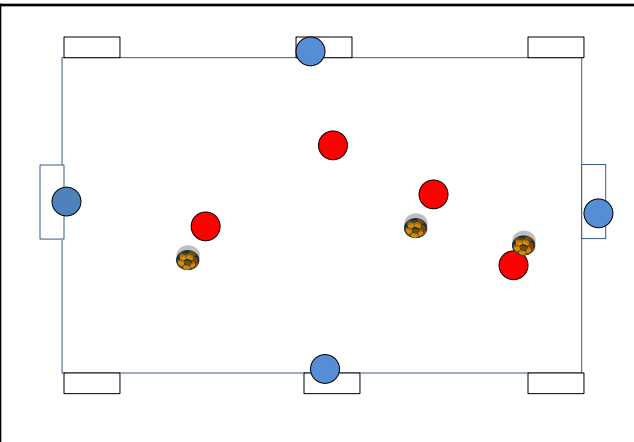


Changing the point of attack

Player ----->
Ball -->

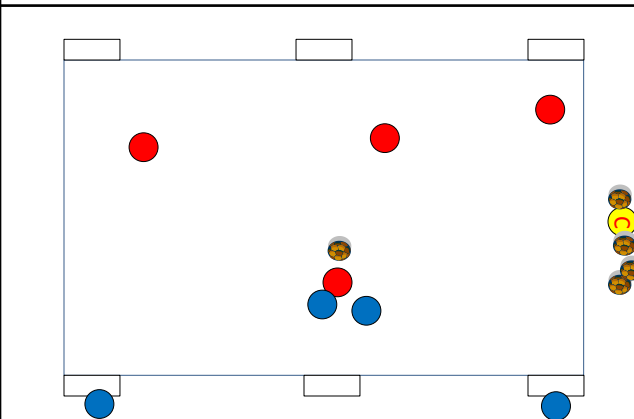


Organization

- Area 40x 30 yards
8 players 4 with balls in the middle 4 on the outside
8 goals on the outside – outside players start in central goals
1. Players on the inside look to receive a pass change direction and then pass to an open outside player
 2. Inside players receive on the back foot and find new outside player
 3. Inside players receive with the outside of foot
 4. Outside players can pass to outside players
 5. Outside players must check out of goals to receive

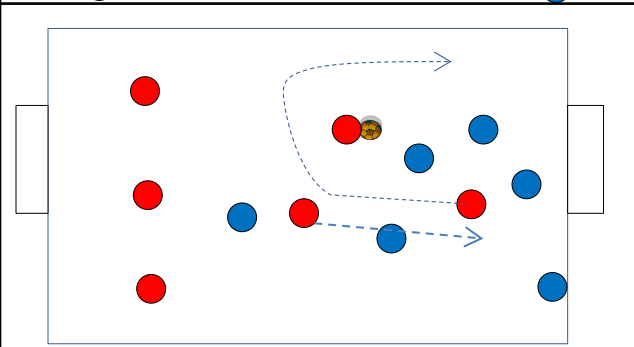
Coaching Points

- Communication
- Readiness to receive
- Body shape relevance
- Selection of surface
- Sharp change of direction
- Ball moves 45 or 90 degrees
- Ball out of your feet after direction change
- Change of pace
- Awareness of open player



- Area 40x30 with six 3 yard goals 4 v 4 team plays 3-1
- Each team has 3 goals to attack and 3 to defend
Coach serves ball in and 1 defender comes out V 4 attackers
If team scores the coach serves to the opposite team
If defender wins the ball they can go for goal or play back and get 3 teams mates out
On winning possession-red team drops 3 players making 3v1
- **Coach serves to all players including 1 striker**
 - Build up to 4v2 and then up to 4v4

- Awareness of pressure
- Preparation of technique
- Speed of play
- Create a threat



- Final Game area 30x40
- Teams play in a 3- 1 formation with a goalkeeper if 5v5
- Coach controls the balls and restarts and assess the need to change the point of attack
1. Ball into the forward
 2. Ball into a wide player with space

- Team Shape
- Recognition of pass
- Move while the ball moves

Forward checks to the ball and overlaps mid.
Opposite mid attacks space