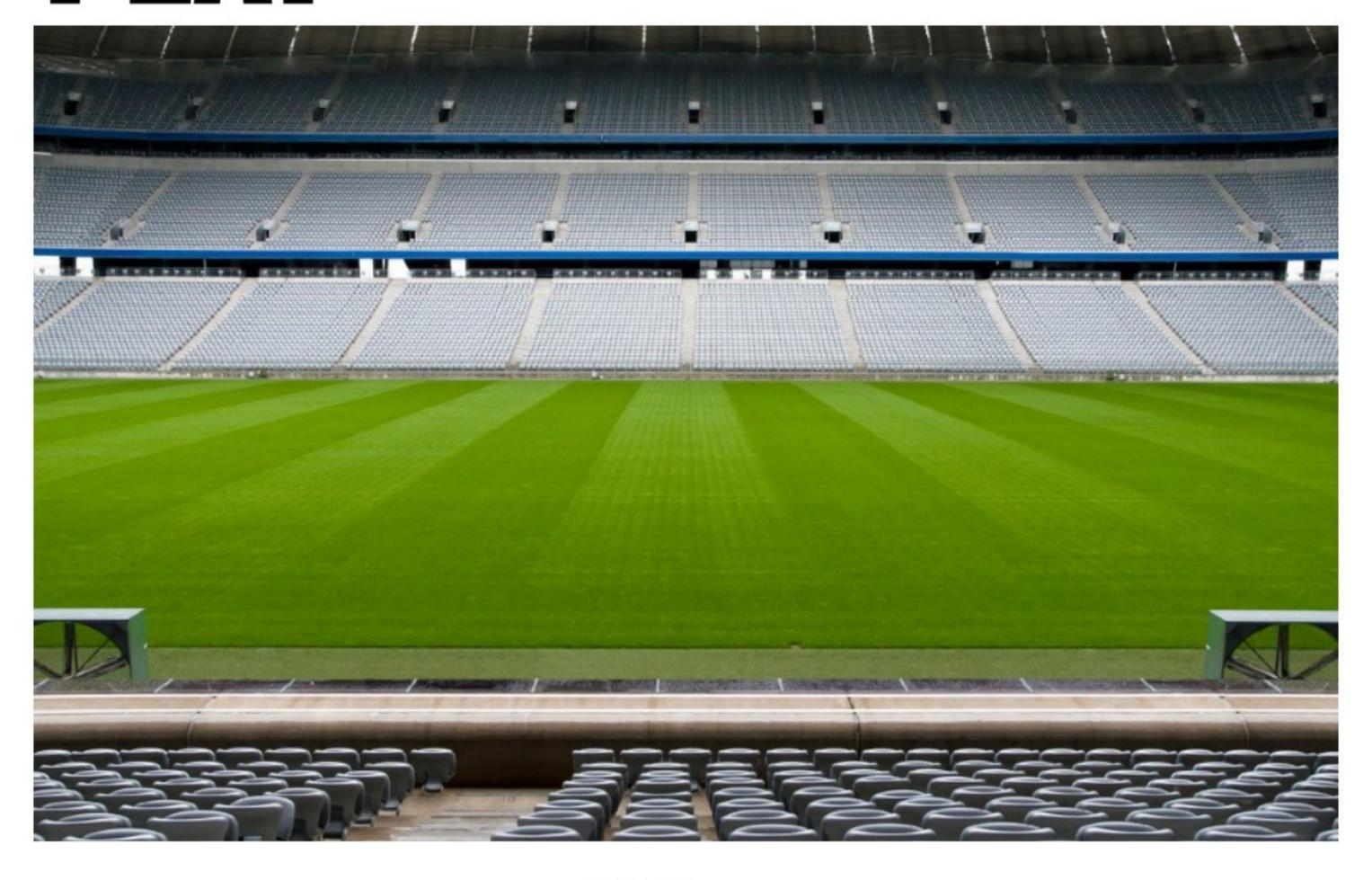


DEVELOPING ATTACKING PLAY





DEVELOPING ATTACKING PLAY

THEFOOTBALLCOCH

A Practical and theoretical demonstration of how attacking football can be trained, the book includes many different sessions and situations for coaches and players to enjoy.

Copyright © 2020 TheFootballCoach.Net

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Coordinator," at the address below.

ISBN: 978-1-716-23023-3 (Paperback)

Any references to historical events, real people, or real places are used fictitiously. Names, characters, and places are products of the author's imagination.

Front cover image by TheFootballCoach. Book design by TheFootballCoach.

Printed by FootballCoaching, Ltd., in the United Kingdom.

First printing edition 2020.

London, United Kingdom

www.Thefootballcoach.net

Introduction

This book will look to share with you, many different attacking sessions. The book doesn't just provide a session plan and attached images, but looks to add the underlying information for individuals, units and teams. The information should be able to provide a coach with the confidence to take these sessions and confidently use them with their players.

'Attacking sessions' is a title that includes many, many different skills and components of the game. In order to be able to successfully attack, individuals and teams must have specific tactical understanding, as well as many other technical, psychological and physiological components.

It is important as a coach to understand what you want from this book, what is your game model and how do you envisage your teams attacking and scoring? Do you have tall players that are looking to receive crosses and dominate with their physical skill-set? If this is the case then the crossing and finishing sessions might help you develop these skills in your players.

If your team favour a more positional, technical and ball dominated philosophy, it might be worth looking at the positional combination sessions to try and help your players understand the positional dominance needed to control space and exploit the opponent.

If you aren't sure what you want from your team, or you just need some extra ideas, this book will help you achieve that. However, it is probably worth considering your own game model, what is it you like to see in your team, what is it your team can offer? How can you combine this together to create your own game model?

The term 'Game-Model' is often seen as an 'elite' term that doesn't correlate to any other format of the game. However, a game model does have a place for every coach at every level. It can be simply designed by taking into account the capabilities of your players, what are their strengths and weaknesses and what can you create with them?

What is the aim of the club and the age group you work with? How can you adapt the game-model to suit there needs? For example, if you work within a club that really cares about individual development and 1v1 skill-sets, it will be very

important to ensure that players are confident in those moments, but they're also exposed to 1v1 moments in training and games.

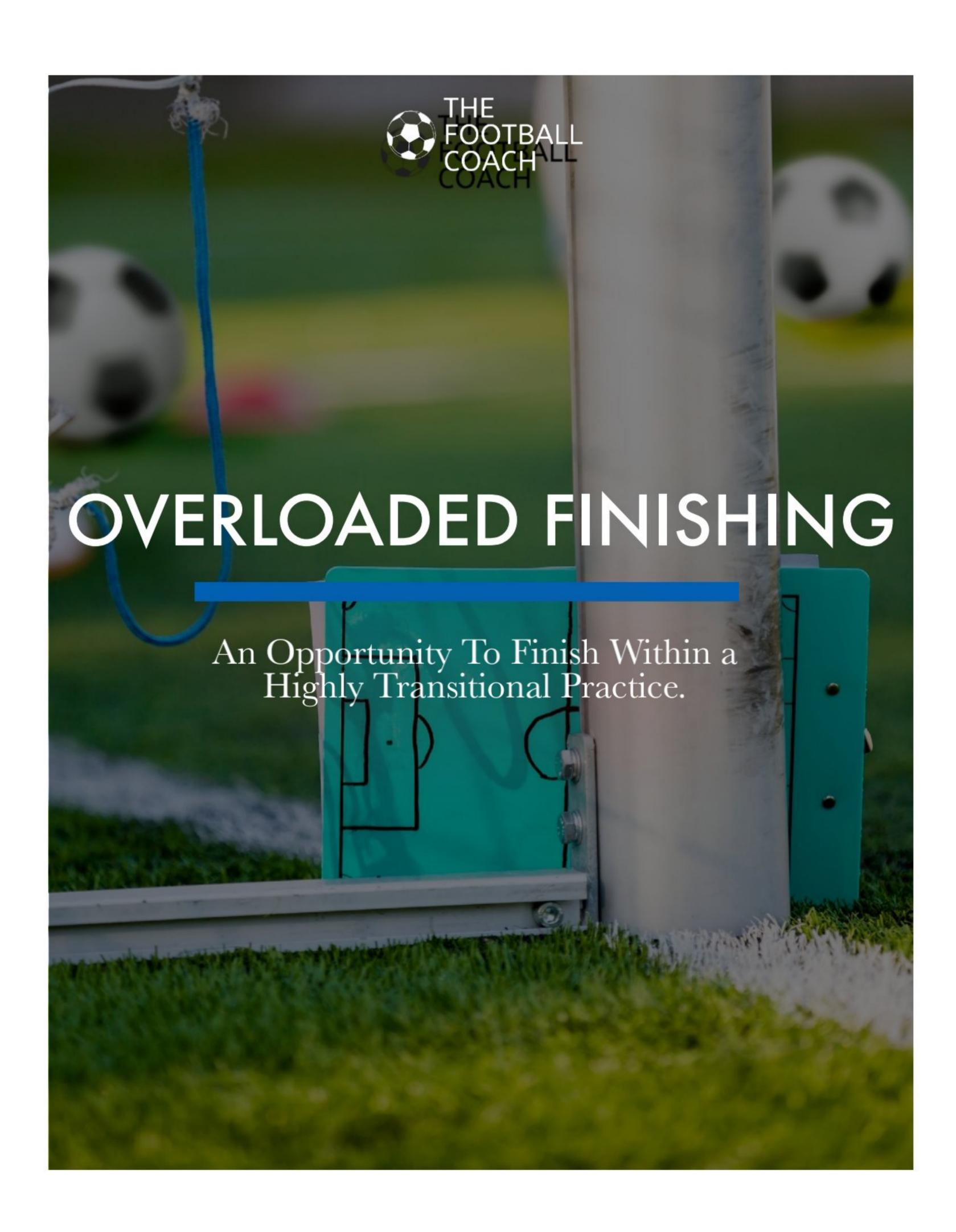
It is also important to understand what principles you want to see in and out of possession, specifically in this book, what attacking principles you want to see? Do we want to encourage our wide players to play wide and our nine to stay central? Do we need to see our nine run in behind or are we looking for other players to run in-behind? Once we have this information, it makes it much easier for us to match the sessions to the game. It is so important to never forget why we train. We train our game model because the process of training is to improve our game ability.

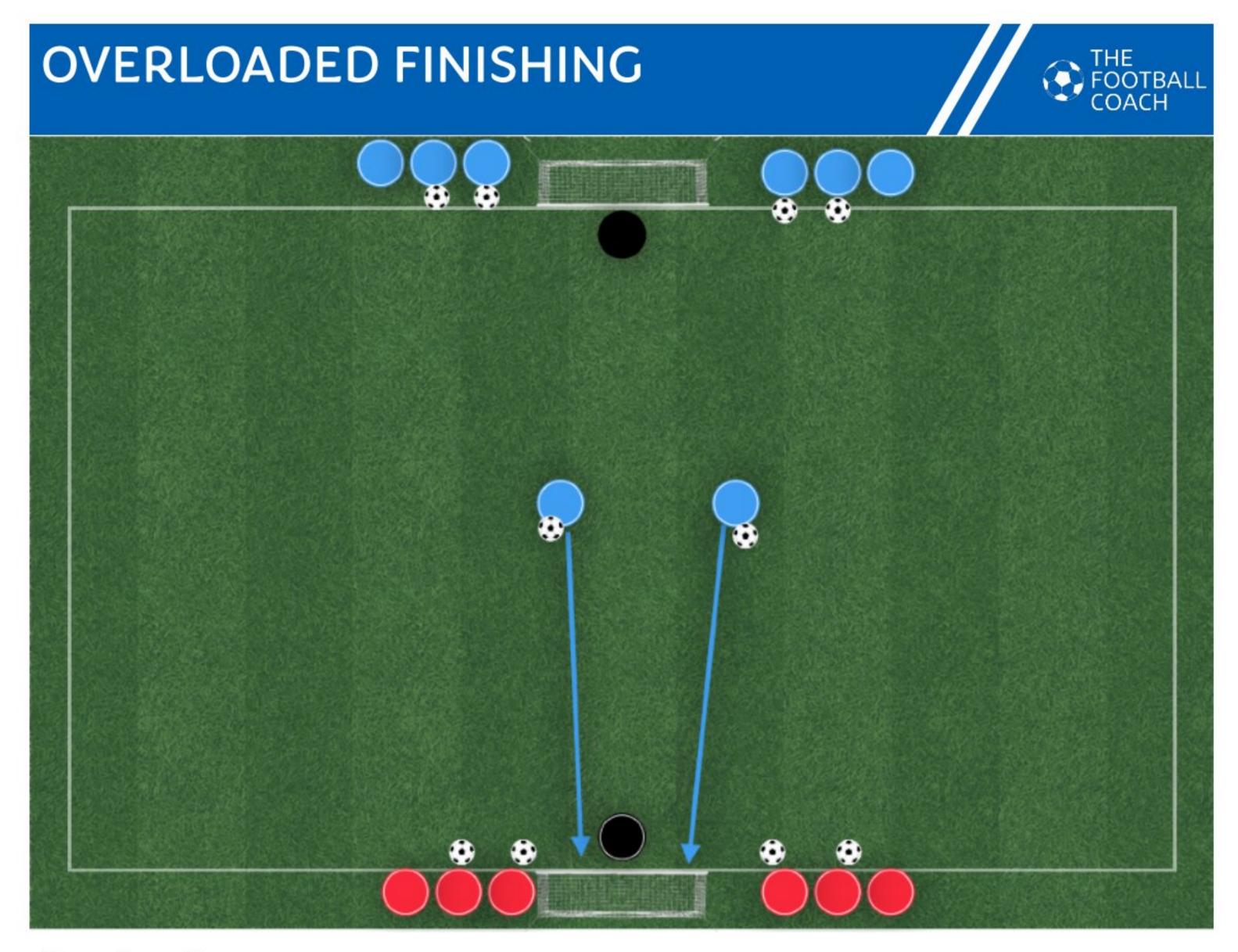
The book will offer a real variety of sessions, the coaches job is to adapt them to suit their needs and demands. Each group of players will of course have different needs and requirements and it is imperative that each session is adapted to ensure it is able to match those needs and requirements.

Some of the most generic principles are included within the book, to make sure that every game model is catered for. We focus on delivering sessions with overloaded situations, this allows players to play in the moments where they have a numerical overload over the opponent. We also focus on playing overloaded; playing overloaded is important as we can't always be fortunate enough to have a numerical overload.

Other principles are also included such as width and depth, these practices will expose players to positions where they require both to have success. These principles should then transfer with more simplicity to small sided games, and then matches.

With all of our books we are always open to questions, it is of course our ambition to support coaches to the best of our ability. If we can provide information or advice, we are always contactable via email or via any social media channel.



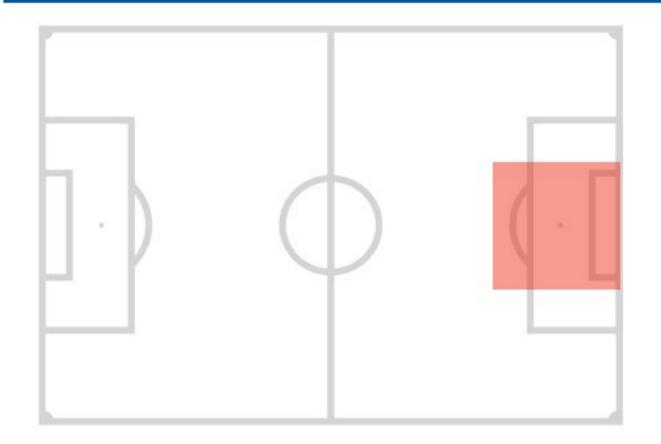


Session Setup:

This session is simple in design and offers a lot of opportunity for players to have goal scoring opportunity, with lots of repetition. Very simply, the blues have a shot on the red goal, left attacker goes first, followed by the second attacker. Once the second attacker has touched the ball, two of the reds break out to create a 2v2. Forcing the blues to move from an attacking action, to a defensive action. Once this cycle has been completed, we see an extra player join each time. For example once the reds have completed their attack in the 2v2 situation. The blues have a player break out with a ball and create a 3v2. Once this breaks down, the reds add two, this creates an overload of 3v4. This continues to happen until the space becomes too compact to play or a team runs out of players. This is high in transition and engagement for players in and out of possession.

OVERLOADED FINISHING





WORKING	RECOVERY	BLOCKS	TOTAL
UNDER 2 MINS	45 SECS	6	N/A

GOALS	SPACE	PLAYERS
2	20X30	8+

COACHING DETAIL

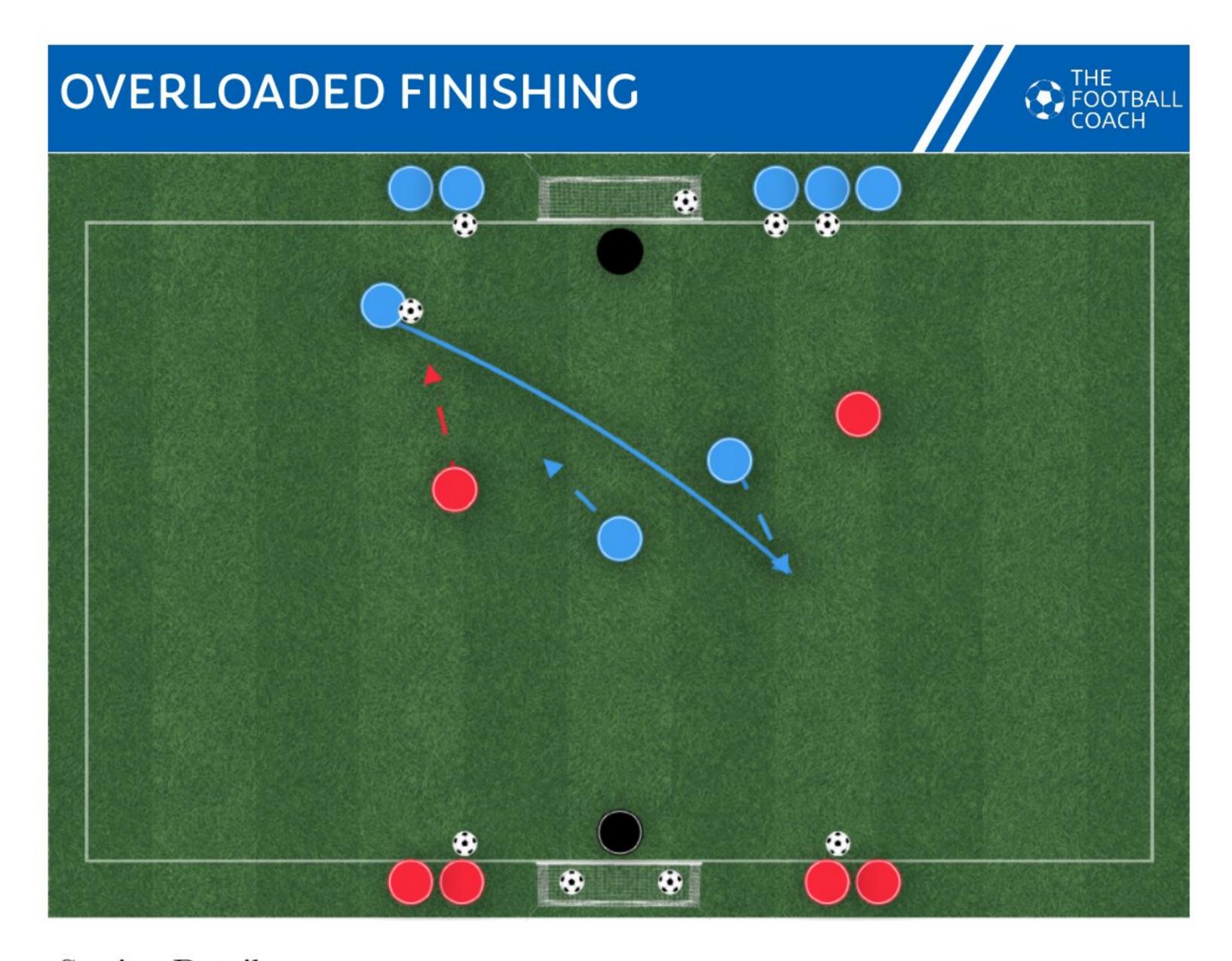
Coach players to look to create that little bit of space. That little bit of space can be used to open up the opportunity to shoot. Players must be really aware of the moment of the game in this practice, this is because the game can transition from attack to defence at any point. We must also be aware of rebounds, if the first shot is saved, can we ensure our players are following in to score?

INDIVIDUAL DETAIL

Individuals must be brave in front of goal. Not creating pressure on the moment will help players become them to do this. The players will have lots of opportunity to finish from realistic situations. In 1v1 situations, can we encourage players to finish by shooting across the goalkeeper, to make sure that the keeper pushes the ball across the goal? This will allow for the second striker to follow in and finish.

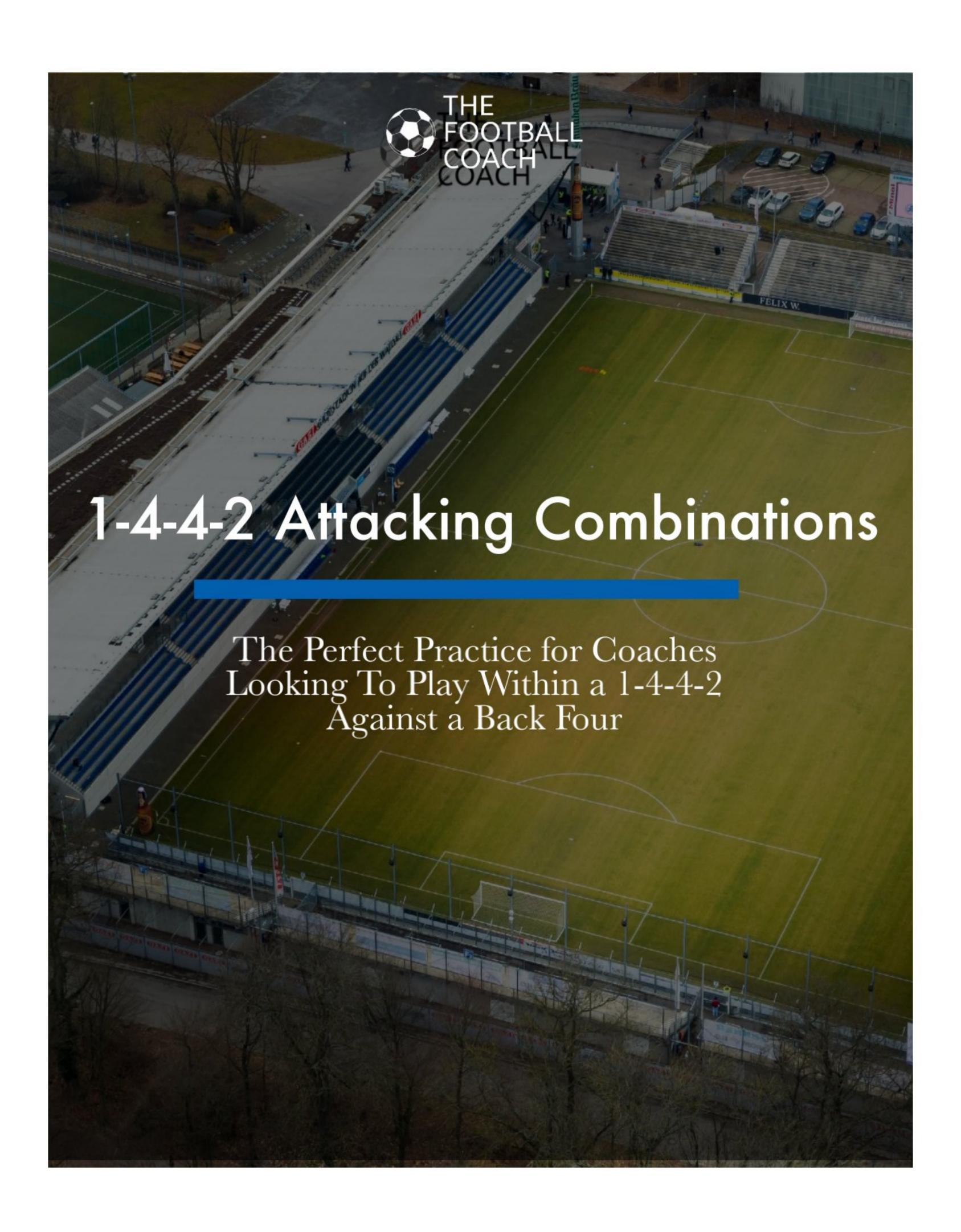
PROGRESSION / ADAPTATION:

This session can be progressed by changing the rules within the practice. For example, limiting the players in possession to forward passes only. This will make the practice more directional and less possession based, forcing more 1v1s and more opportunity to create finishing opportunities.

