



Attacking & Shooting #1

Category: Technical: Attacking skills
Difficulty: Moderate

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

Shooting from 18+ / First Time Finish / Finish Cross (20 mins)

Set Up

As shown

Description

Each player starts with a ball/ Trigger 1 pushes the ball out in front of them and shoots from 18/20 yards. As soon as the A shoots Trigger 2 starts. Player A runs to receive the ball from B they lay the pass off for player B to shoot first time. On the first pass of Trigger 2 this starts Trigger 3 dribble the ball down the line and cross into the box for both players.

Progression

Have players change roles

Make the 2 teams compete against each other

Add more value to a trigger for a goal

Vary the combinations/Triggers

Coaching Points

Striking a ball with your laces from distance.

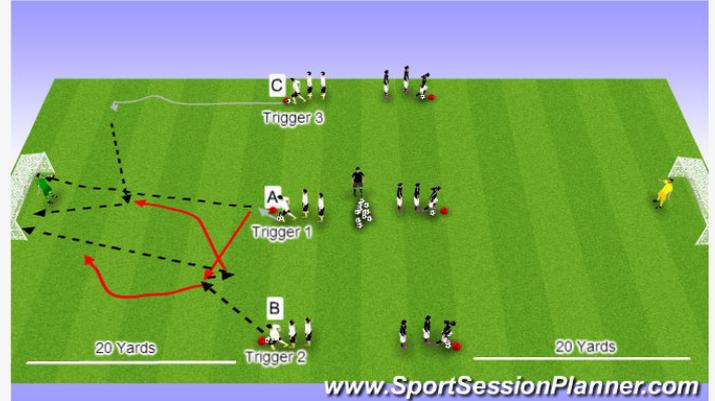
Generate power with speed of approach and momentum. Toe down / ankle locked and strike through the middle of the ball.

Finishing first time

Timing of approach to the ball evaluate speed and spin on the ball before selecting technique. Check goalkeeper positioning.

Finishing crosses

Arrive as late as possible to make contact with the ball. Just look to redirect the speed of the ball towards either corner.



10 Ball Attacking game (20 mins)

Set Up

As Shown

Description

10 Attacks Penetration Game - The Coach feeds one of the support players outside the coned area. They try to play into the attackers who can combine to penetrate the defence. If the attackers cannot break through, they can play to any of the support players. If the defence wins the ball, they can play out to one of the support players. They play a 1-2 with the nearest support player and run the ball over the half way line. The coach then restarts with the next attack.

Progressions

1. Add in 2 or 3 small goals along the half way line, the counter attack can then be introduced by playing into the wide midfield players for a finish.

2. Progress to a normal game with an offside line 25 - 30 yards from goal.

Coaching Points

1. Attackers - combination play.

Make runs to create & exploit space. If you receive with back to goal, look for opportunities to create 3rd man runs.

Anticipate opportunities to penetrate.

2. Midfield - timing and release of forward passes. 3rd man runs.

3. Defenders - compactness in defence.



8v8 POST PLAYERS (30 mins)

Set Up -

8v8 for U12 - U18

6v6 nothing bigger for U12 and below

Instruction -

2 players on each team off the ends of the field restricted to 2 touch but the players on the field must play to them before scoring.

Pogression:

Players switch with the post player after they have passed the ball in

Coaching Points -

Emphasize the theme of the day before the scrimmage starts. Try to use natural stoppages in the game to coach. However if the scrimmage is not getting the desired learning moments use the stop / create mentod.

