

Milton YS – All Age Groups: Attacking in opposition half

Category: Academy: Finish the attack

Difficulty: Academy Sessions



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Description

Improve our build up play centrally.

Warm up 5 v 5 + 4 (15 mins)

THEME: Attacking

5v5+4 Possession

WHAT:

A practice designed to improve players passing, awareness, decision making, and movement with transition

ORGANISATION:

- Area: 40 x 30
- 3 games, 4 minutes with 1 minute recovery
- 5 Blues v 5 Red + 4 Yellow
- Blue team aim to keep possession whilst combining with the yellow players on the outside and inside with red team defending aiming to win possession
- The two yellow players on the outside when receiving a pass can't be tackled but they have two seconds to make a decision.
- If Red team win the ball, they now aim to keep possession with blue team now transitioning to defend
- Have a supply of footballs to keep the tempo high



KEY FACTORS

- Quality and selection of pass – Back Foot
- First touch/Body shape
- Angles and Distance of support
- Width and depth – Penetrating Pass
- Communication
- Awareness of space and nearest opponent
- Positional play and understanding
- Transition to Defend – can we win ball back as quickly as possible
- Transition to Attack – width and depth as quickly as possible

4 v 4 (gk+3 v 4) (15 mins)

What: Creating opportunities and scoring.

Where: Opposition half of pitch and central.

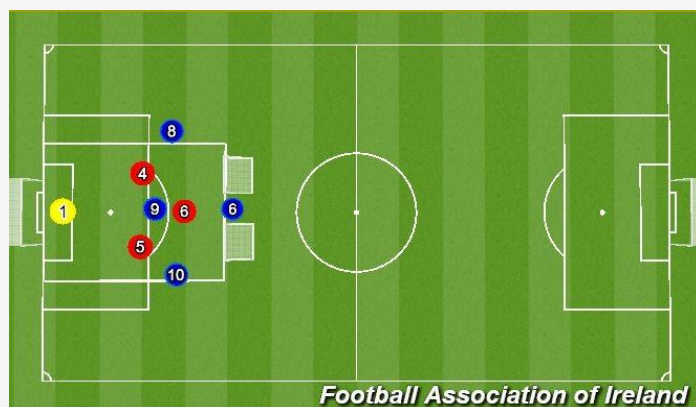
Who: Our 9, 8, 10, and our 6.

Objective: improve our understanding and ability to score

Role of Opposition. delay defend win the ball and transition into two mini goals.

Organization. 3 games, 4-minute with 1 minute recovery; blue and red team 10 seconds to score.

Blue team score in two small goals if they win the ball.



Attacking wave (20 mins)

What: Creating opportunities and scoring.

Where: Opposition half of pitch and central.

Who: Our attacking and midfield unit.

Objective: improve our understanding and ability to score centrally and wide areas

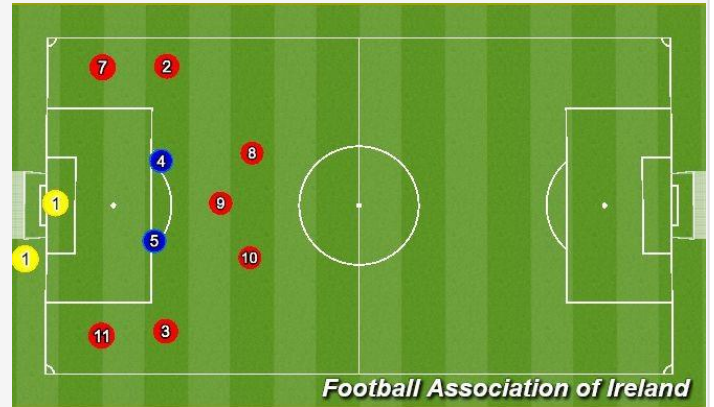
Role of Opposition. delay defend win the ball and transition by passing to coach.

Organization. 9 unopposed takes a shot.

coach pops a ball up for CBs, 9 can contest

8 or 10 get involved creating a 3 v 2

extra players give the ball wide, highest player sets up deepest player who deliver into a 3v2



7 v 7 (35 mins)

THEME

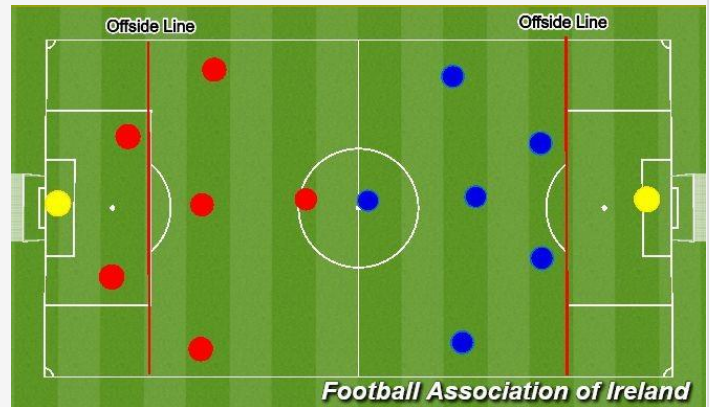
7 v 7 Small Sided Game focus on attacking principles

DESCRIPTION OF PRACTICE

7 v 7 Small Sided Game designed to improve players attacking and Tactical Awareness

ORGANISATION

- Area: 60x40
- 7 v 7 Game: Blue Team 1.2.3.1 v Blue Team 1.2.3.1
- Supply of balls in each goal
- Offside's in the Thirds, marked by cones
- Goalkeeper starts the play at all times with the ball in the middle of 6-yard box
- When Goalkeeper is restarting play only 1 opposition player is allowed to enter the offside third



KEY FACTORS

- Starting positions of Defenders – wide and high, open body shape, awareness and receive on back foot
- Midfield with Holding Midfielder (6) and 2 Advanced Midfielders (8 & 10)
- Quality and selection of pass
- First touch and body shape (opened looking to play forward)
- Angles and distance of support
- Awareness and communication
- Transition to defend if ball is lost, can they win it back as quickly as possible