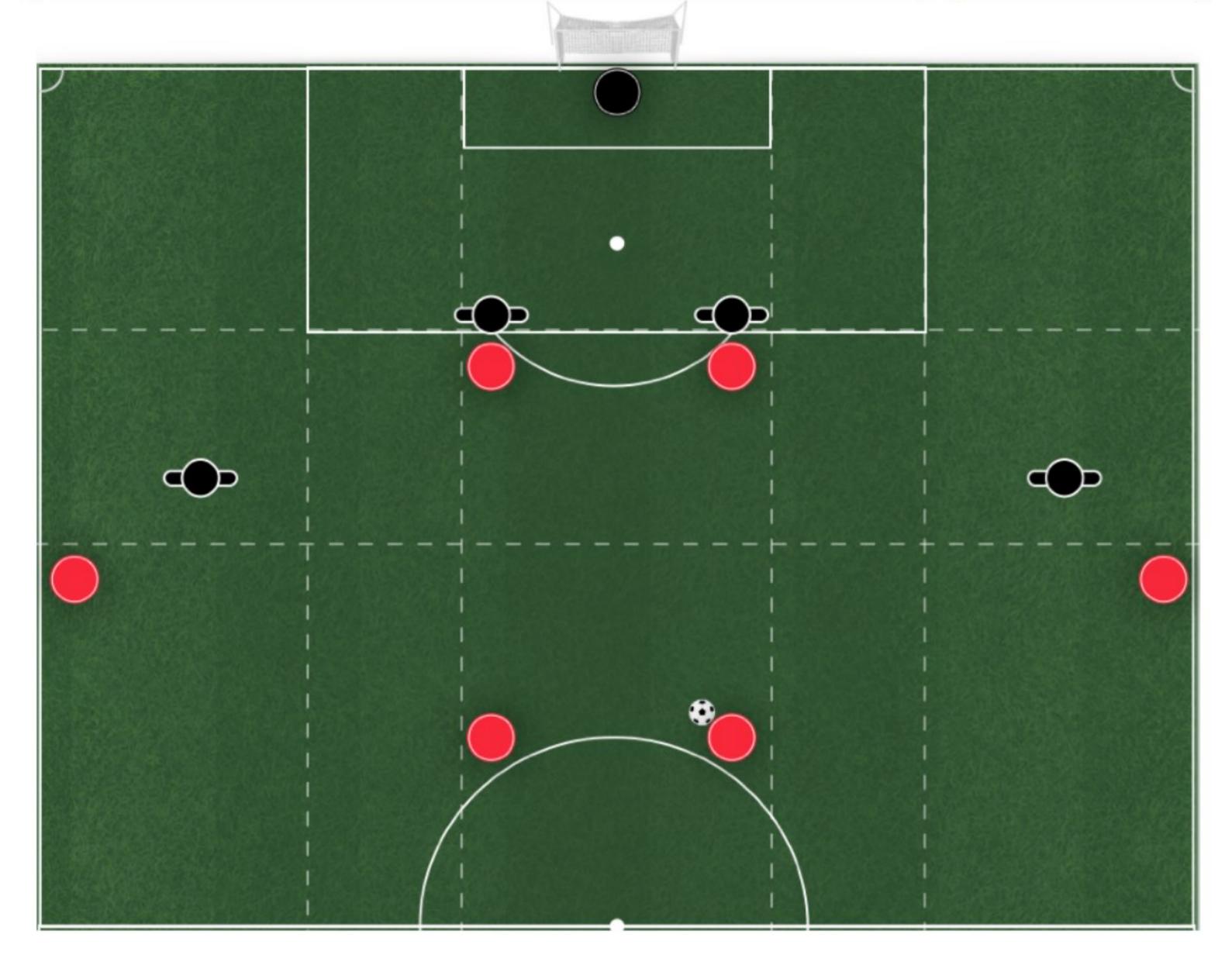


Session Detail:

The key situation found here is the blues trying to play through the central space of the opponent, the central space is open because the blues have transitioned quickly from the reds having possession. In this picture, the nine is making movement towards the ball, whilst the 10 is running into the space behind. The timing of the movement is key to the success of the opportunity, if the 10 moves too quickly or the ball is released too quickly, then the move will break down because it will be offside. Out of possession, the reds must try to do a better job to protect the goal. Can they become more compact and force the blues outside of them? If this isn't possible, can the first red look to delay the opponent and prevent the opposition breaking at speed? This might just delay the blues enough to allow the reds to get in behind the ball and create calm.



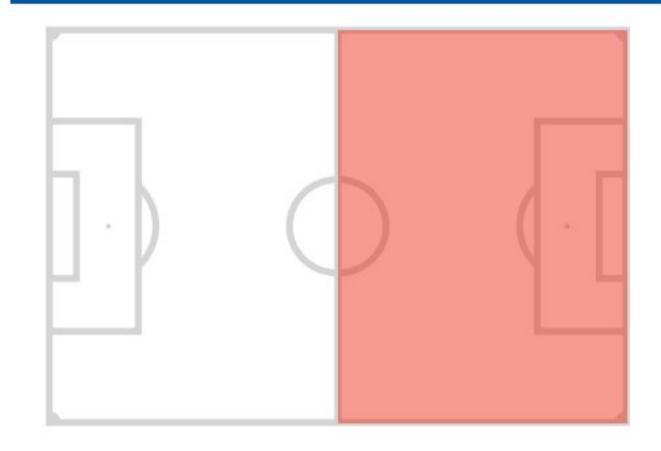




Session Setup:

This is a simple setup session for coaches looking to play a 1-4-4-2. The practice plays around an opponents back four, so if your opponent isn't playing a back four it might be worth adapting this session to match the opponent you're going to play. Within this practice, we are going to make realistic combinations, and look to create space in front and behind the opponent, in order to have finishing opportunities. The session will be a low intensity session with lots of opportunity to practice under limited, to no pressure.





WORKING	RECOVERY	BLOCKS	TOTAL
45 SECS	45 SECS	12	15 MINS

GOALS	SPACE	PLAYERS
1	1 HALF	7+

COACHING DETAIL

This is at times an unopposed practice, where players will be under limited pressure. It is important the session has an intensity so that the passes are of a realistic weight so that the players can transfer the learning from the session, to the game. As the session progresses, can we also make sure that the players finish quickly under pressure? This will make the finishing situation realistic too.

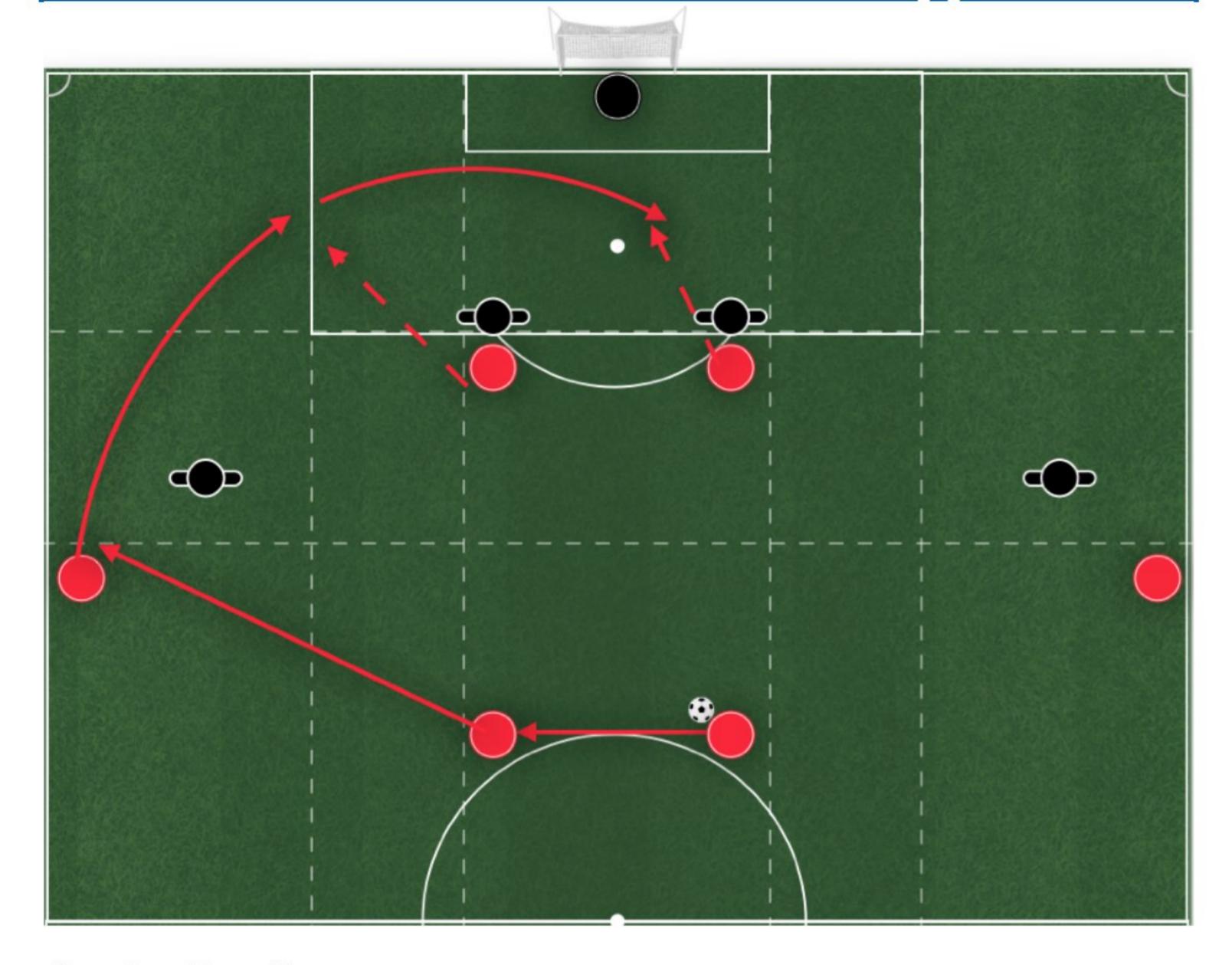
INDIVIDUAL DETAIL

For individuals, it is important to recognise the gaps between the opponents' units, and where the opponent may play. For example, if a movement is made towards the ball, will it open space behind the opponent? What movement will this require from the wide player etc.? With a focus on finishing, we need to also make sure we work technically at making sure our attackers are finishing with good balance and composure in front of the goal.

PROGRESSION / ADAPTATION:

This session can be progressed to include two centre-backs. This will provide some opposition to the practice and make the finishing situations more realistic. This is the only progression needed as the tactical detail, will be as important as the finishing itself. To adapt it, change the formation to suit the requirements.

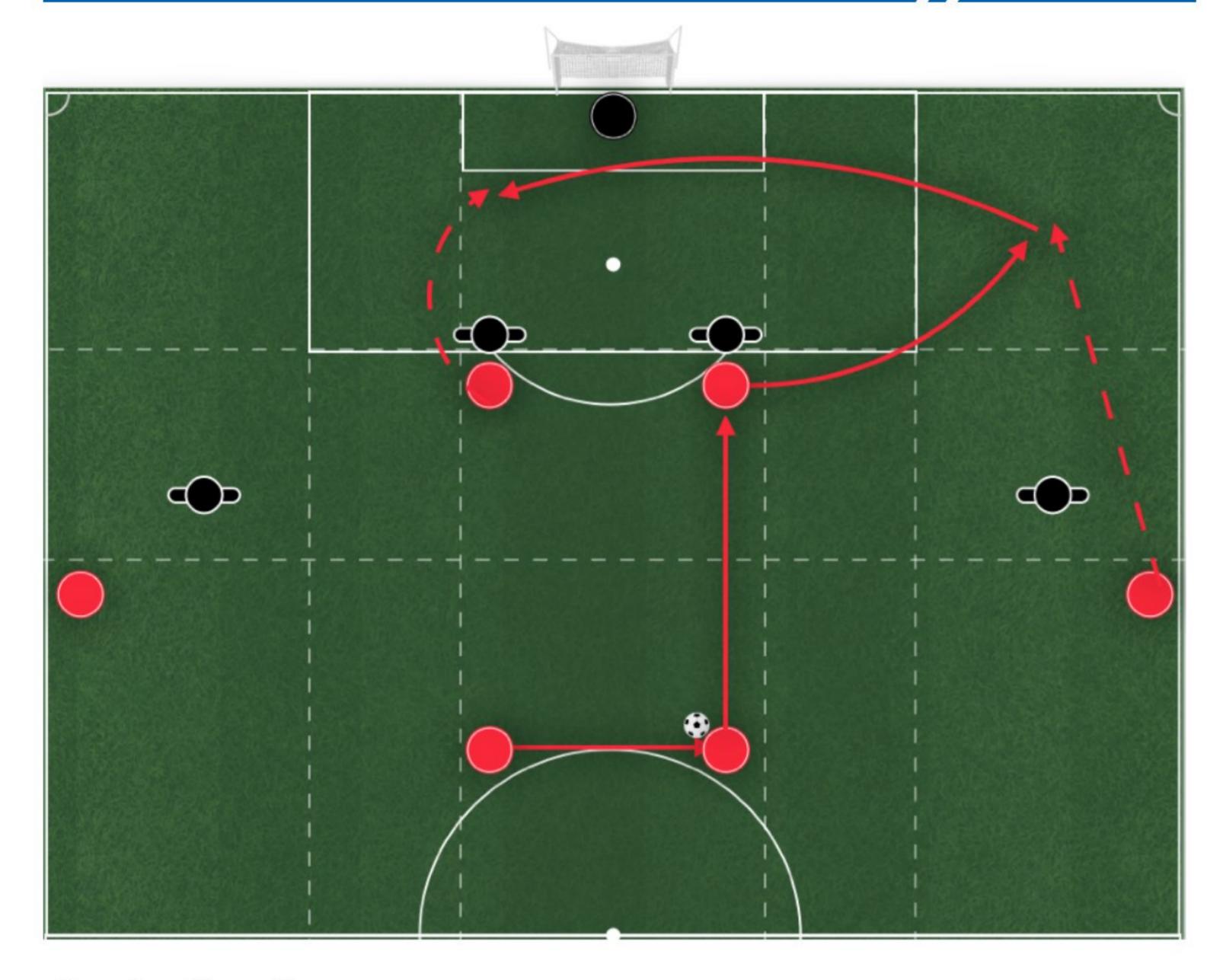




Session Detail:

In this combination, the midfield two sit deeper, then the ball is played across the midfield, before being played into the wider player who is deep, in the deeper zone. This will attract the pressure of the full-back, naturally creating space in behind as the centre-backs get high, to stay connected to their back full-back. As the wide player receives possession, they look to slide a ball into the striker, who moves into the space to receive. This run will break the centre-backs partnership and open a space for the next forward to run into, and receive the cross.

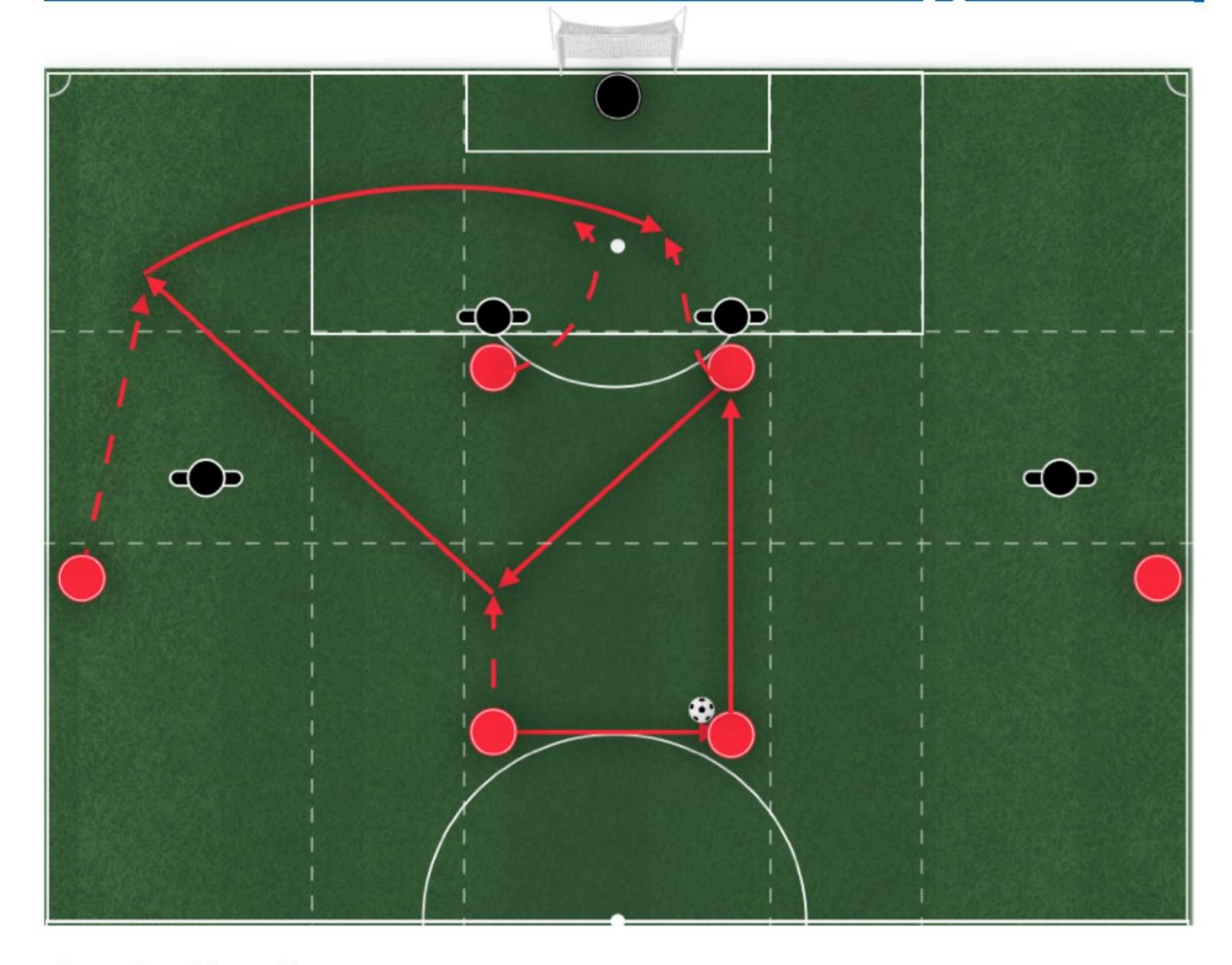




Session Detail:

In this combination, the midfield slide the ball across the flat midfield, then the ball is played directly into the feet of the striker, who looks to pin the centre-back, keeping them away from the ball. The starting position of our wide players is key. If they start high, they should attract the pressure of the opponents full-backs. Once the full-back has left the space in behind, our wide player can make a movement in behind. Then we are looking for the forward to slip the ball into the space behind, for a cross to be finished by the opposite attacking player.

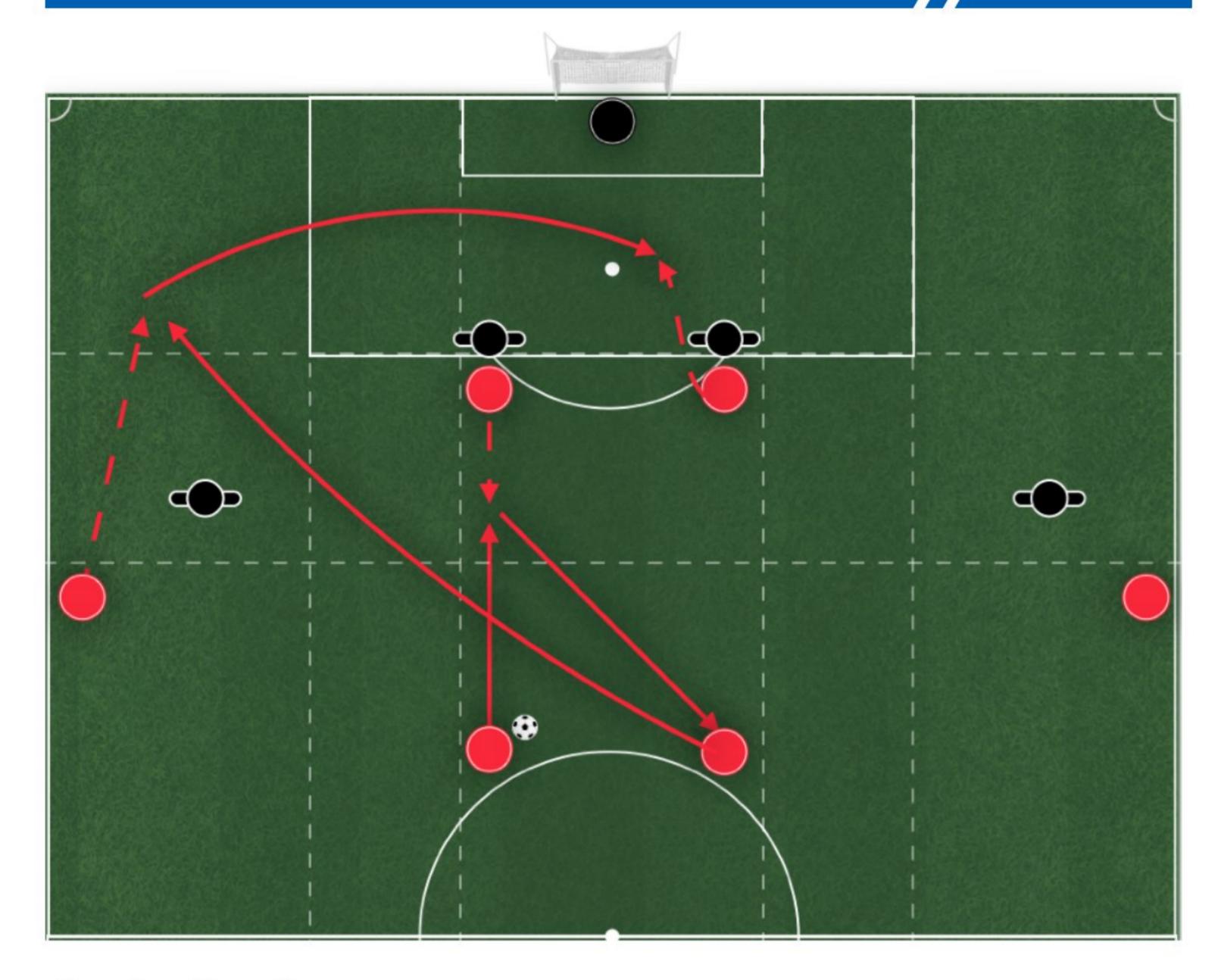




Session Detail:

This is a more complex situation, the ball is slid across the midfield, before the ball is played into the striker and set back to the second midfield player, before being slipped in behind the opponents full-back. This up, back and through combination will open space behind the opponent and give us an opportunity to open up a deep block. The movement of the centre-forwards will be very important, can we make sure that the forwards, do not make identical runs in behind the opponents? Can one attacker look to make a deep run, whilst one comes shorter?



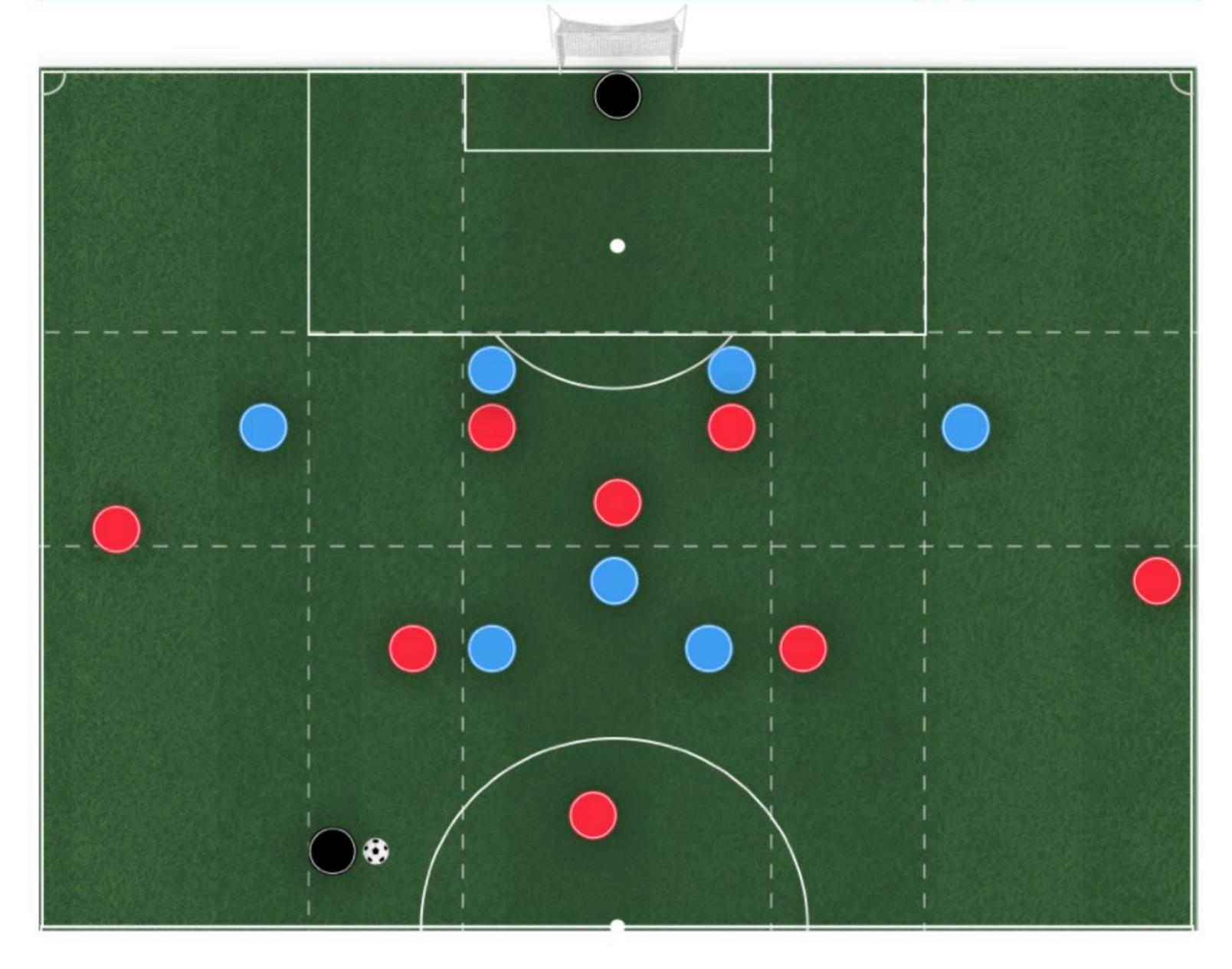


Session Detail:

This final combination is slightly different to the previous one, involving longer passing ranges. The left side central midfield player plays into the first striker, who comes short to receive possession. They look to drag the centre-back out of the unit before they look to pass into the right-sided central midfield player, who then looks to hit a longer pass in behind the opposite midfield player. The wide player then looks to travel deep in behind the defensive line, before hitting a cross into the box for the two strikers to run on too.



