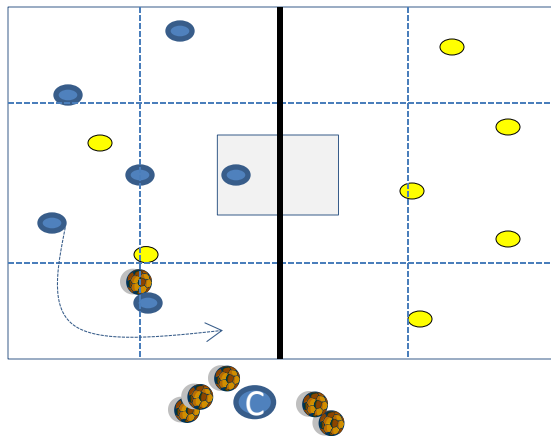


Player ----->
Ball ----->

Changing the point of attack(CPA)



Phase play- creating a need to do it



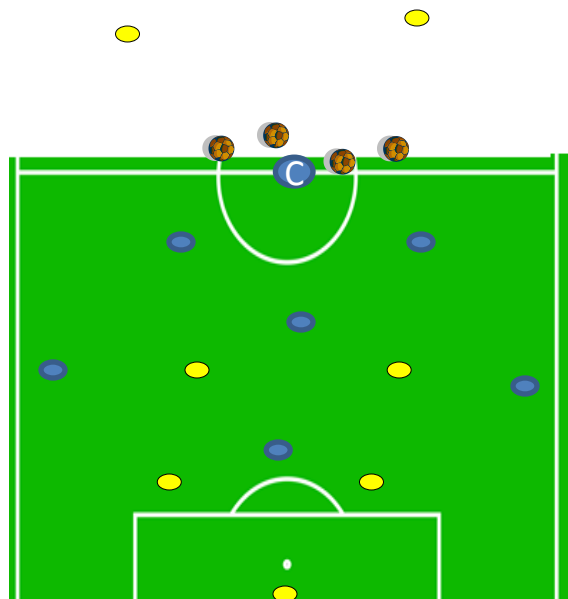
Organization

- Two areas of 40 wide x30 yards long - one ball
Two teams both playing in the formation of
2 defenders 3 midfielders one forward in a box
Each team stays in their own half
Coach serves the ball into 1 team and opposing
team sends across 2 defenders. To score teams
1. Looks to complete 5 passes
 2. Look to have a defender overlap a wide midfielder
 3. Pass to forward that can only be outside the box for 3 seconds before having to go back in

Work through and coach cpa in each progression

Coaching Points

- Movement off the ball
- Angle and distance of support
- Coach specific techniques to cpa in the flow to individuals
- Break the field into 3 zones 1st left, right and central and then coach where to play based on pressure
- Break the field into 2 zones defensive and attacking
- Break the field into 6 zones
- Make players aware of numerical advantage - play away from pressure



- Coach on the ½ way line with a supply of balls
Coach acts as forward for Yellow team and Central defender for the Blue . Blue scores in the goal and Yellow team attempts-
- Dribble over halfway line
 - Get the ball back to the coach
 - Yellow team x2 if ball is won back in midfield

Attacking team in the formation of

- 2 defenders 4 midfielders 1 forward
- 1st have attacking team pass the ball around freely

Add in for yellow

- 2 defenders 2 midfielders Goalkeeper
- As coach start the play off with an overlap from defenders

Start the play off with a forward kriss cross or several central passes with defenders and midfielders

Add in 2 remaining players as outside midfielders and defenders for yellow playing 3-3 -1 coach forward

Without pressure

- Team Shape
1. Forward must stay the width of the 6 yard box
 2. Outside midfielders give us width
 3. Central midfielder say central making two diamonds
- Recognition of support
 - Play the way you face
 - Keep an open body shape to the field
 - Technical specifics of cpa
 - Angle of support
 - Distance of support

With pressure

- Recognition of weak side
- Recognition of effect of positive player movement
- Speed of play