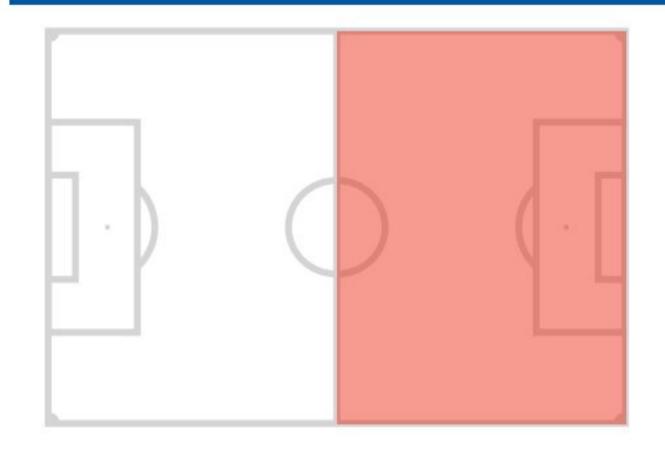




Session Setup:

This is an attacking session, looking to play through a midfield diamond, a front two and two advanced full-backs. Within this system, we are attacking with six in front of the ball, and five behind the ball. We will look to try and create attacking opportunities by manipulating the midfield diamond, to try and create space against the opponents midfield. This session can be adapted to make sure that it suits the shape of the opponent. In this example, we will see how a midfield diamond can exploit a midfield three, however this can be adapted to suit the opponent. If you're playing against another diamond, for example, you can switch the session to match up a 4v4.





WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	12	15 MINS

GOALS	SPACE	PLAYERS
1	1 HALF	16+

COACHING DETAIL

The session below is a simple way to deliver the principles of playing, through a midfield diamond as part of a 1-4-Diamond-2 formation, in this example we are using high full-backs. For coaches it is important to focus on some of the tactical detail, shared on the next slides, as to how it is possible to play through the diamond and exploit the opponents midfield three.

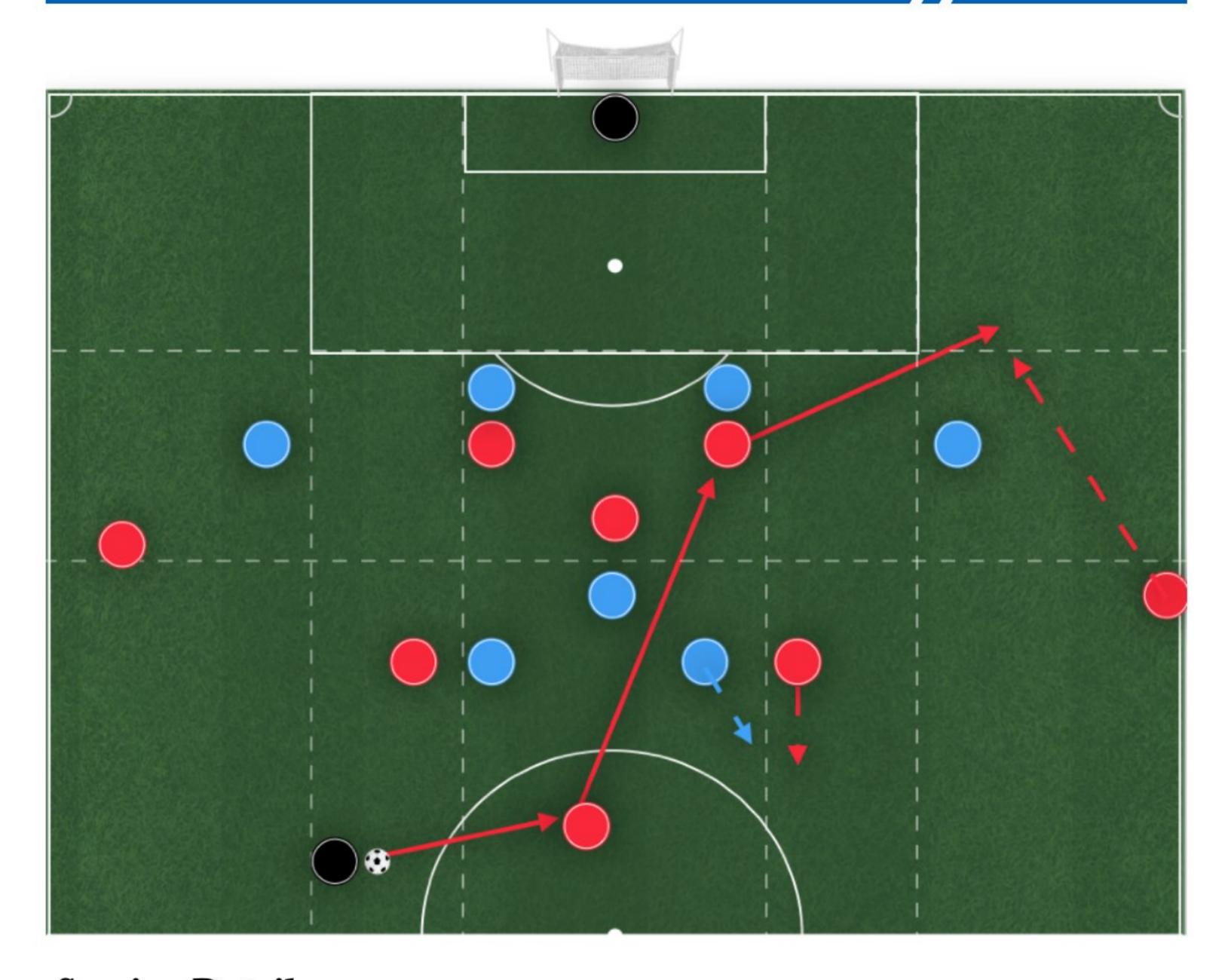
INDIVIDUAL DETAIL

Can individuals focus on the movements required to create space, when playing against an opposite number? Can you pull them into positions and areas of the pitch that they don't want to play in? If you're able to do this, it is possible that you will disturb the opponents shape and create gaps that will allow us to exploit. The next few pages will show some great examples for this, and detail to explain how this can be performed.

PROGRESSION / ADAPTATION:

This session, like many of the others can be adapted and progressed as needed. This session plays against a 1-4-3, but can be progressed to 11v11 in needed to create more realistic situations. It can also be adapted to the opponent, if the opponent is playing a 1-4-4-2, then adapt the session to match this situation.

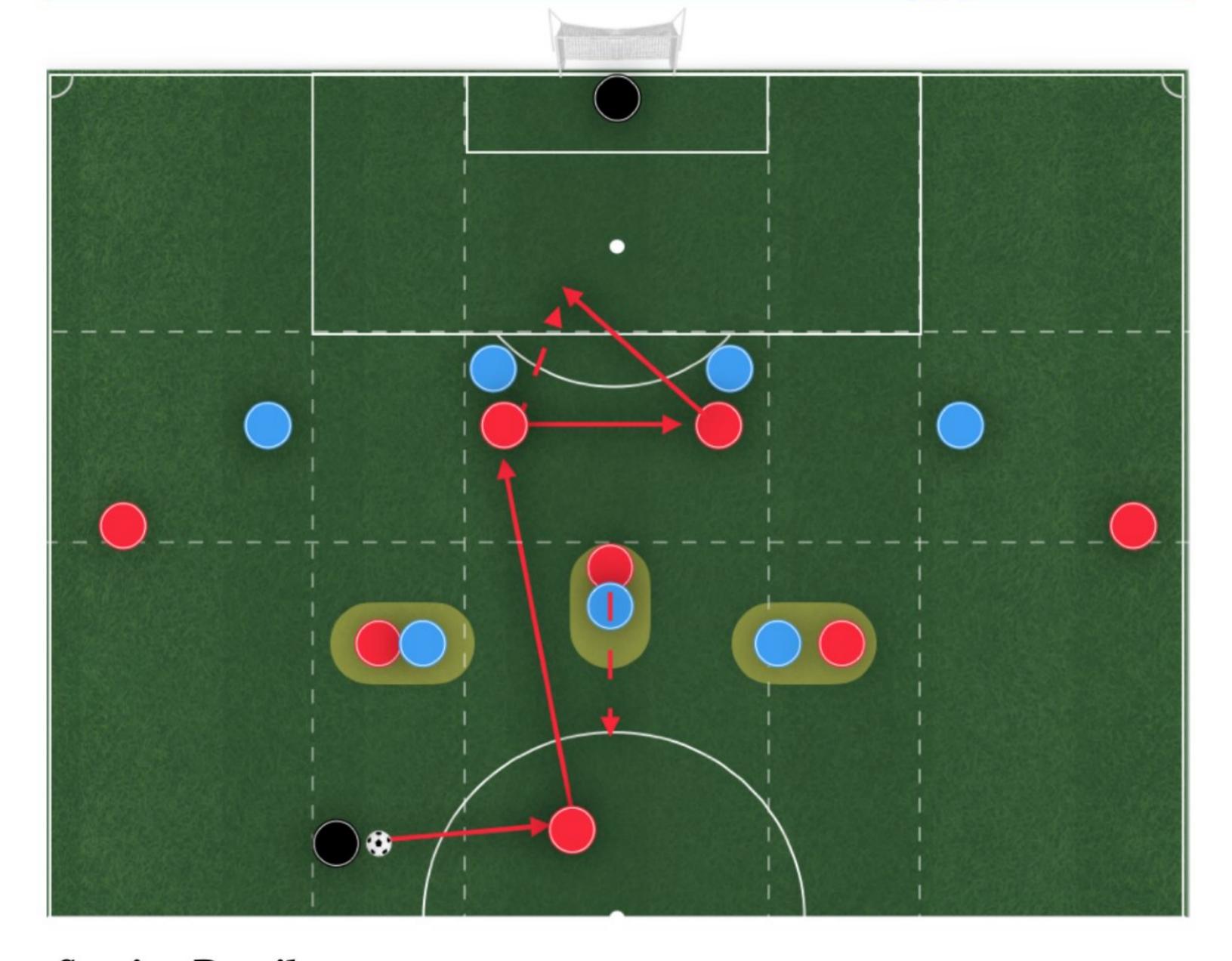




Session Detail:

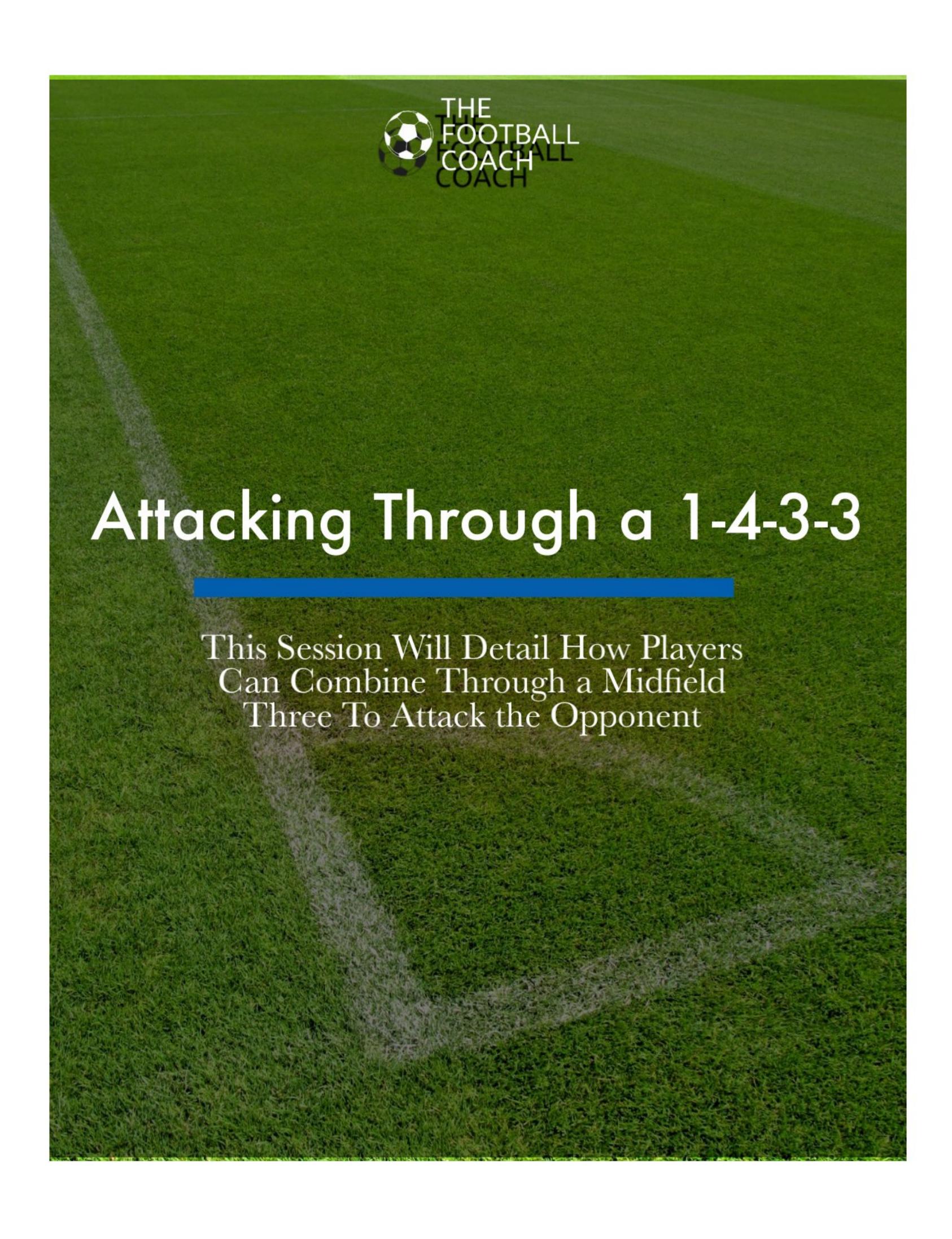
In the first example, the coach plays into the bottom of the diamond. The bottom of the diamond is very deep, and this is to protect the two centre-backs with potentially only three players behind the ball. The next movement we are looking for is the two central midfield players to move into the half space, this is done to try and attract the pressure of the two 10s in the opponents' shape. This will allow us to play into the striker, who can then look to pin the centre-back and move the ball inbehind the opponent to create a crossing opportunity.



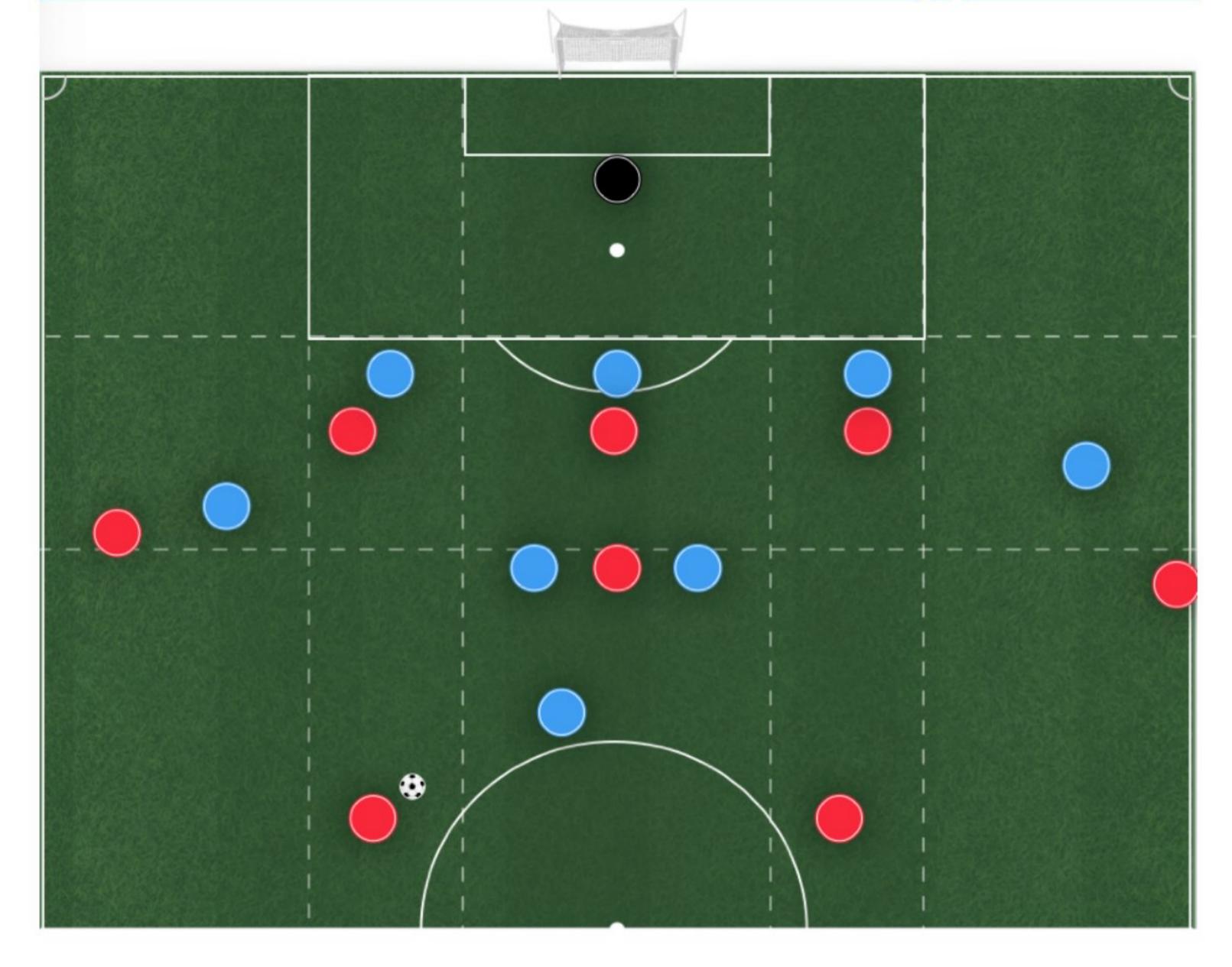


Session Detail:

Within the second moment, we can see our two central players are playing within the half space, and are already stretching the opponent, forcing the opponents midfield three to concede space to our shape. We are then looking for the 10 to make a movement towards the ball, this creates a vacuum of space in-front of the back four. This space allows are strikers to play 2v2 against the opponent. The deeper midfield player then plays in to the first striker, who looks to play a quick give and go with the second striker to get in behind the opponents' back four.



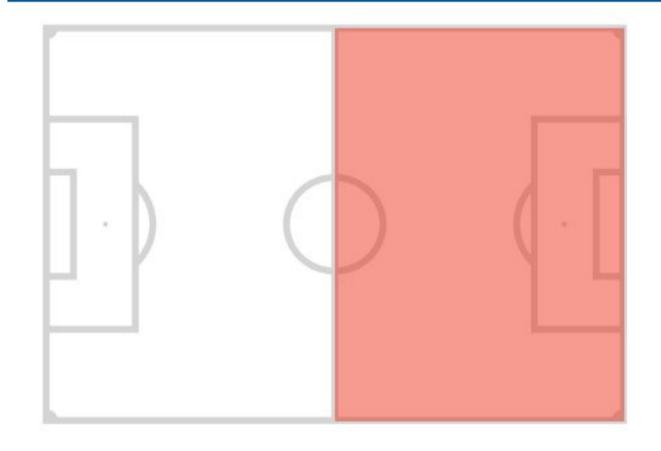




Session Setup:

This session shows a slightly different technique, where we look to play within a 1-4-3-3 with attacking full-backs (similar to the shape of Liverpool), whilst playing against an opponent who is setup with a 1-5-3-2. We are going to look through some attacking rotations and movements that can open up space between an opponent, even when they look to plug the defensive line with five defenders. This can be a more difficult situation to break down, because of the lack of space. These movements will open structural spaces for our players to penetrate, and take advantage of.





WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	12	15 MINS

GOALS	SPACE	PLAYERS
1	1 HALF	16+

COACHING DETAIL

Within a 1-5-3-2 there is naturally a lack of space within the defensive line, the spaces are much smaller, there is much less opportunity to play through the unit.

However, with the correct positional structure and understanding, players can manipulate the shape of the opponent, to create little opportunities to break the unit down.

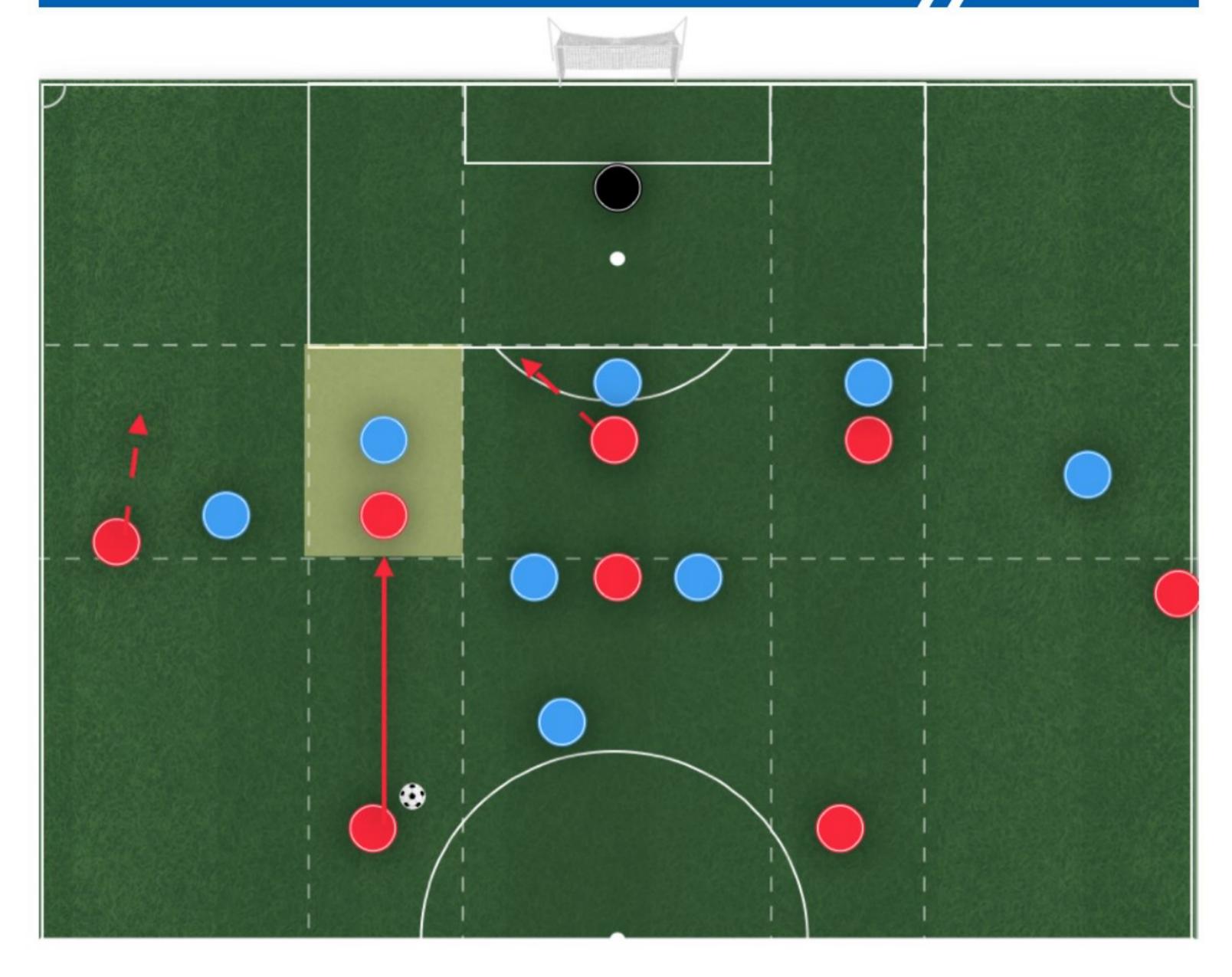
INDIVIDUAL DETAIL

Within some of the movement we will see how important it is for individuals to recognise their role, based on the movement of their teammate. For example, if a player makes a movement towards the ball, to intentionally open space, our players must be forward thinking and recognise that space and opportunity, quicker than the opponent. If we aren't able to react quicker than the opponent, we will naturally be caught in difficult transitional moments.

PROGRESSION / ADAPTATION:

This session, like many of the others, can be adapted and progressed as needed. This session plays against a 1-3-5-2, but can be progressed to 11v11, if needed, to create more realistic situations. It can also be adapted to the opponent, if the opponent is playing a 1-4-4-2, then adapt the session to match this situation.

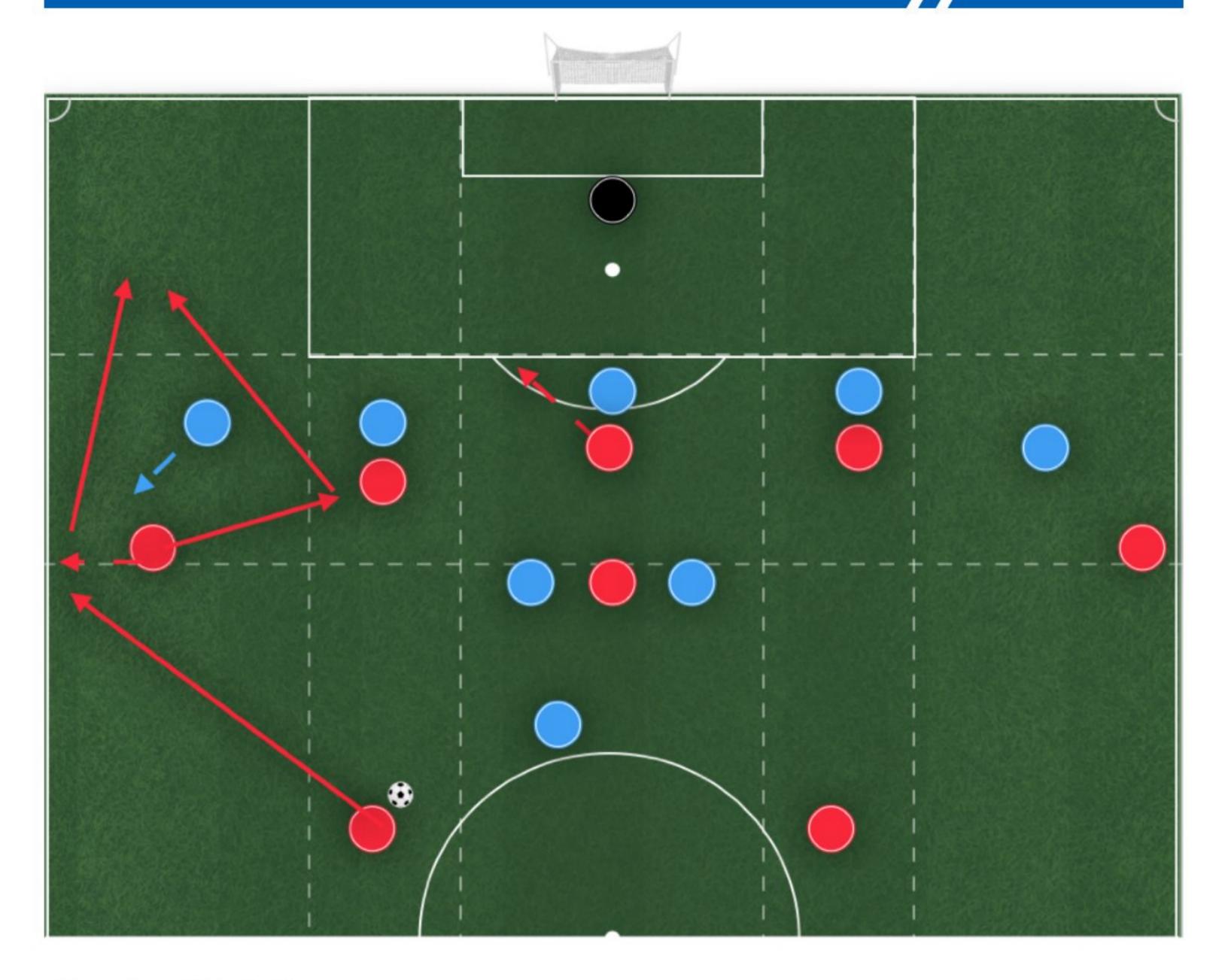




Session Detail:

The first image shows how we can use the half space to pin and open the opponent. As we can see in the image, the font three have locked onto the three centre backs. The receiving player looks to travel forward and encourage the centre back out of position, leaving space behind. This then leaves many options, the receiving player can look to thread a pass into either player, looking to run into the space behind. The ball can be bounced back to the midfield player and in behind, or the midfield player can miss out the run and play in behind instantly.

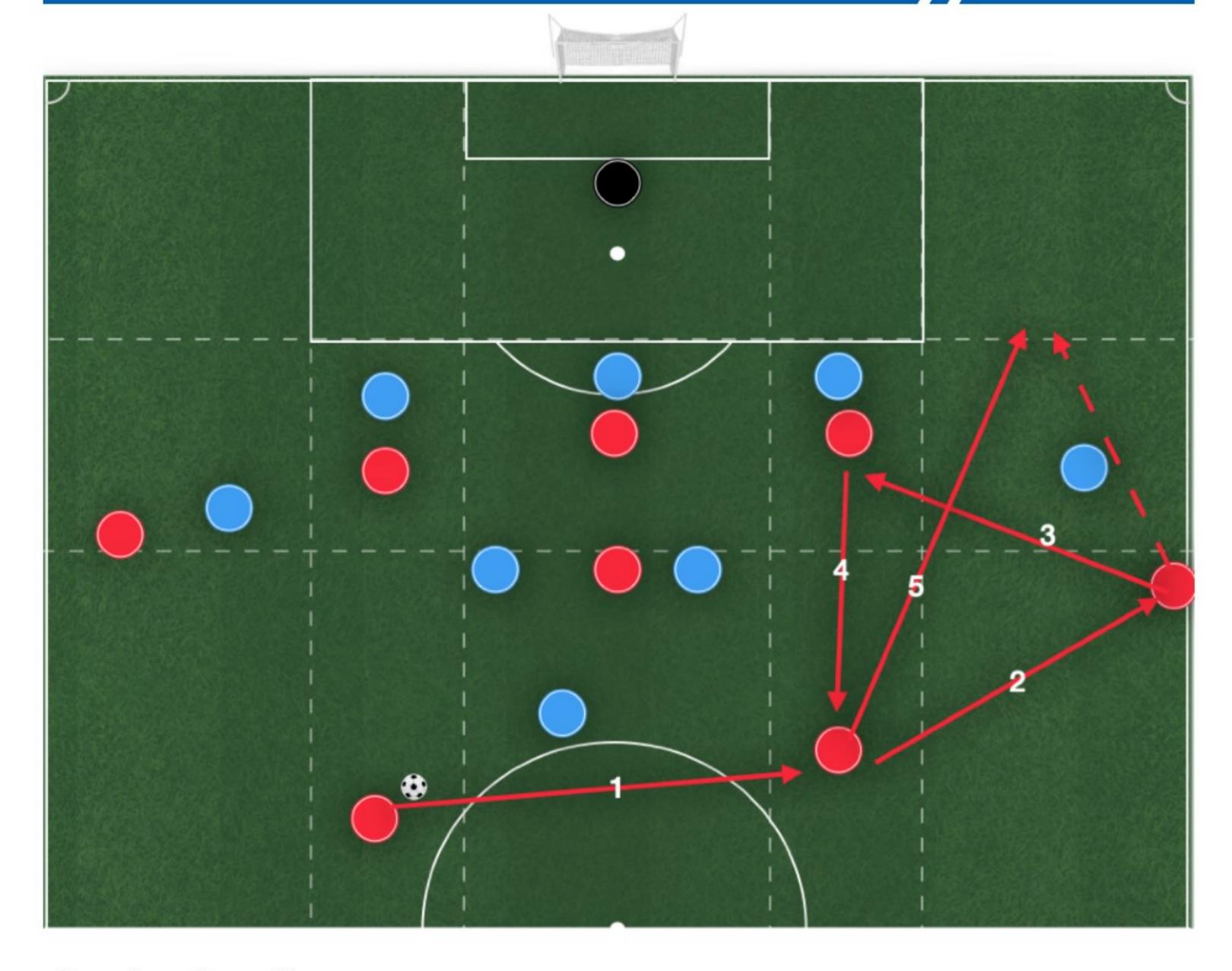




Session Detail:

Within the second rotation, we can see how we look to overload and exploit the widest player. The midfield player looks to play into the feet of the winger, who has made a movement to the touchline, to receive possession. This will naturally create pressure from the opposite number. As this happens, and the opponent travels forward out of the defensive line, to apply pressure, we are looking for our wide player to play a 1-2 with the left sided striker, and the ball to be played into the space behind, for our wide player. We are then looking to cross the ball for our forwards.



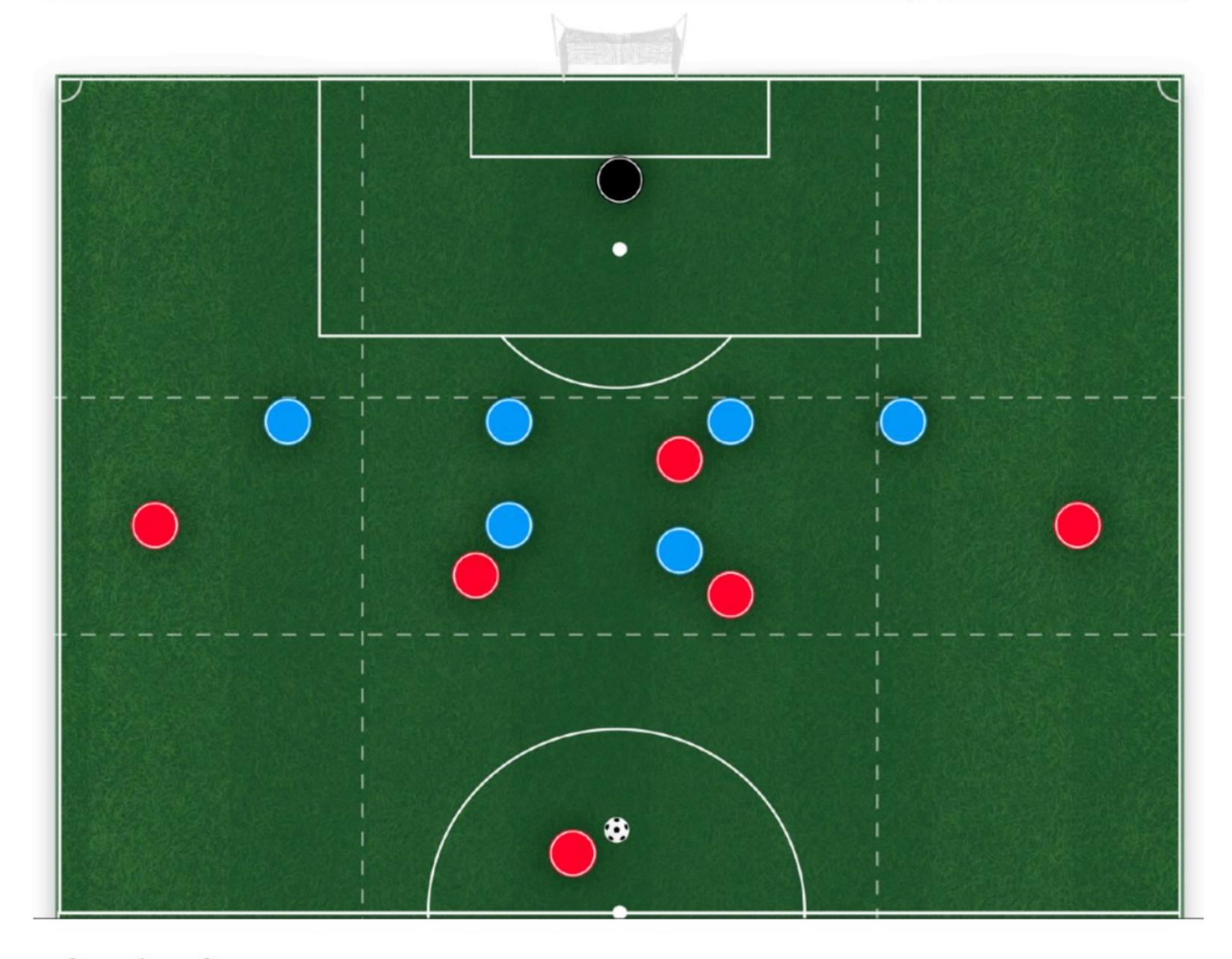


Session Detail:

Within this rotation, we see slightly more complexity. The first pass shows the ball moving from half-space to half-space. The ball then moves to the wide player, who must be playing as wide as possible to stretch the opponents defensive line. We are then going to look to develop an up, back and through combination. To complete this, the wide player will wait for pressure, before playing inside. The ball is then set back, before being played through to the wide player. Once the ball has gone wide for the cross, can attackers hit the box quickly?



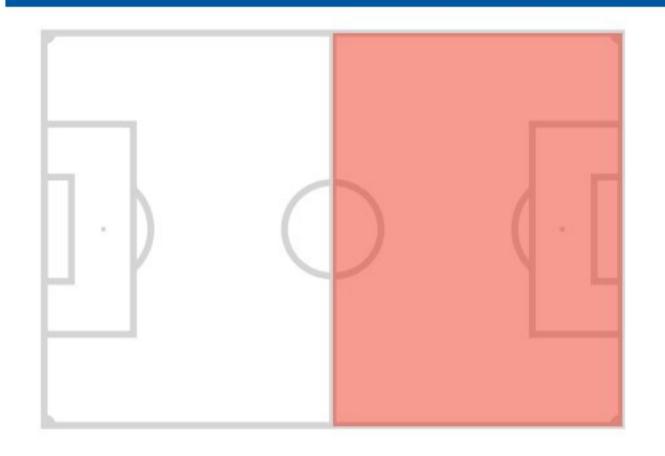




Session Setup:

This session shows a slightly different technique, where we look to play within a 1-4-3-3 with attacking full-backs (similar to the shape of Liverpool), whilst playing against an opponent, who is setup with a 1-5-3-2. We are going to look through some attacking rotations and movements that can open up space between an opponent, even when they look to plug the defensive line with five defenders. This can be a more difficult situation to break down, because of the lack of space. These movements will open structural spaces for our players to penetrate and take advantage of.





WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	12	15 MINS

GOALS	SPACE	PLAYERS
1	1 HALF	12+

COACHING DETAIL

Breaking down a midfield screen is a difficult challenge for any team. The midfield screen can offer protection to a teams centre-back pairing and make life difficult for us to expose. Within this session, we're going to try and find ways to exploit each of the three zones, detailed behind the opponents' shape. Some will involve playing around the screen, others will involve destroying the shield.

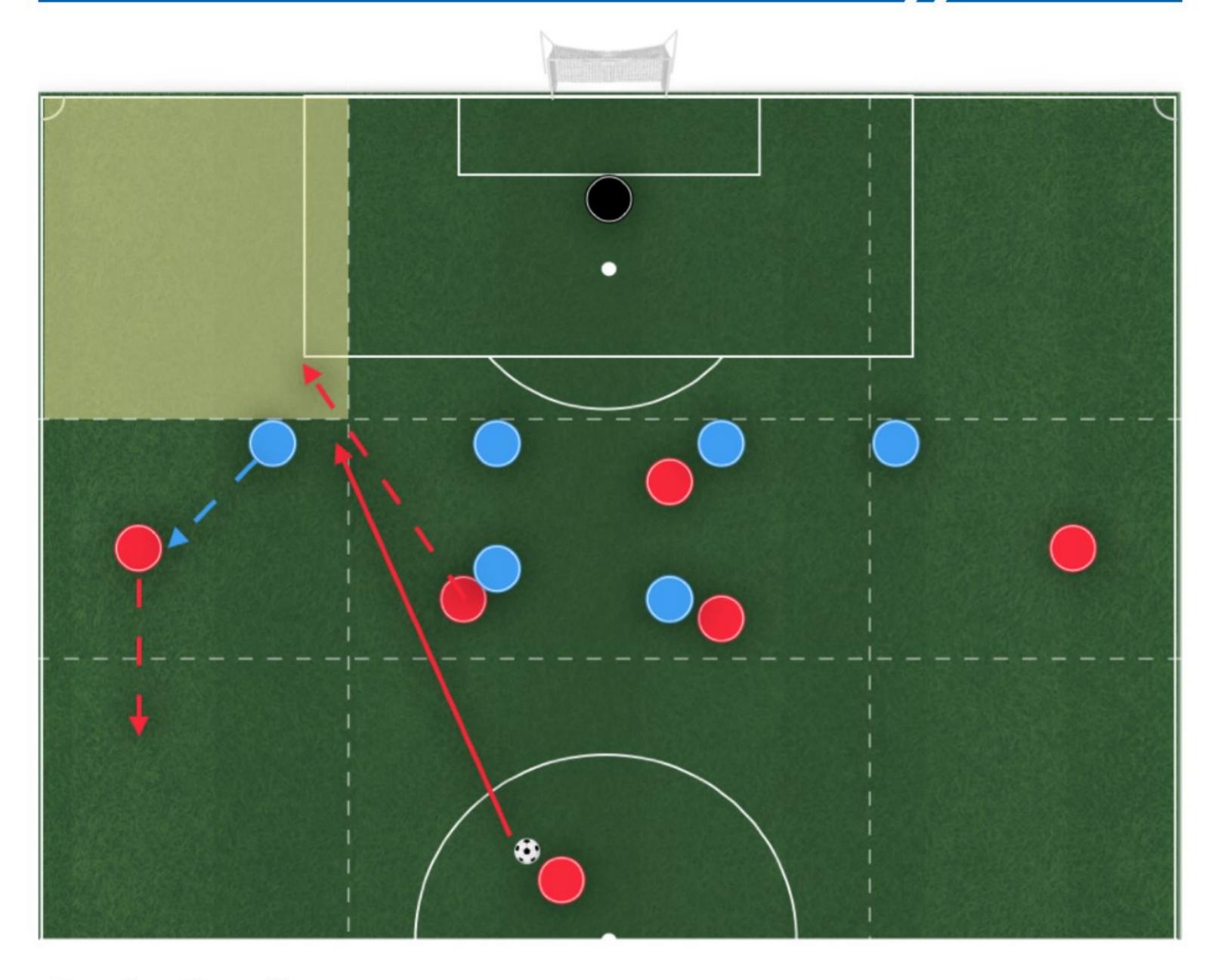
INDIVIDUAL DETAIL

Individuals will need to recognise the importance of their positioning, in relation to the opponent. It is ultimately the opponent we are trying to manipulate to open, and create space to play through. However, being able to recognise what movements the opponent makes will be key in knowing what movements we must make, to exploit that. It is never possible to just copy and drop a positional plan, adaptions and thinking on the spot will be an important factor in it succeeding.

PROGRESSION / ADAPTATION:

This can be regressed into a rondo with 2v2 in the central area, if the players don't recognise some of the more important sub-principles within the practice. In order to adapt this session, feel comfortable changing the system we are playing around the screen to match your tactical needs.

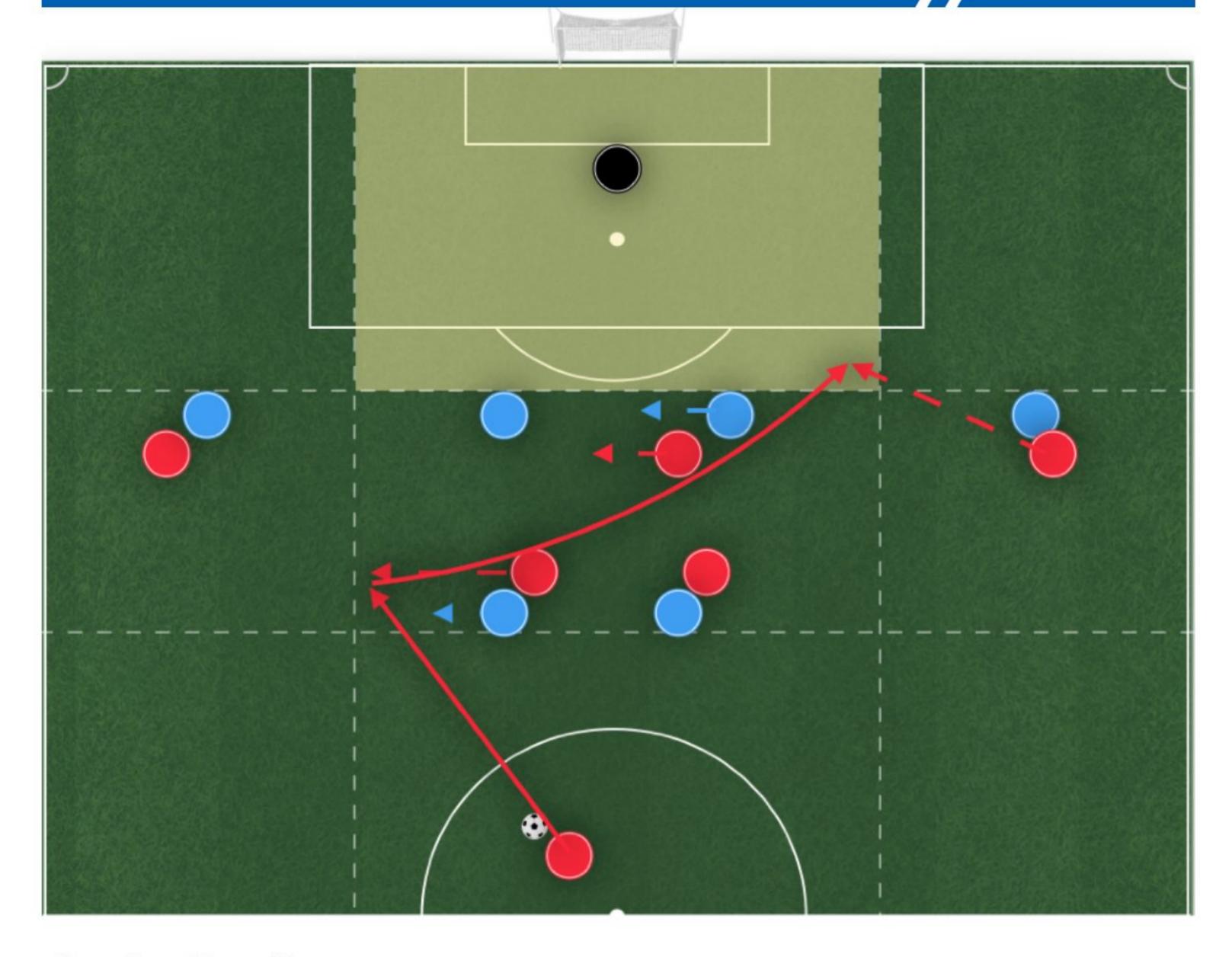




Session Detail:

It is possible to pull and drag the screen around, in order to find space to create goal scoring opportunities. In this example, we are looking for our wide player to come really short to receive possession, enticing the opponents' full-back out of their slot. The full-back might not follow, but if the movement starts slowly, then increases speed, it might increase the opportunity for the full-back to follow. As soon as the space is opened, can we look to see a midfield player go beyond the back four to receive? Will the midfield screen follow us, in behind?

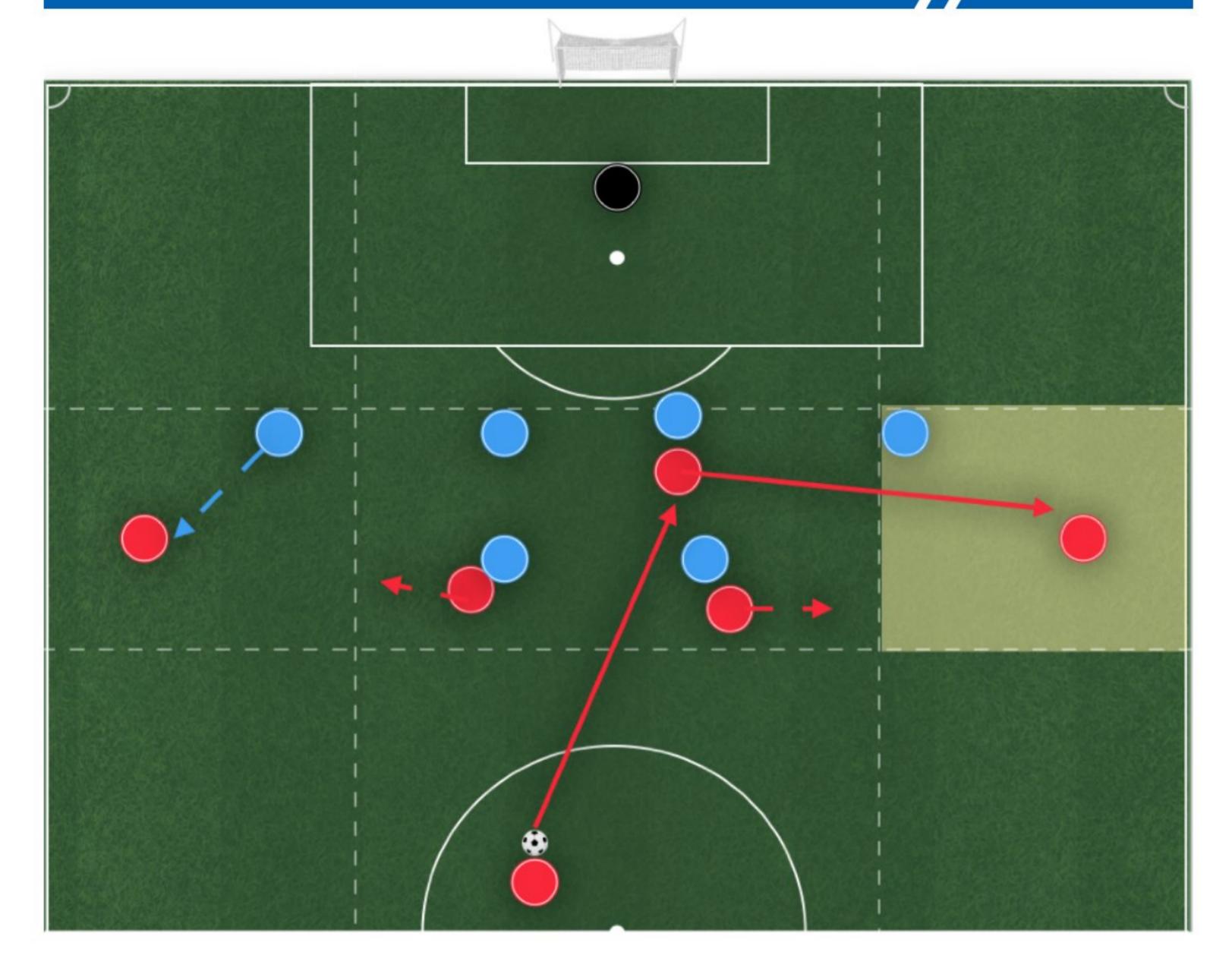




Session Detail:

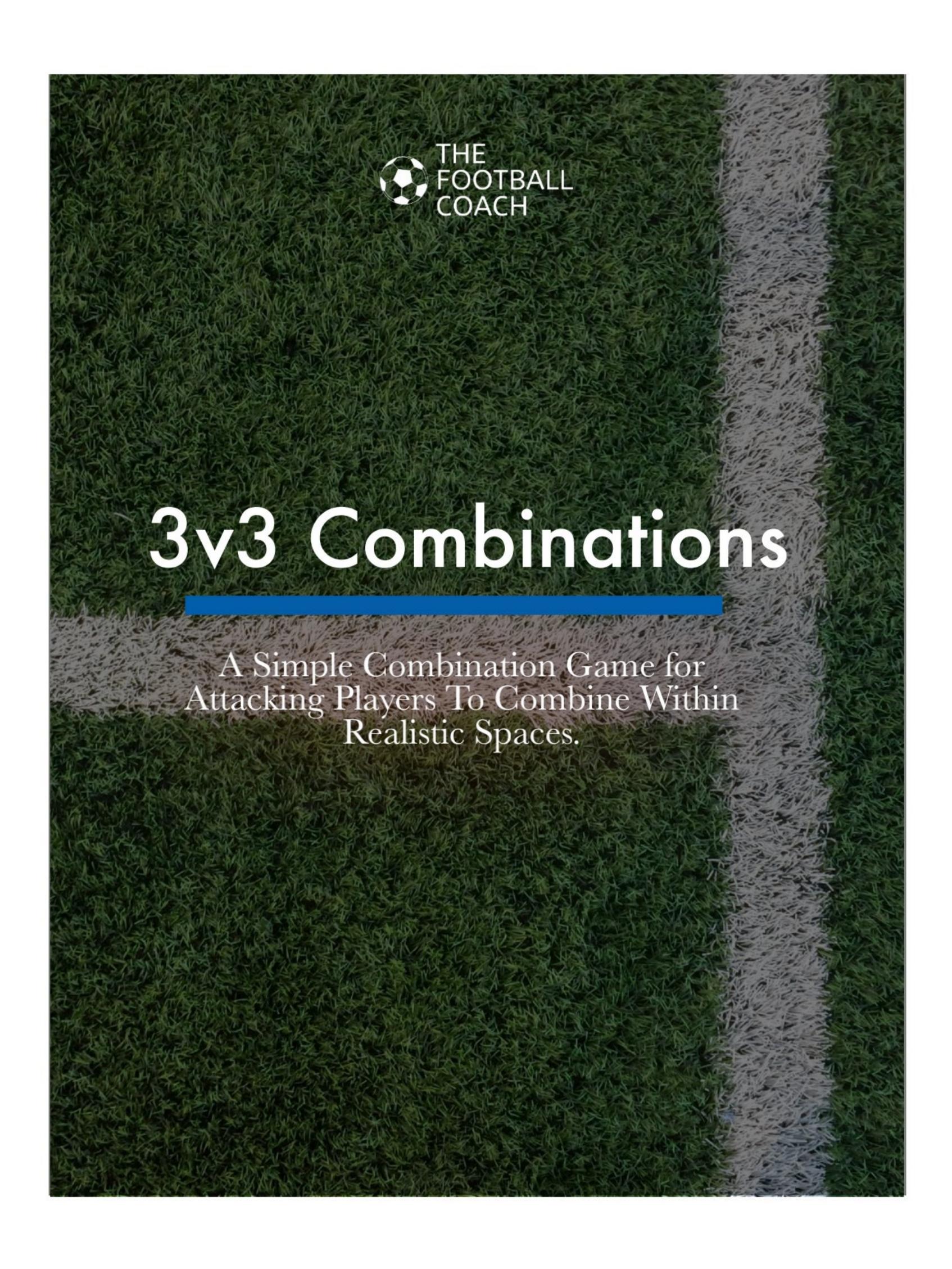
This is a slightly more complex rotation, in order to try and open some more central space. We first need the two attacking midfield players to play compactly, then we are looking for one of our midfield players to spin wider to receive, this will need to be a player comfortable receiving possession. As this happens, our opposite striker is going to make a run in behind, encouraging a threaded pass. As this happens, the centre-back should follow the run and leave space for our wide player to receive, in behind the gap left by the centre-back. This will be a naturally more difficult rotation to pull off.





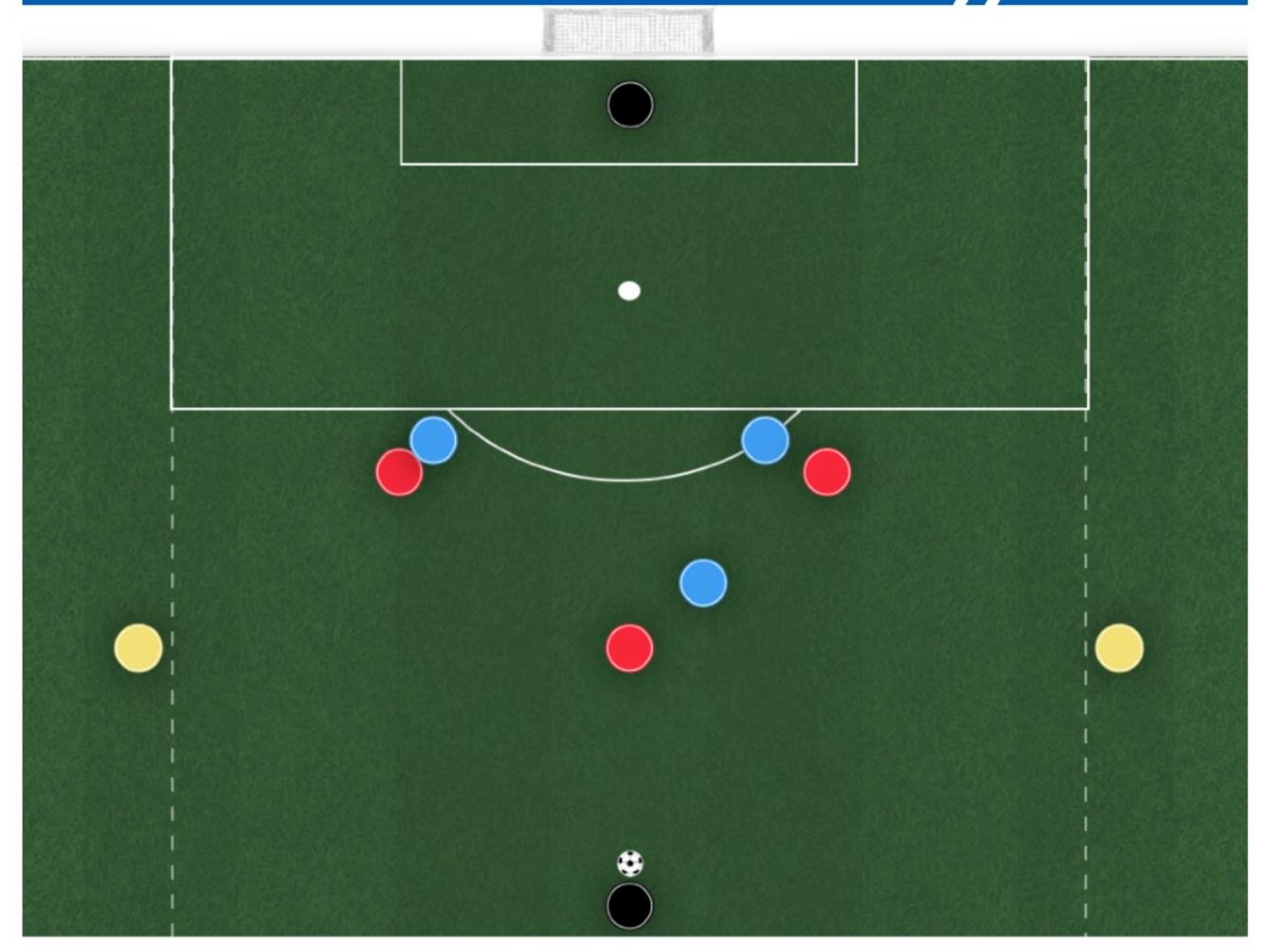
Session Detail:

Within this rotation we are going to look to manipulate the screen, in order to play between it and find the space, they should look to rotate. Like the last rotation, our midfield will start compact, and then movements widen. If they choose to both follow the midfield player and leave space to play through the line, lets encourage a pass into the space of our number nine. Once the ball goes into the feet of the number nine, can we play the pass wide into a 1v1 for our wide player? This move will provide space to our wide player, as the centre back will be pinned by the forward pass.



3v2 Combinations

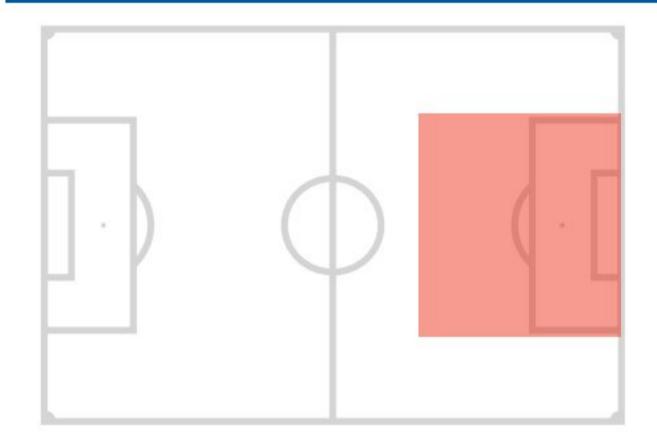




Session Setup:

This session will provide much more repetition within a realistic scenario and situation. The session sees a 3v3 in the central area, with two neutral wide players. The team in possession look to combine amongst the 3+2 overload and score. The opponent looks to win possession back, then pass into the coach to score. This session should see players who have a positional advantage find space and play in behind the opponent, taking regular shots on goal. Can we ensure that the pitch width and length is realistic, so that the players involved find themselves in positions that match the positions of games? Maintaining shape within the attacking three will be important in ensuring the practice remains meaningful and realistic.





WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
1	1 HALF	10

COACHING DETAIL

This finishing practice will offer plenty of opportunity to combine in realistic situations. Can we ensure that the attacking shape, resembles the shape we are likely to play within? When setting up our shape, ensure that the players recognise the wide players. These wide players play a significant role in opening the space within the game and creative the overload we require of 5v3.

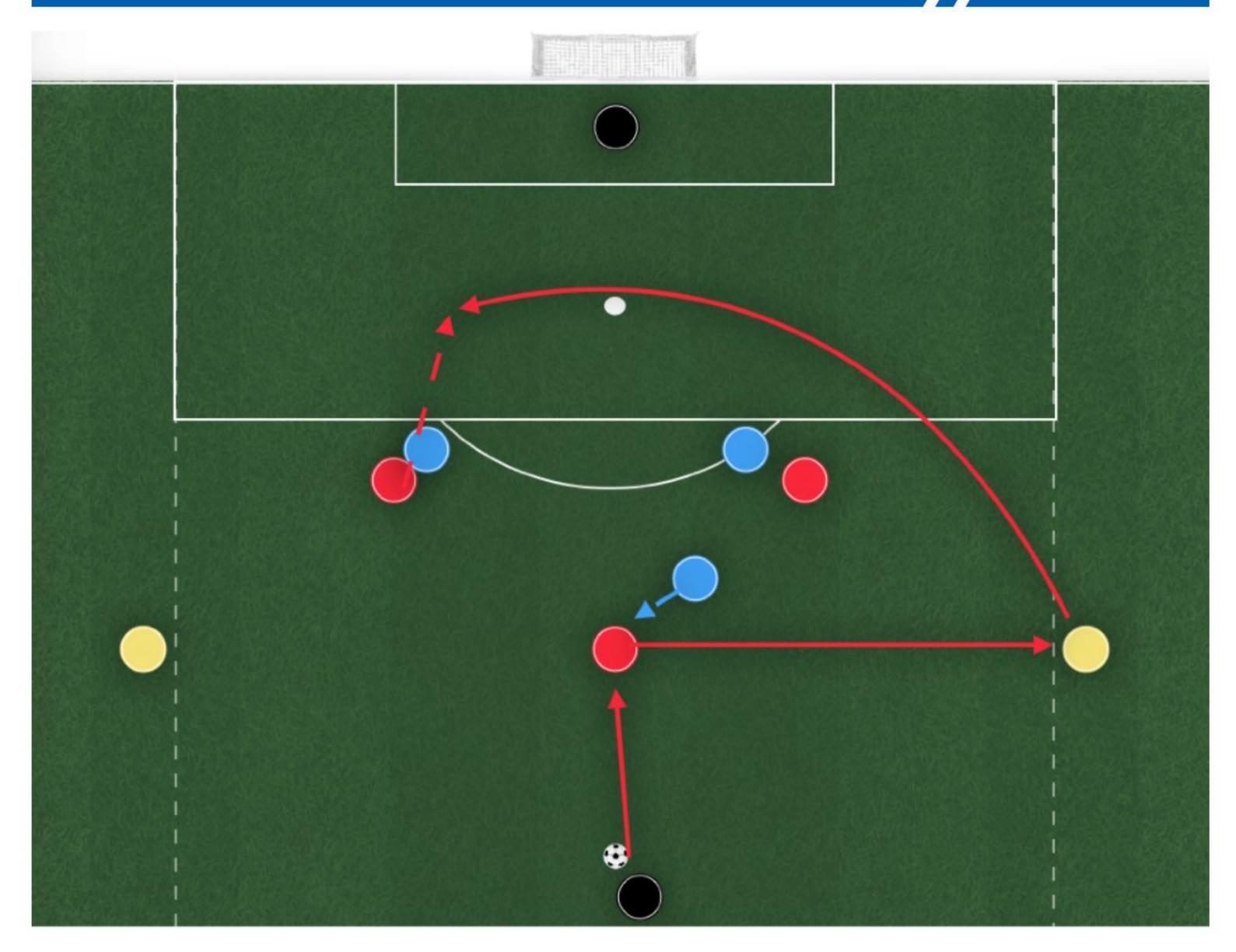
INDIVIDUAL DETAIL

Can we make sure that individuals are in realistic positions. e.g. if we have a centre forward, can we put them in positions where they are likely to benefit from the repetition? Individuals should also look to play realistic combinations that are repeatable and this will allow for increased transferability from training to games. Individuals must also work on dominating space against their opposite number.

PROGRESSION / ADAPTATION:

This session can of course be opened up into a back four and a midfield screen, like previous sessions, to create a more realistic and challenging session. However, this will of course limit the finishing opportunities as the game will become more compact and structured.

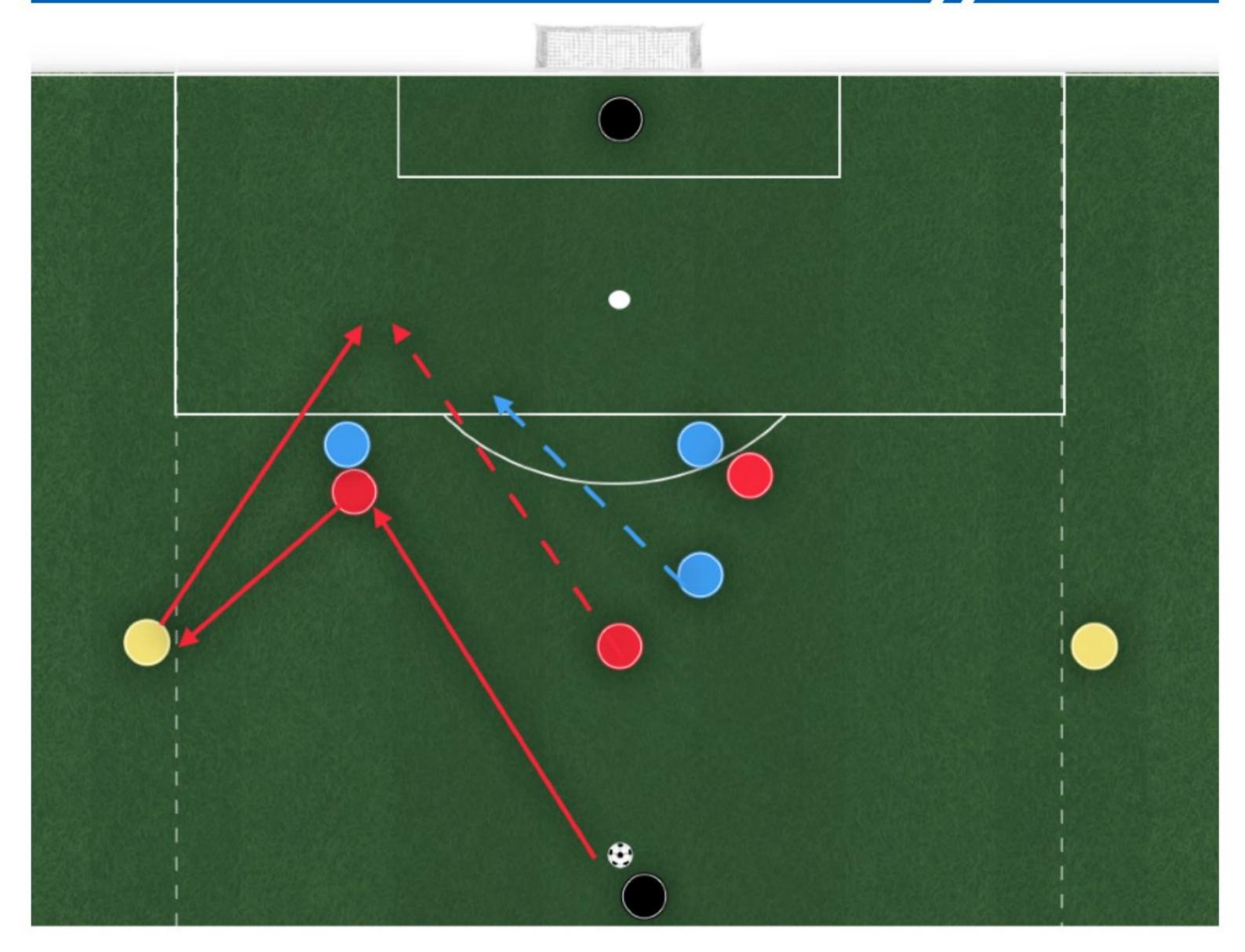




Session Detail:

The first image we have here shows how teams such as Liverpool might cross from deeper areas, using a front three. In this example, the forwards are playing deeper, attracting pressure and the wide player is spare. The 10 receives possession to build attacking pressure and pin the defensive midfield player. The ball is then played wide, whilst the opponents defensive line will be high and space will be left in behind. Once the ball has been played wide, the forwards need to work from the triggers of the receiving player. As soon as the wide player takes their touch out of their feet and looks up, this should be the trigger for the attackers to start their run.

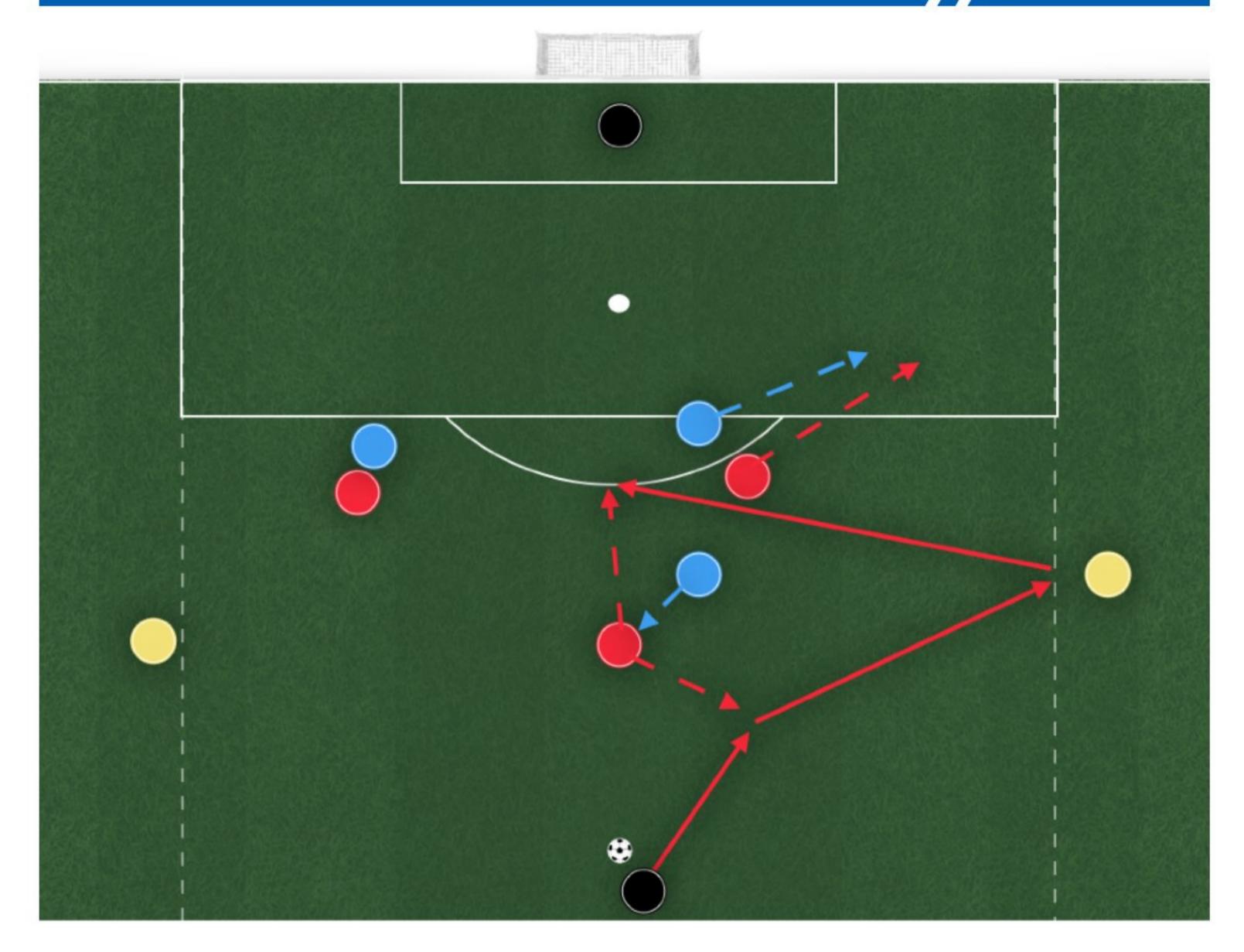




Session Detail:

The second combination shows how we might use the striker as a pivot, to start an attacking rotation. In this moment, possession is played into the left forward who moves wide to receive, this will isolate one of the centre backs and begin to create a space between them. In order to achieve this, we must make sure our second striker also stays on the opposite side of the goal. Once the centre back is pinned, the ball can be set back to the wide player. There should now be space in behind the blue centre back, which can be penetrated by a deep run from our number 10. This run will need to be matched by the deep midfield player.





Session Detail:

The final combination is more difficult for players to deliver, it involves a double movement from our number 10 to try and get in behind the opponent. The first pass is to the 10 who comes short to receive, attracting the pressure off of the defensive midfield player. The next passage must happen quickly and dynamically. The ball is flicked wide to the yellow, as this happens our strikers stay split, creating a gap, and the near side forward runs in behind, creating a larger gap in the pairing. As this happens quickly, we now want the 10 to run in behind to receive from the yellow. Can the yellow play one touch to speed the play up?





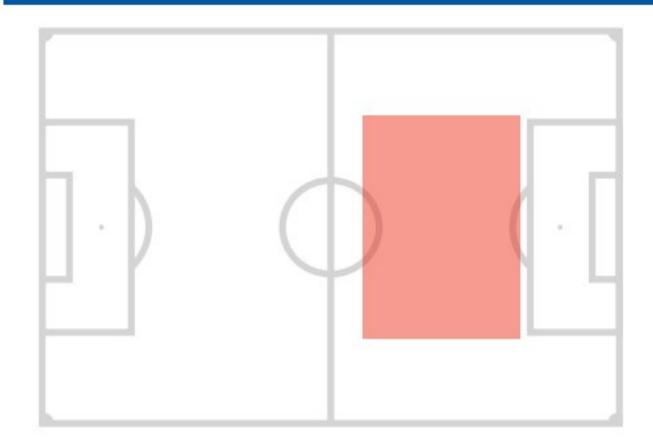
Session Setup:

Within this 5v5, we see the pitch split into two zones. Within each zone, the teams play 3v2, allowing them to have an overload in the defensive half, and an underload in the attacking half. The idea of the practice is to combine within your half, open an opportunity to play into the attacking half, and score. There are different rules to manipulate the practice.

- Players can overload the attacking half, if they pass into the half
- Players can move into the wide areas
- Once the ball enters attacking half, two players can join the attack

5v5 Finishing Game





WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	4	24 MINS

GOALS	SPACE	PLAYERS
2	20X30 YARDS	12

COACHING DETAIL

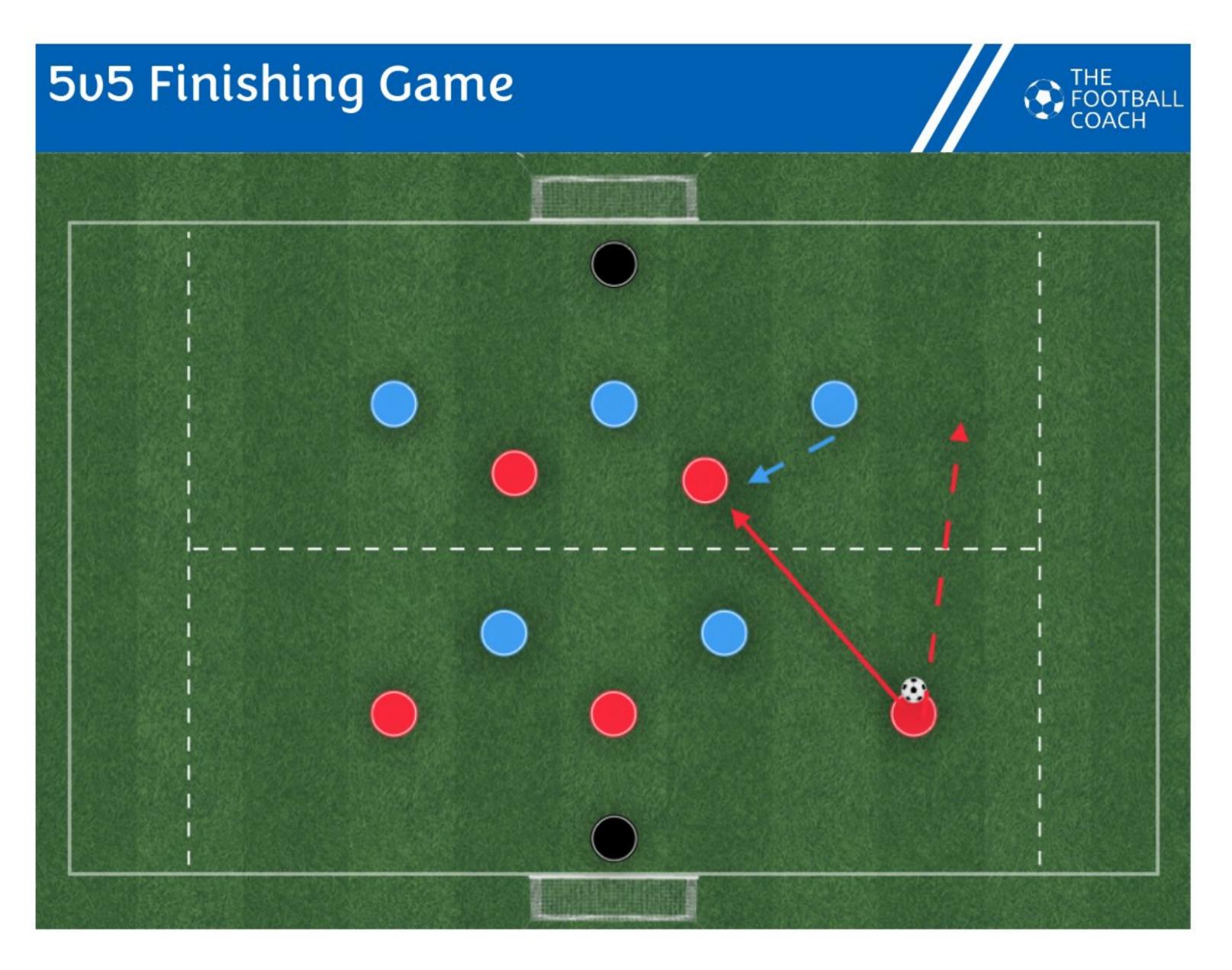
Can players be intelligent as when to play into the final third and when to stay in possession. Can we recognise the bigger picture as a group? How can we open space in the attacking half by building in the defensive half? As a group, can they understand the importance of trying to create width and space, in the attacking half, to support the players in the defensive half?

INDIVIDUAL DETAIL

Can we make sure that individuals are in realistic positions. e.g. if we have a centre forward, can we put them in positions where they are likely to benefit from the repetition? Individuals should also look to play realistic combinations that are repeatable and this will allow for increased transferability from training to games. Individual must also work on dominating space against their opposite number.

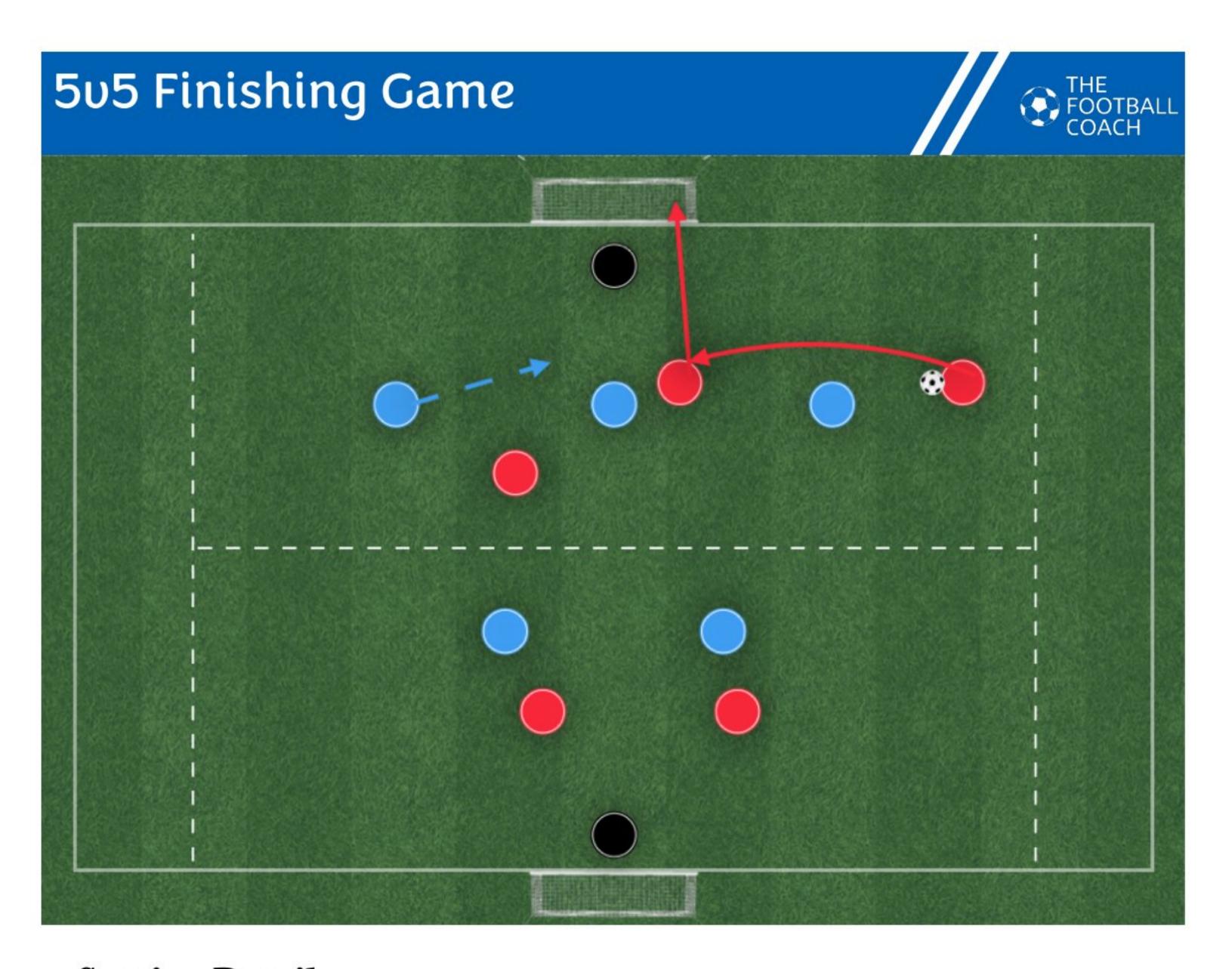
PROGRESSION / ADAPTATION:

This session can of course be opened up into a back four and a midfield screen like previous sessions, to create a more realistic and challenging session. However, this will of course limit the finishing opportunities as the game will become more compact and structured.

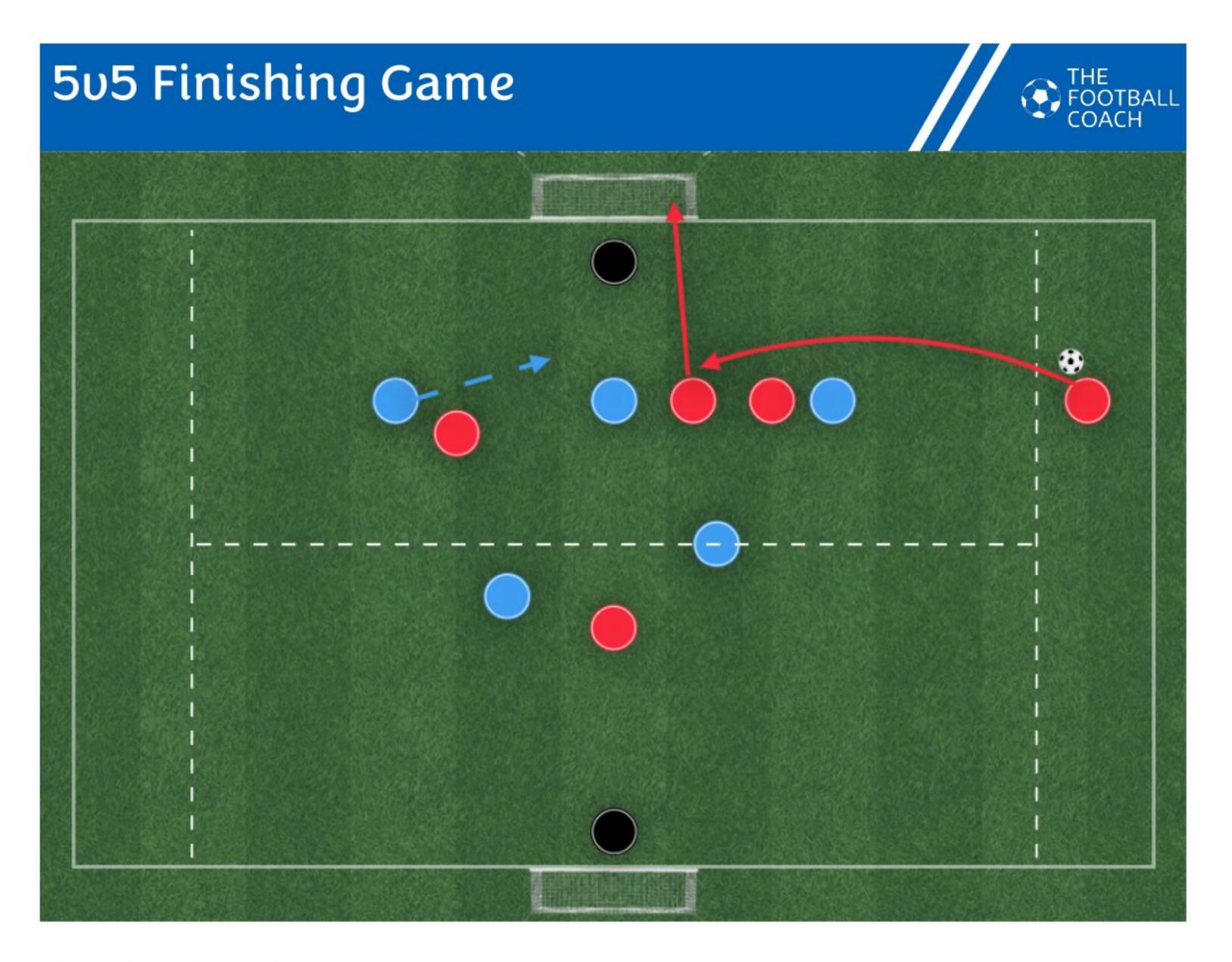


In the above example, we can see how the wide areas can be exploited by the front two playing closely together, this will naturally compact the defensive line of three. Even though the defenders have a numerical advantage, back 3's naturally find it difficult to decide who picks players up when there is a 3v2 setup. Further to this, it creates space in the wider area for players to exploit, as the breakout player joins to create a 3v3, there is no obvious spaces for them to attack.

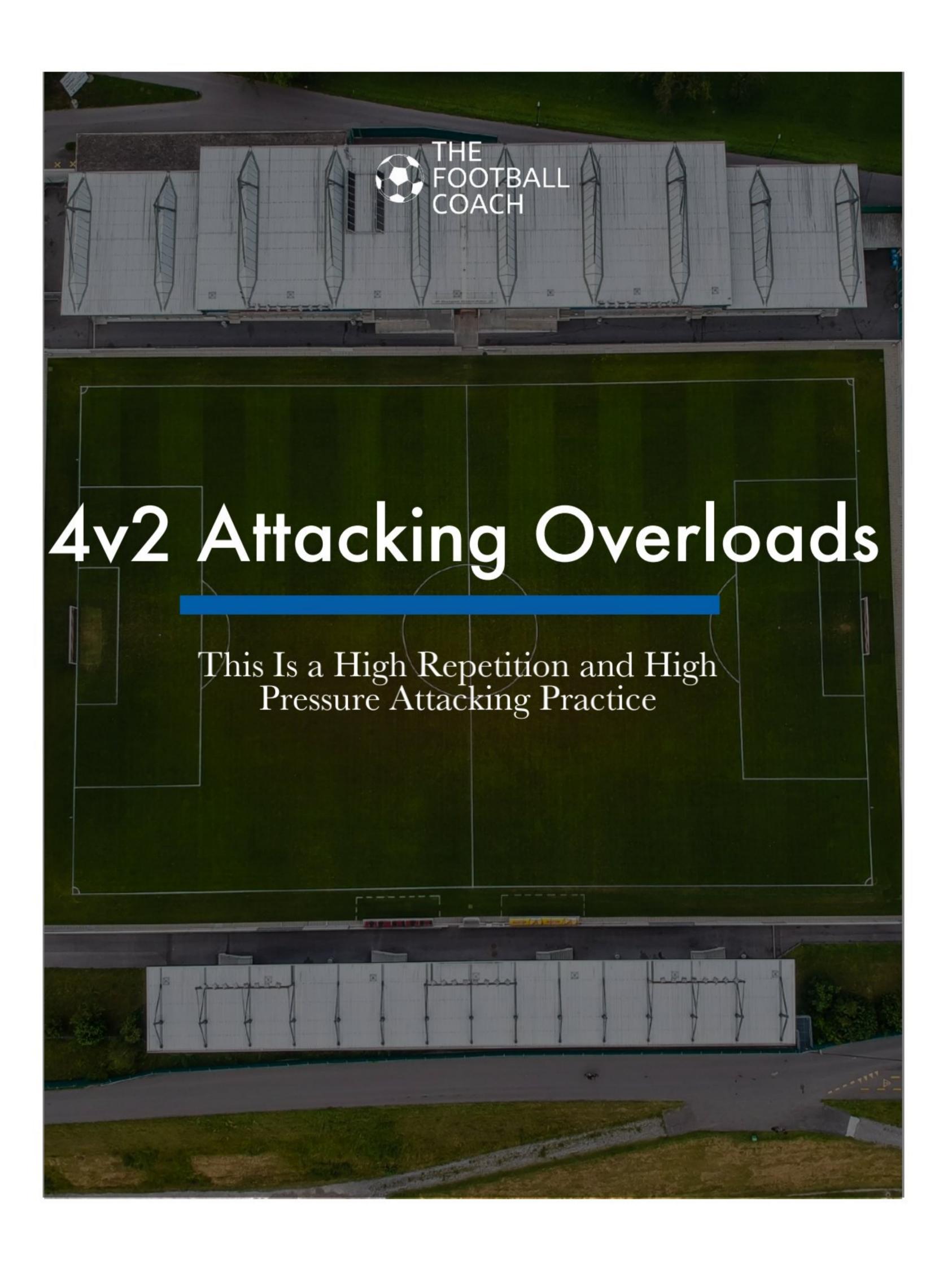
Once they get in behind, the most likely outcome is for the widest player to look to cross, once they're beyond the defender. Once this ball does go wide, it is important that our forwards looks to penetrate the box early and get in good positions to finish. Remind players of positive movements and playing on different attacking lines.

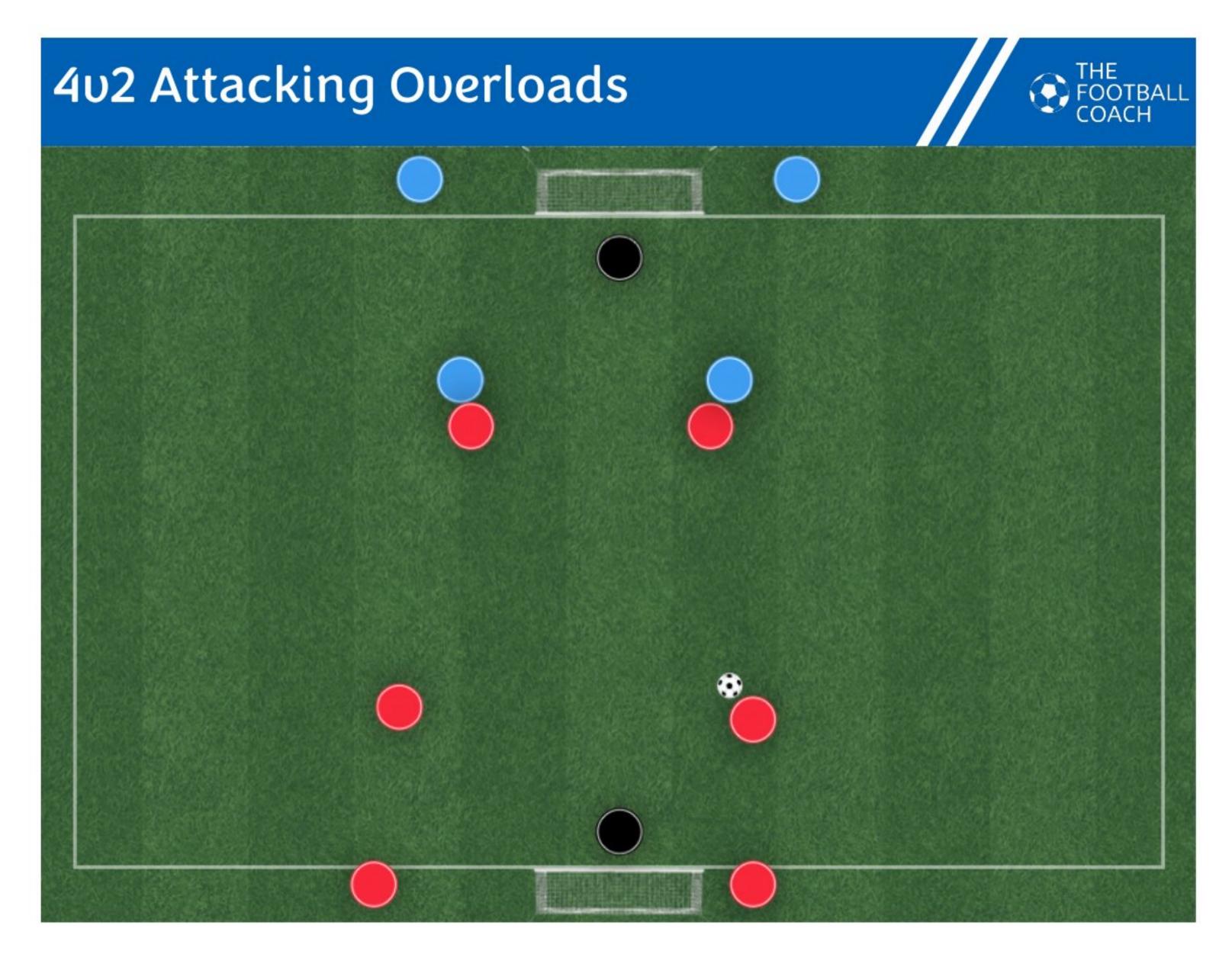


Once the ball has been crossed, it's important that we still coach the attacking players to perform the finishing phase with quality. We must not just leave this part to 'chance' and let strikers be strikers. Once the wide player has possession, encourage the attackers to work off the 'triggers' of the wide player. Our trigger is as the wide player 'sets', ready to cross the ball, this is the time for us to make our movement. When playing with two strikers, can we make sure that both players are prepared to make different movements? We effectively want the players to be on different lines, this way if the cross misses one of them, it has a chance of being followed up by the second player. We also don't want to play within the vision of the defender at all times. Encourage attackers to start their movement from the 'blind' side, this will make it near impossible for the defender to watch the ball and the opponent.



In other progressions of the session, lets make sure that we have some structure to the way we attack. Attacking sessions aren't all about putting the ball in the net at any cost, but understanding the structure needed to attack with a consistent chance of dominating the game. In the example we have shown, one of our defensive players has made a great attacking run to score however, as a coach, can we look at the process and be concerned? Our team have been left 1v2 with a huge opportunity for the opponent to score. If this situation was repeated 100 times, would we be more likely to concede than score? If the answer makes us feel uncomfortable, we must spend more time nailing down the process in this example regardless of the outcome, in a normal situation we don't want to leave our defensive players overloaded.



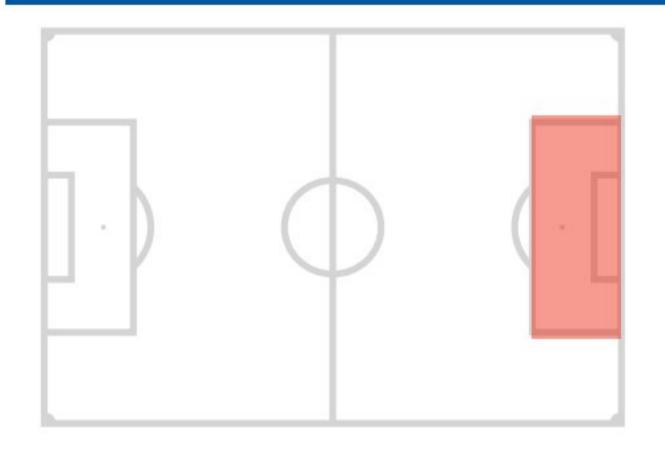


Session Setup:

This is a highly enjoyable, and highly competitive practice. Both teams start 2v2 in the middle, one team breaks out with two additional players to create a 4v2. We then see this 4v2 take place, once it breaks down, the reds join the back of the red line and the reds who started by the goal take the place of their team mates. This time the blues will break out in a 4v2 and attack the reds. This rotation will constantly happen at both ends, this means a player will go from off the pitch, attacking the pitch, target players, then back to the start. Of course at times their role will be in or out of possession, dependent on if they have possession or not. This is a highly enjoyable moment for players, with a lot of exposure to finishing in realistic situations.

4v2 Attacking Overloads





WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	4	20 MINS

GOALS	SPACE	PLAYERS
2	20X30 YARDS	12-16

COACHING DETAIL

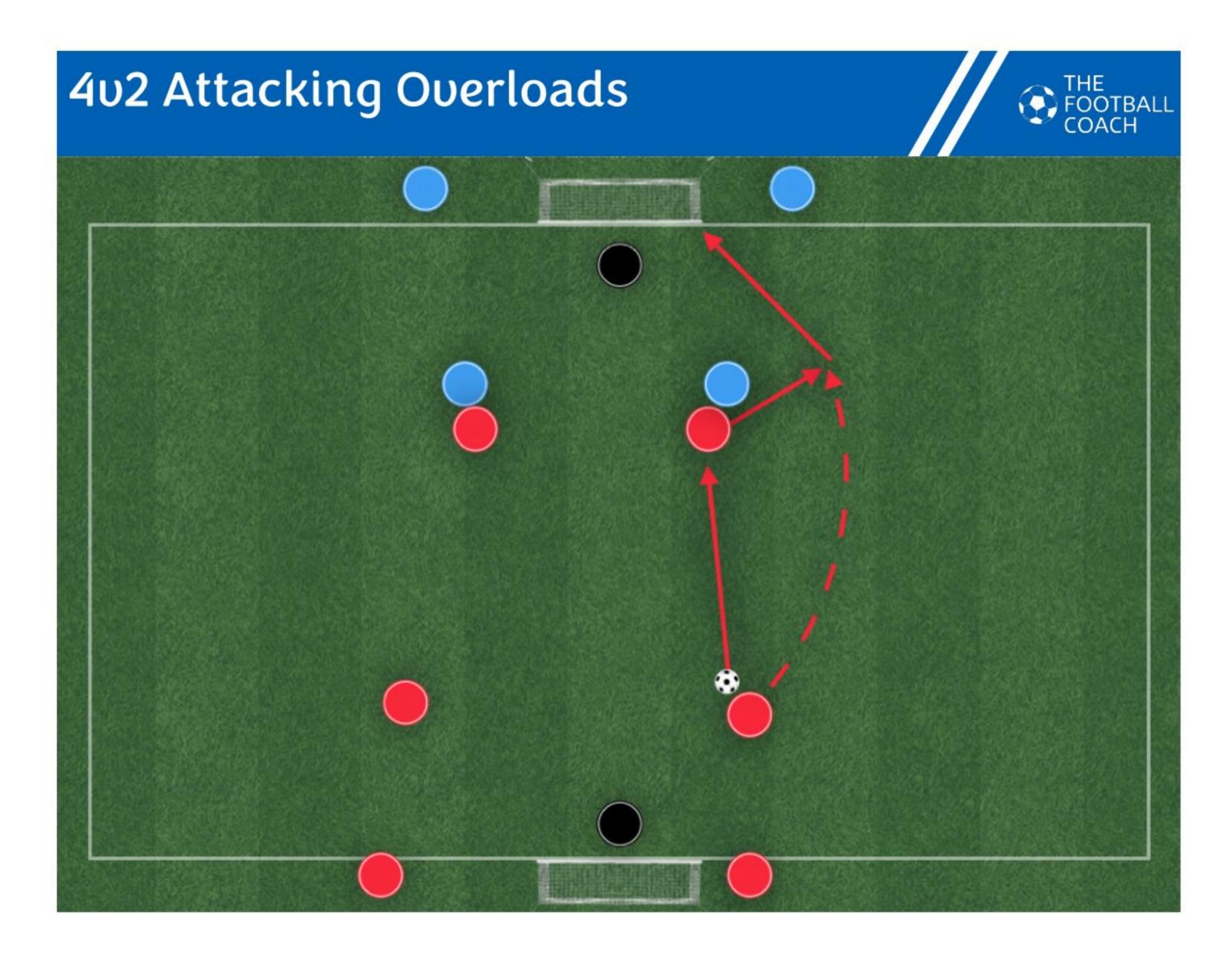
This is a challenge for a group of players for a few different reasons. It challenges players ability to think and deliver, they are forced to remember their role in the task itself, and their role within the team. Can we, as coaches, encourage the need to go forward, to be brave in possession and to not fear the risk or consequence of losing possession? We need to encourage and develop brave individuals.

INDIVIDUAL DETAIL

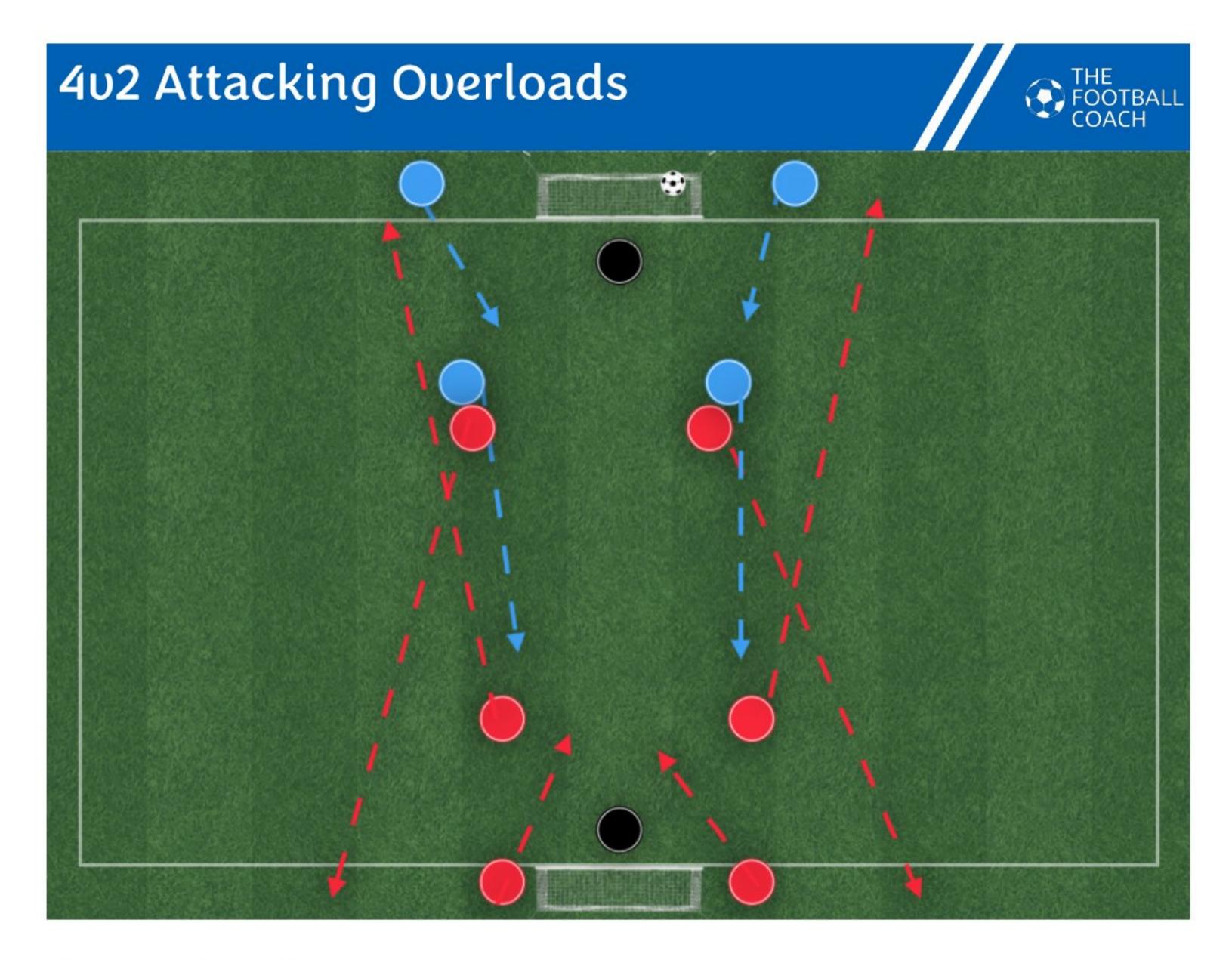
For attacking players, this creates great opportunities both in and out of possession in the attacking third. Can we encourage players to be brave, direct and ambitious when in goal-scoring positions? The session doesn't require huge coach interventions, but a coach who is willing to speak to individuals during their recovery time, someone who is willing to try and provide belief and understanding to the way in which they should behave in the final third.

PROGRESSION / ADAPTATION:

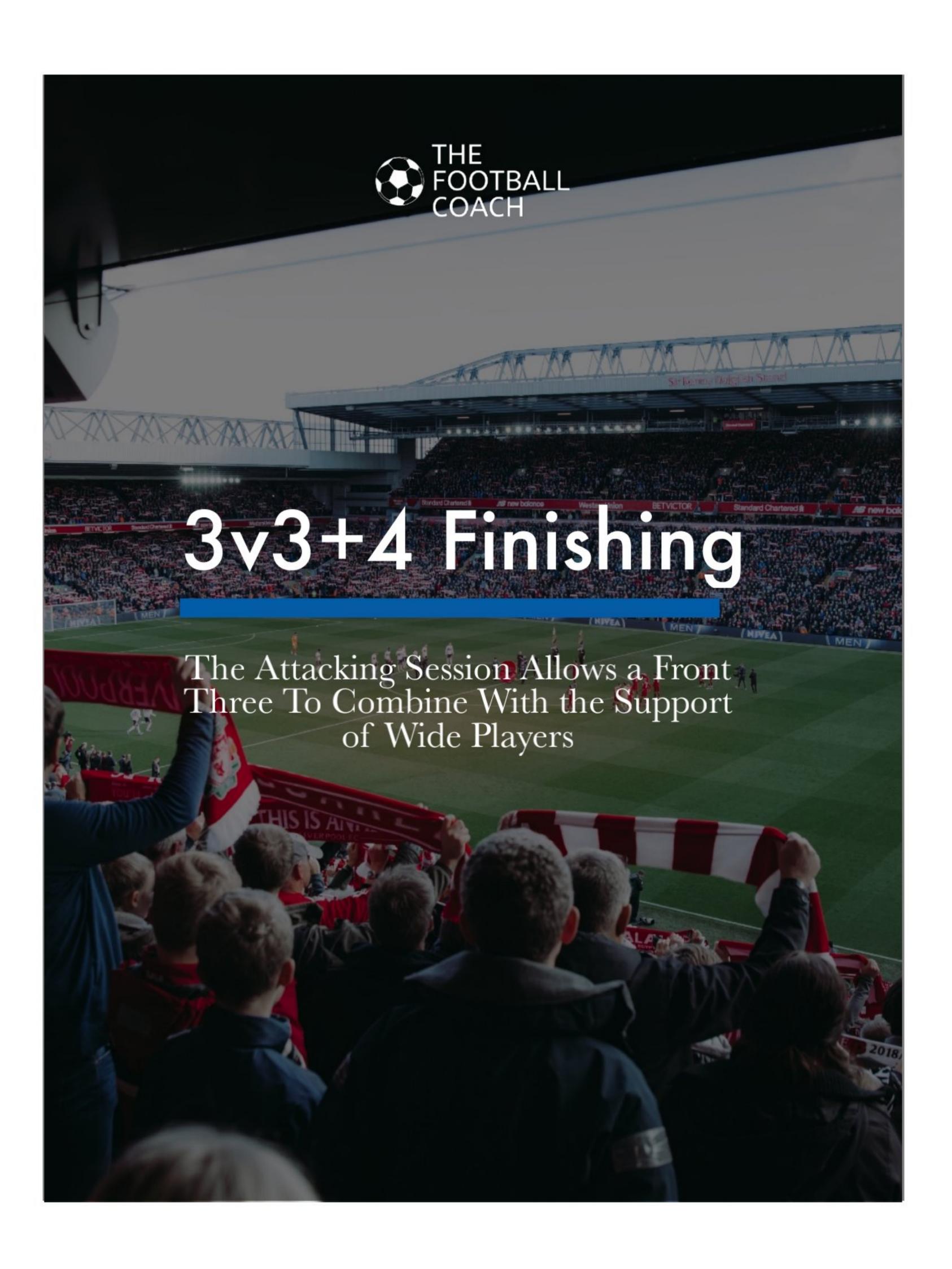
This session can be progressed to create a 3v3+3 in possession, this would take place in a much bigger area. For a regression, the same can be done to make this 1v1+1, this will naturally expose players to more 1v1 attacking and defending situations.



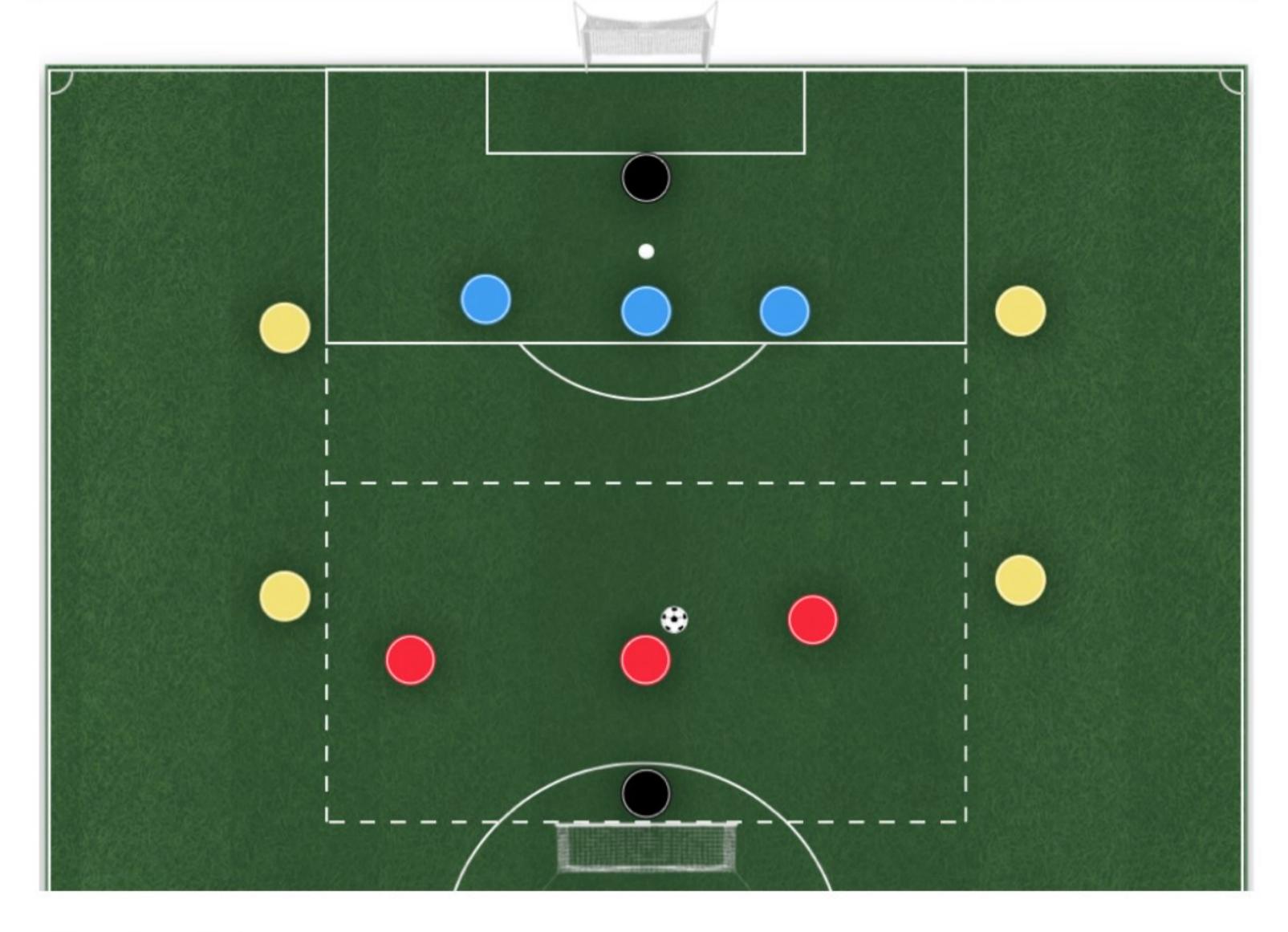
This first example shows how a simple give and go rotation can be used to create a goal scoring opportunity on the outside of the opponents' shape. In this example, the striker is pinning the centre back in, forcing the defenders to be narrow and allowing space on the outside for our attacking players. Once the striker receives possession, they are then going to dictate the pace of our attack. They might look to hold possession and encourage pressure, before releasing the ball into a wide area. However, they might look to speed the attack up and play the ball first time into the wide for the attacking player to run onto, then spin into the box, to look to receive a cross or rebound from a goalkeeper. Either way, it is important that we play with an element of positivity and intent, this will go a long way to convincing our players of the energy needed to upset the opponents' control.



The above image details the movement that each player makes at the end of the session. The session can be done in two different ways; when the reds go off, they can either join the back of the blue line (this means reds will play reds) or the reds can always join the back of the queue (reds will always play blues). In this image we can see how the task complexity can cause issues within the session. We must ensure that players are aware of the rotation and the role within the session. Can we also challenge players to play through the opponent, not just around? In order to do this, can the two attackers look to play further apart, to allow the two deeper players to run beyond the attackers and penetrate the central space. This will be a more challenging rotation for players to achieve, but can be more rewarding because of the location of the run.



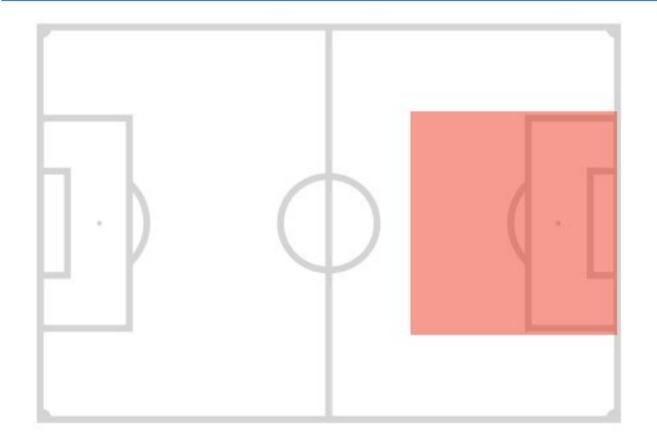




Session Setup:

This session sees a 3v3 take place within the central area, whilst the wide players overload the team in possession, to create a potential 7v3 in possession. The session takes place in a realistic position and offers attacking players the opportunity to combine in the areas they are likely to find themselves in games. We want to try and use the wide players to offer support to combinations and to put the advantage in the attackers' half. This means we will experience a high repetition of attacking opportunities. Can we encourage players to be positive and play forward? There is the opportunity to restrict time in possession, to encourage forward and passing and positivity in possession.





WORKING	RECOVERY	BLOCKS	TOTAL
180 SECS	60 SECS	5	20 MINS

GOALS	SPACE	PLAYERS
2	30X20 YARDS	12

COACHING DETAIL

The challenge for coaches within this practice is to allow the players to try and work out the rotations, this is a more fluid practice compared to the positional practices. The setup should match that of our match days, can we give the framework to the players? This will allow them to them find the creative rotations within that shape.

INDIVIDUAL DETAIL

Let's focus on the outside forwards within this practice, how do they effect the practice when being challenged to play between the outside player, and the central striker? Can we encourage the outside players to make movements up and down the line, to open space for our outside forward to run into. We must always have communications between those players, for example if the central striker comes deep, can we encourage the inside forward to run beyond the defensive line?

PROGRESSION / ADAPTATION:

This session can be adapted to have one wide player on each side. This way it can be completed with 10 players to adapt to smaller numbers. It can also be completed with 4v4 in the central area, to create a diamond with extra playing lines.

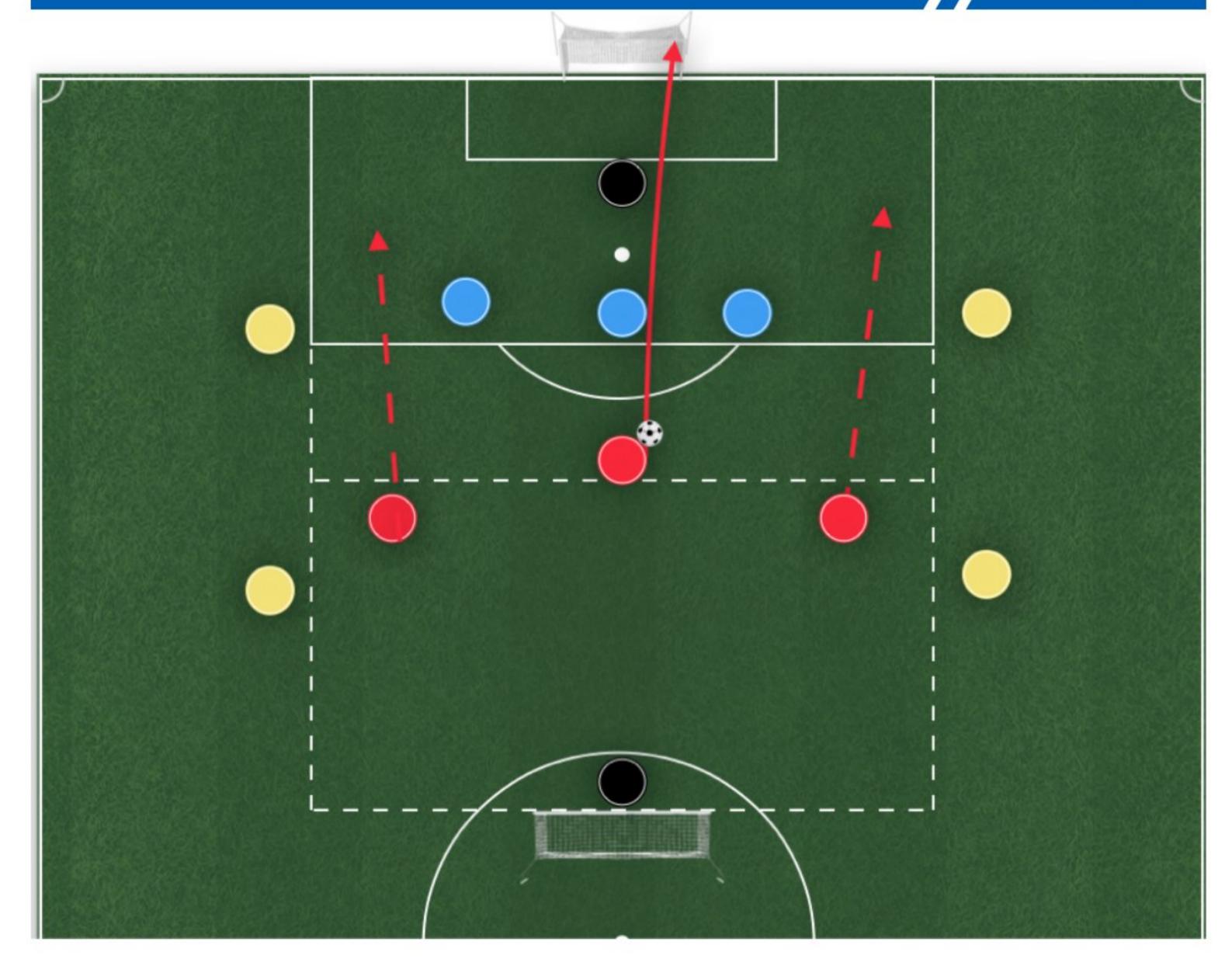




Session Detail:

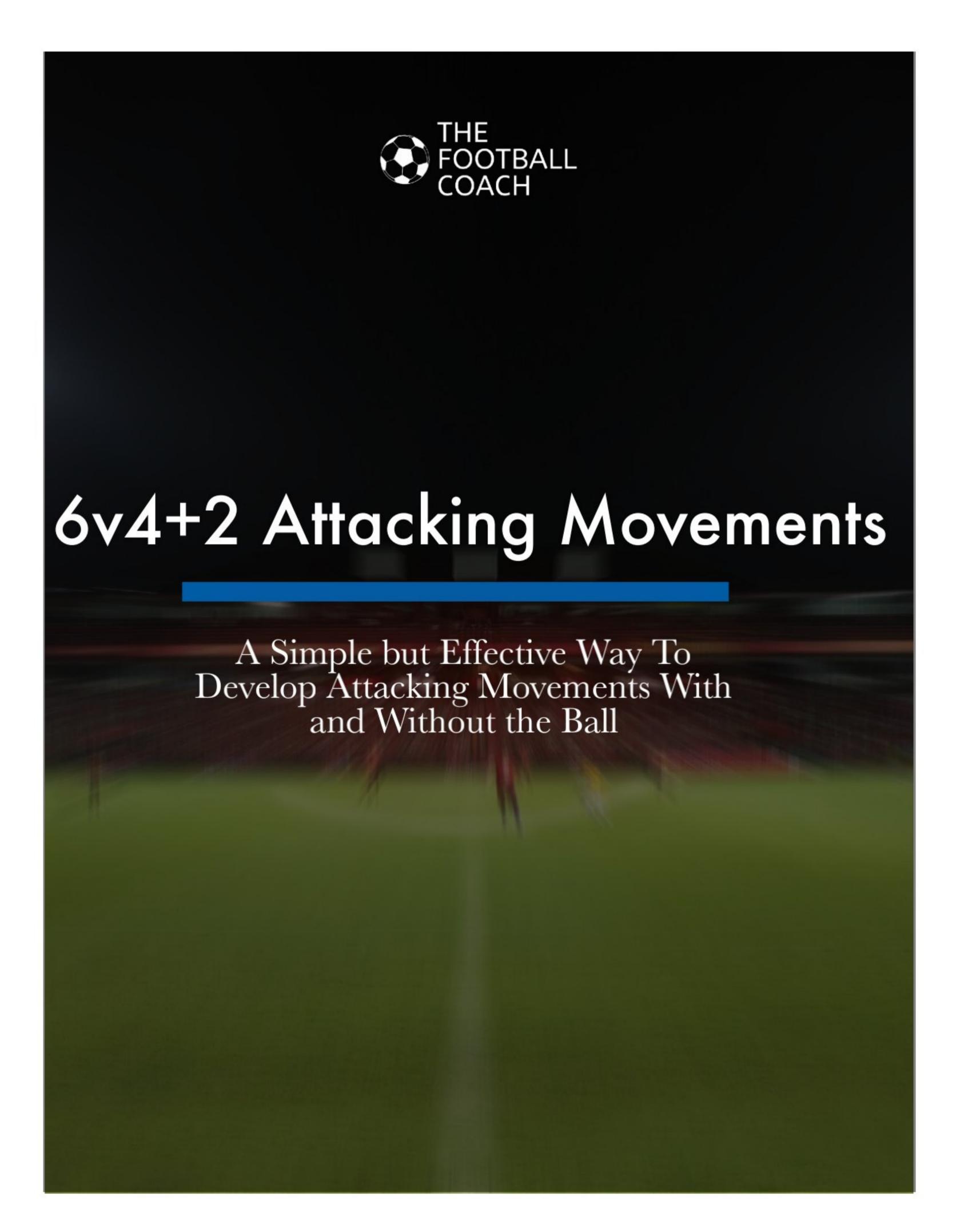
Within the first images, we see how the moment can be difficult within the session. As the ball travels wide, the blue applies pressure to the yellow. This creates a moment where the yellow can become disconnected and isolated and threat our possession of the ball. In these situations, can we encourage players to work in pairs, to open space behind the opponent? In this situation, would we benefit from the left-sided player having possession of the ball? This would allow the central player to run through the space left by the pressing, left sided defender.





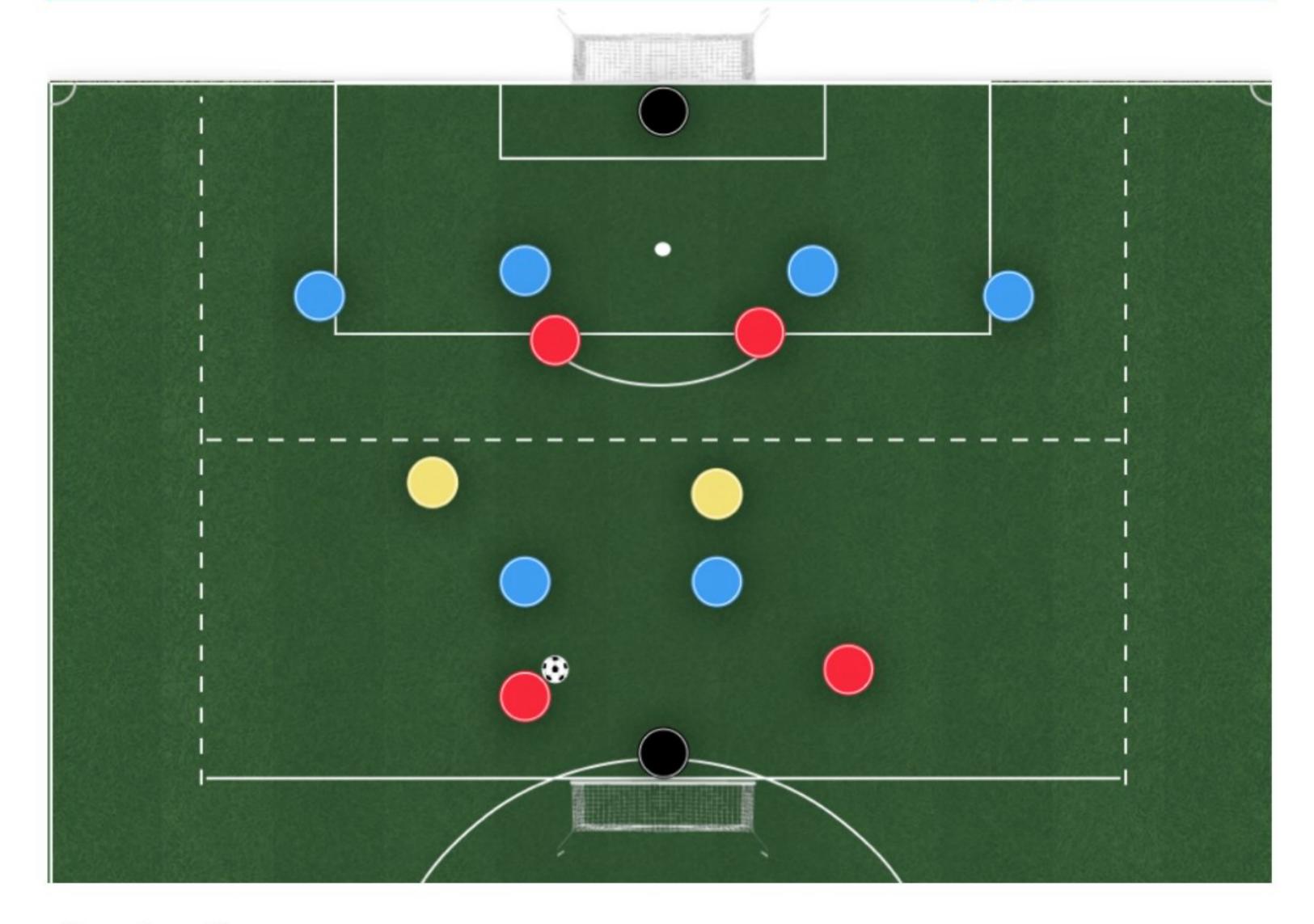
Session Detail:

The second image shows the difficult moment that is created when the ball is in a central space. In this example, the central player is forcing the central defender to step out and apply pressure to the ball carrier. This should naturally narrow the defensive line and give space to the wide attackers to run in behind and offer options to receive possession. If there is no pressure applied to the ball, it will provide the ball carrier with space and time. If this happens, it might give opportunity to our player to shoot from distance, as the example shows. This might be a more specific detail, dependent on the individual.



6v4+2 Attacking Movements



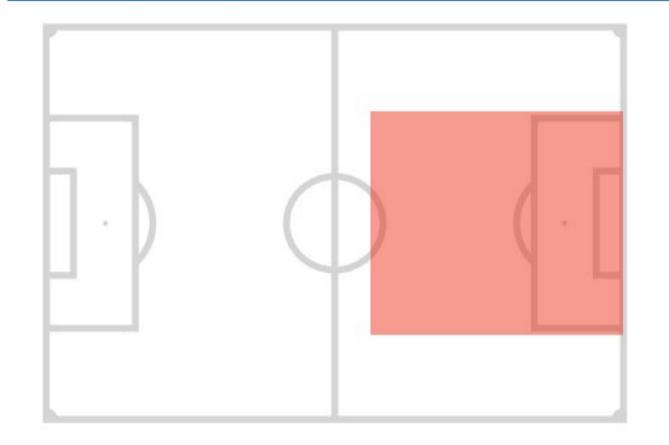


Session Setup:

This is quite a unique session that will provide finishing opportunities at both ends of the practice. The reds look to attack the blues, with the support of the yellows whilst they are in possession. This creates a 6v6 in possession, if the blues win possession back from the reds, they are able to counter-attack with an 8v2 overload. This will create a practice with consequence as the reds in possession will be playing with equal numbers but if they lose possession, this will create a 8v4 overload. This can be manipulated, but is an effective way of creating different types of finishing opportunities. We will see positional attacks with offensive structure, as well as counter attacks from the blues.

6v4+2 Attacking Movements





WORKING	RECOVERY	BLOCKS	TOTAL
420 SECS	60 SECS	5	40 MINS

GOALS	SPACE	PLAYERS
2	45X30 YARDS	14

COACHING DETAIL

For any coach, this session provides an interesting challenge both in and out of possession. In possession, for the reds, they can play with real structure with a 6v6, but they must also have defensive balance, this is because they know if they lose possession they'll be overloaded 8v4 out of possession. This should bring realism and structure to their technique, in and out of possession

INDIVIDUAL DETAIL

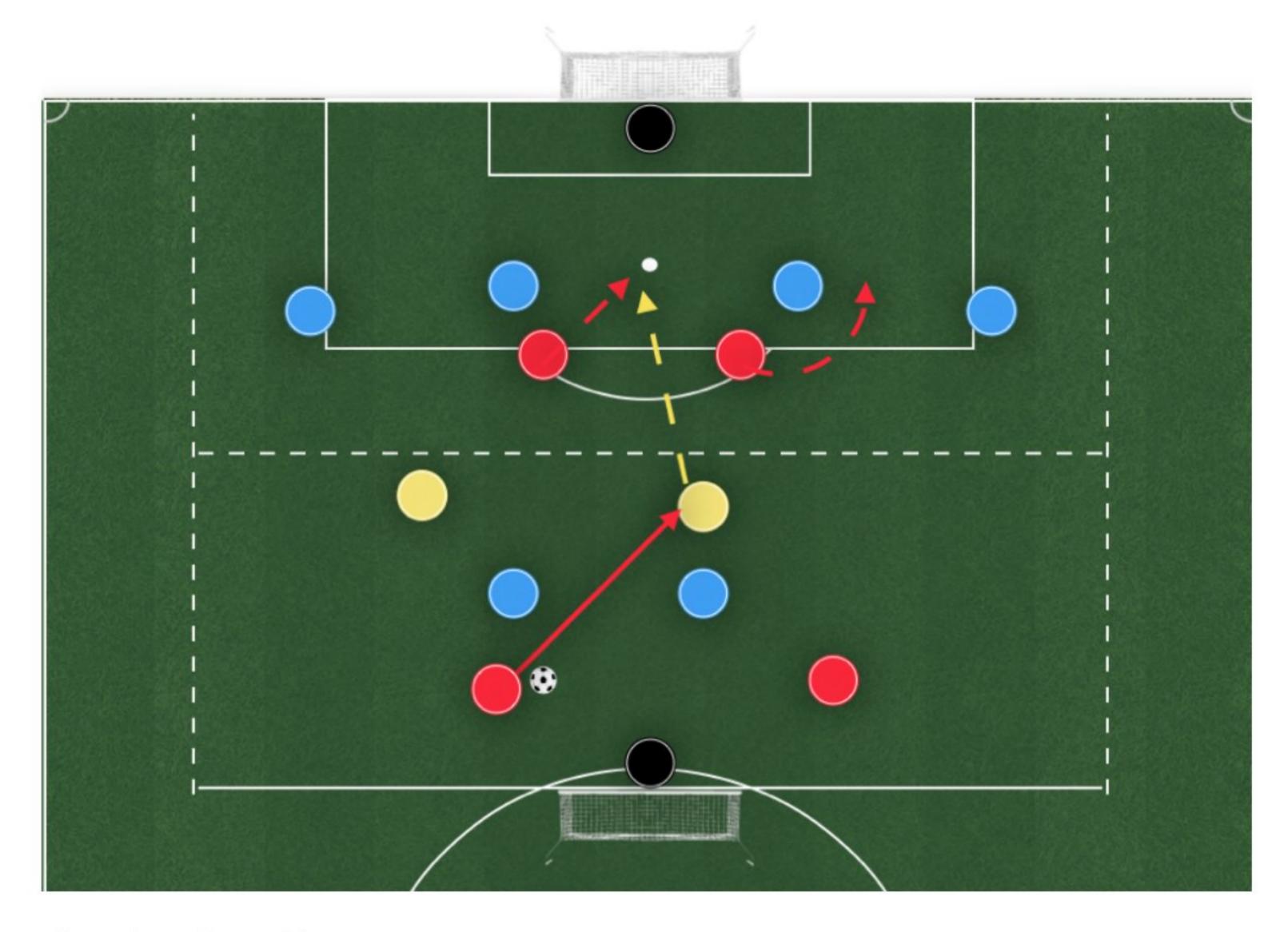
For the yellow players, their involvement in possession, for both sides, will be vital. Can they recognise the difference between the two teams when in possession? For example, when attacking with the reds, they will likely need to be more patient and probing in their role. However, once the blues win possession back, they are playing with an 8v4 and this should give them lots of opportunity to play quickly, in behind the reds.

PROGRESSION / ADAPTATION:

This challenge can be manipulated, dependent on the needs of the group. A midfield three of yellows can be added to make sure either team has the opportunity to have an overload in possession. This means we would see a 9v4 or a 6v7. Either way, we would see an overload in possession.

6v4+2 Attacking Movements





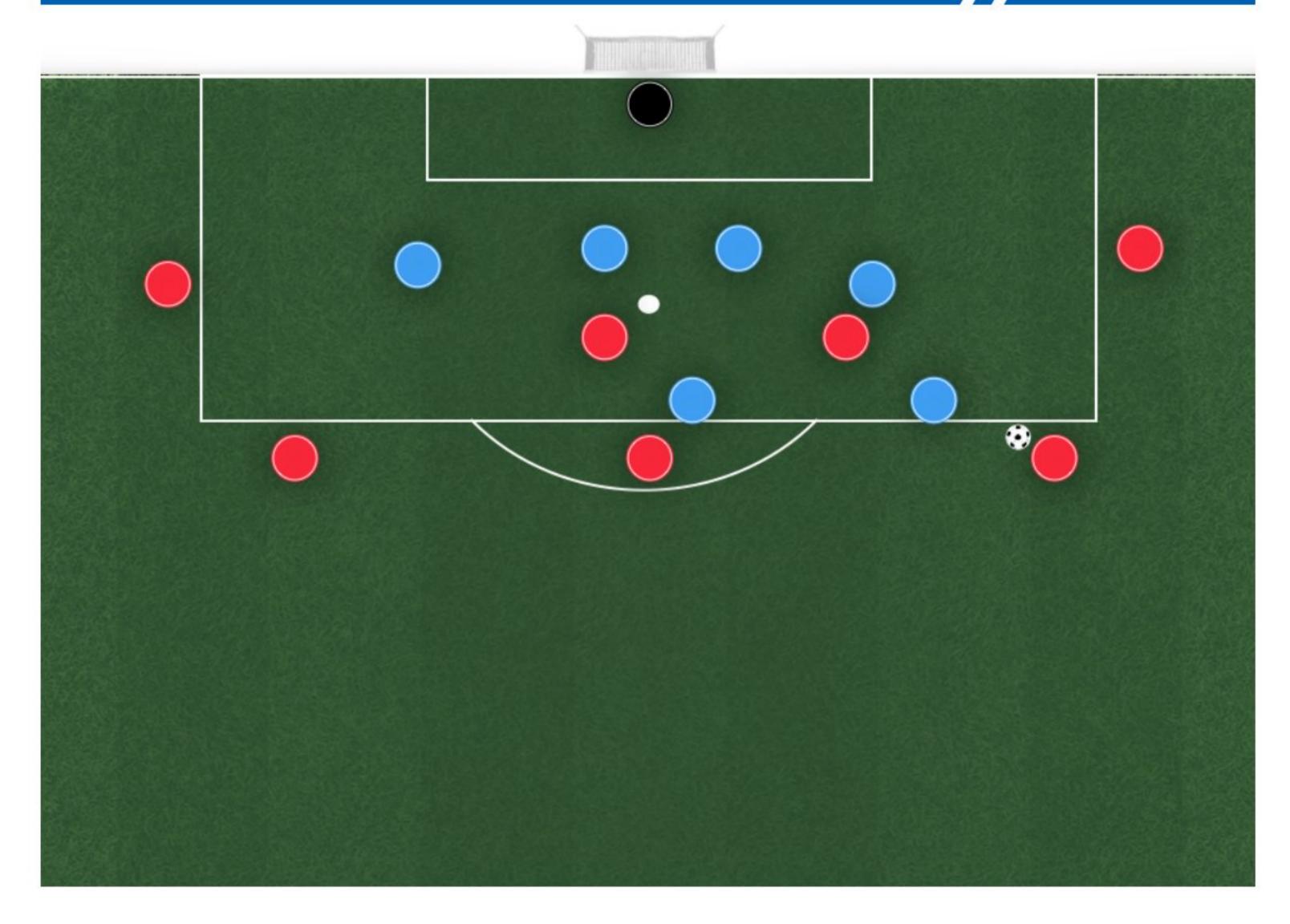
Session Detail:

This example can be tactically linked to the game we play. As we can see, the blue screen is high and looking to apply pressure, this is common in Premier League games, and a scenario we would likely see. When this happens, can we try to find diagonal passes through the screen, in order to open up space in behind? This might involve the yellow just moving away to create a receiving angle. Once this pass has been made, the yellows will be creating a 4v4 if they're quick with possession of the ball. Can our centre-forwards look to manipulate the blue back four, to open a space between the centre-backs? As we can see, the first striker has tried to pull the first centre-back away, if this happens the second striker should have space.



Breaking Down the Box



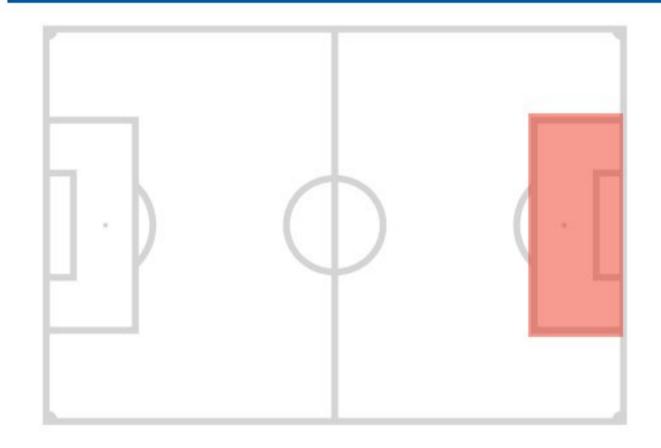


Session Setup:

This session is one that can be delivered close to a game, this is due to the lack of distance covered and the total volume of the work. It is also a highly enjoyable practice where players are communicating and enjoying the competitive element of football. The session setup is very simple. Two teams play each other, the penalty box is the area. The blues defend the penalty box, whilst the reds setup around and inside the penalty box and look to score. Each team spends a specific amount of time in possession (lets say four minutes), the team who score most win. This session will recreate all of the attacking moments we see in games around the box. The challenge for players will be to create space and shoot on sight.

Breaking Down The Box





WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
1	GOAL AREA	14+

COACHING DETAIL

The competitive nature of this practice is the **key** element for coaches to maintain, as the session continues, the players will provide a realistic intensity, if they buy into the competitive element. During the four minute period, maintaining the intensity and focusing on the aim of either emergency defending or creating space must constantly be reinforced, without intervening in the session

INDIVIDUAL DETAIL

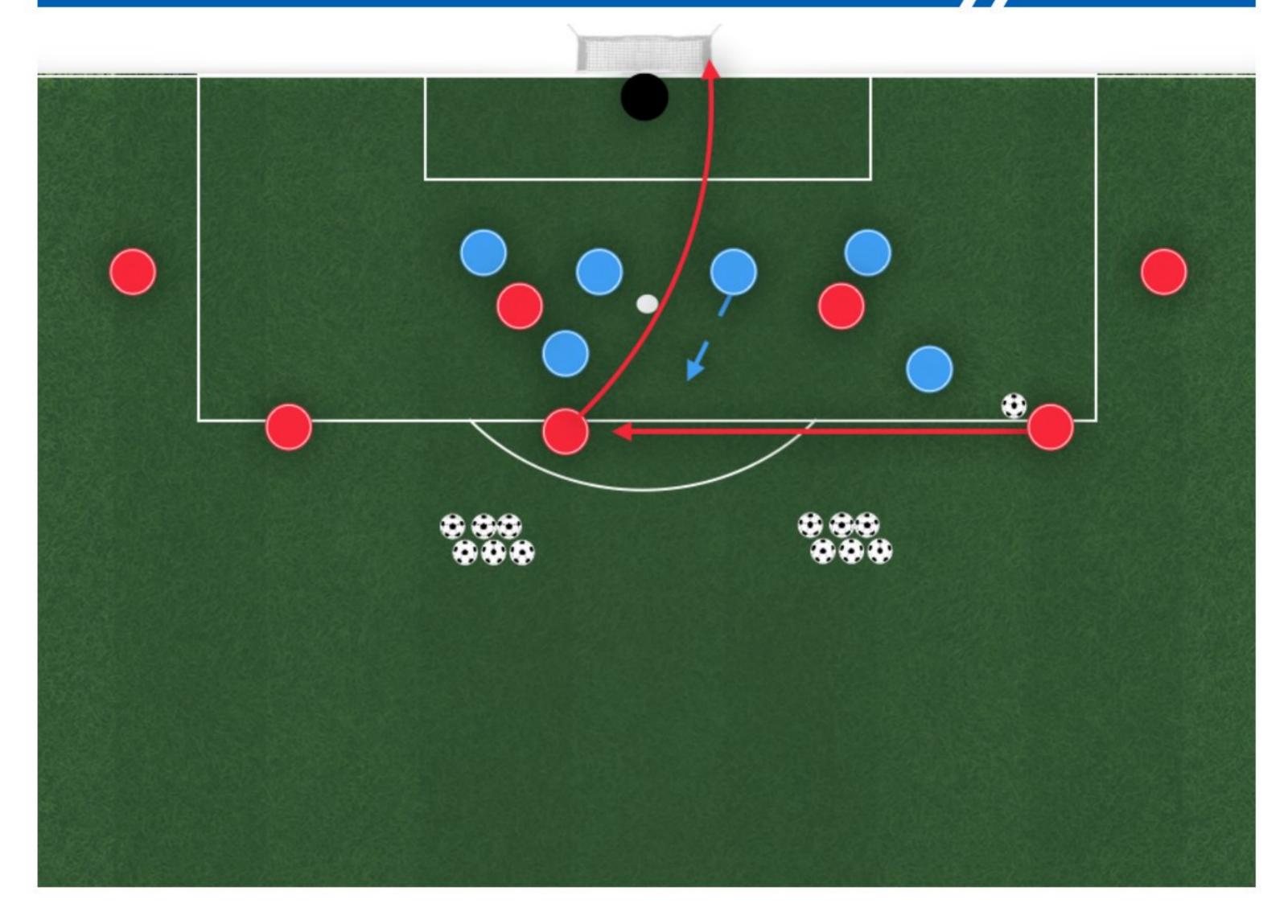
For individuals in possession, the key is to try and create space either for yourself, or a team mate, in order to create a goal scoring opportunity. For the central players, can they act as pivots to combine and change the angle of attack? However, can they look to play on the shoulder of the opponent, so if the opportunity is created, they can turn and play through the lines?

PROGRESSION / ADAPTATION:

One touch finishing can add an element of difficulty to the practice. To increase the opportunity for the team out of possession, target goals can be placed further up the field of play, if they hit these target goals they can receive points even when not shooting. This will create counter-attacking realism in the practice.

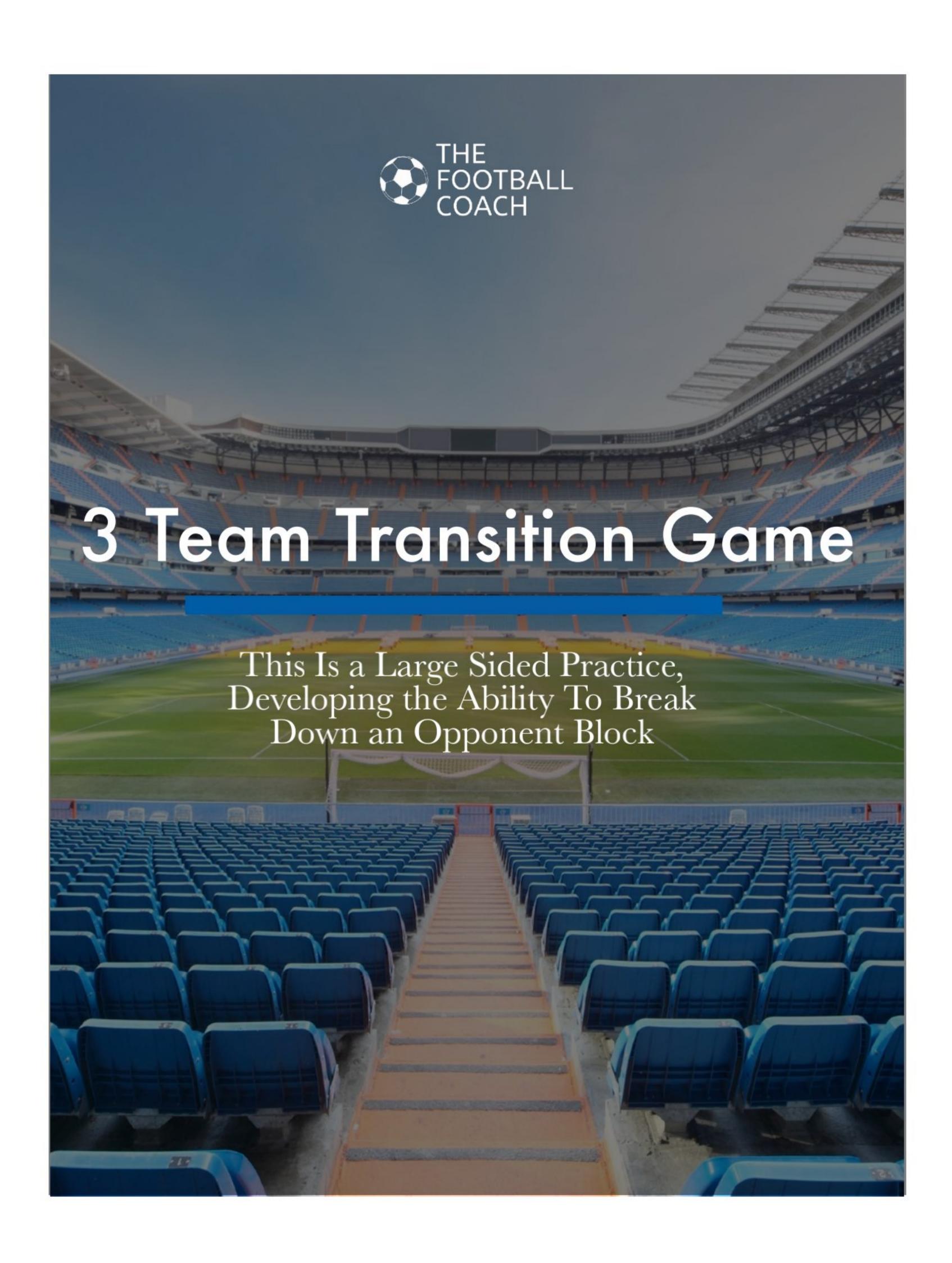
Breaking Down the Box





Session Detail:

The above image demonstrates how our teams might look to open the defensive line, to create a goal scoring opportunity. As we can see, the blues are compact and narrow, limiting the space we have to play within. The ball is situated on the right hand side of the box and the blues create their shape based on this position. What we are trying to do is constantly move the position of the ball, so the opponent has to change their shape to block the gaps. As soon as the opponent fails to cover the gap and press the player, it gives us an opportunity to shoot. Being able to shoot first time will be a highly important trait, this way we will be able to consistently move quicker than the opponent. This will allow us to hopefully find success against an overloaded penalty box.



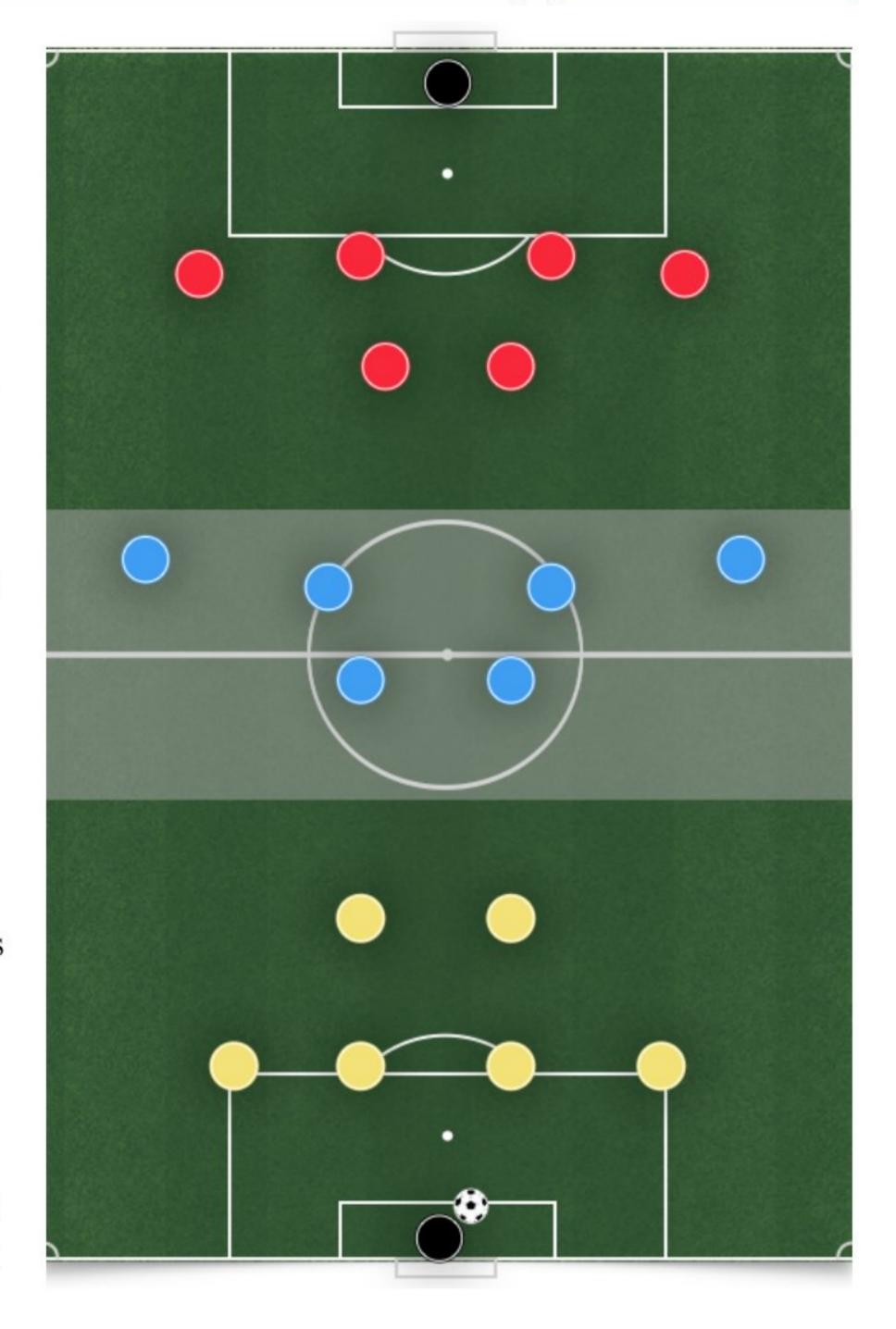
3 Team Transition Game



Session Setup:

This is a much larger session, involving a minimum of 20 players, it can be played with a maximum of 32 players. The session involves two goalkeepers, one at each end as-well as three equal teams.

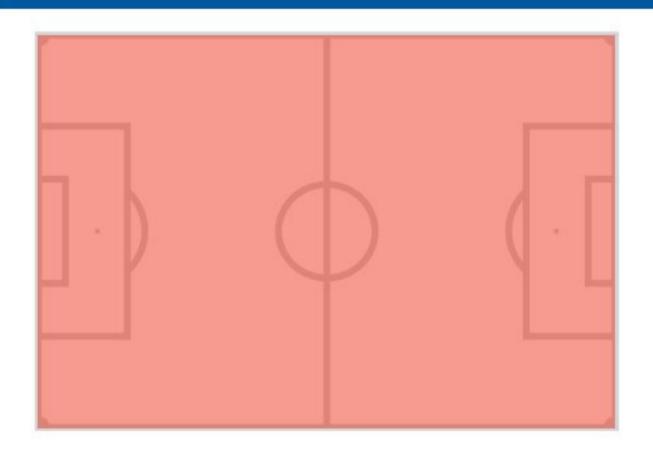
The practice then starts with the blues attacking one of the two end teams. For example, the blues attack the reds in a 6v6 (+GK), once this breaks down, the team who have possession breaks out and attack the yellows. For example, if the blues score, they keep possession and go and attack the yellows, this would mean the reds stay where they are. However, if the reds win possession back, or the blues miss, the reds will now break out and attack the yellows.



This cycle continues for as long as the session runs for. It is important that the session links to the philosophy of the coach, the shape can be changed to match the demands of the coach, it is also possible to put time limits on the practice to ensure that each attack carries purpose and intensity. Without a time limit, it is very possible that the session can become slow and stagnate.

3 Team Transition Game





WORKING	RECOVERY	BLOCKS	TOTAL
540 SECS	60 SECS	5	50 MINS

GOALS	SPACE	PLAYERS
2	FULL PITCH	20+

COACHING DETAIL

For any coach it is important to understand this practice, and what it can offer us. Each team we attack will always be organised in a block behind the ball. This means our players we need to find a method of unlocking space behind the opponent.

Other sessions previous to this, have shown methods in unlocking space, it is important we transfer that learning into this session in a realistic way.

INDIVIDUAL DETAIL

Can we make sure that the players in key positions with our team, are within key positions? This will make sure the situations created, have importance on the practice. One of the key elements we want to avoid is the session becoming slow. Can we ensure our central players move the ball quickly and transition from end to end with purpose? This also means the side out of possession must stay high, to ensure the practice doesn't have lots of space in between units.

PROGRESSION / ADAPTATION:

This session can be progressed from a 1-4-2 to a full sided in each space. This will make it more difficult to penetrate the opponents block. The space can also be reduced to a 2/3 pitch, to challenge the penetrating abilities of our teams in possession.

3 Team Transition Game

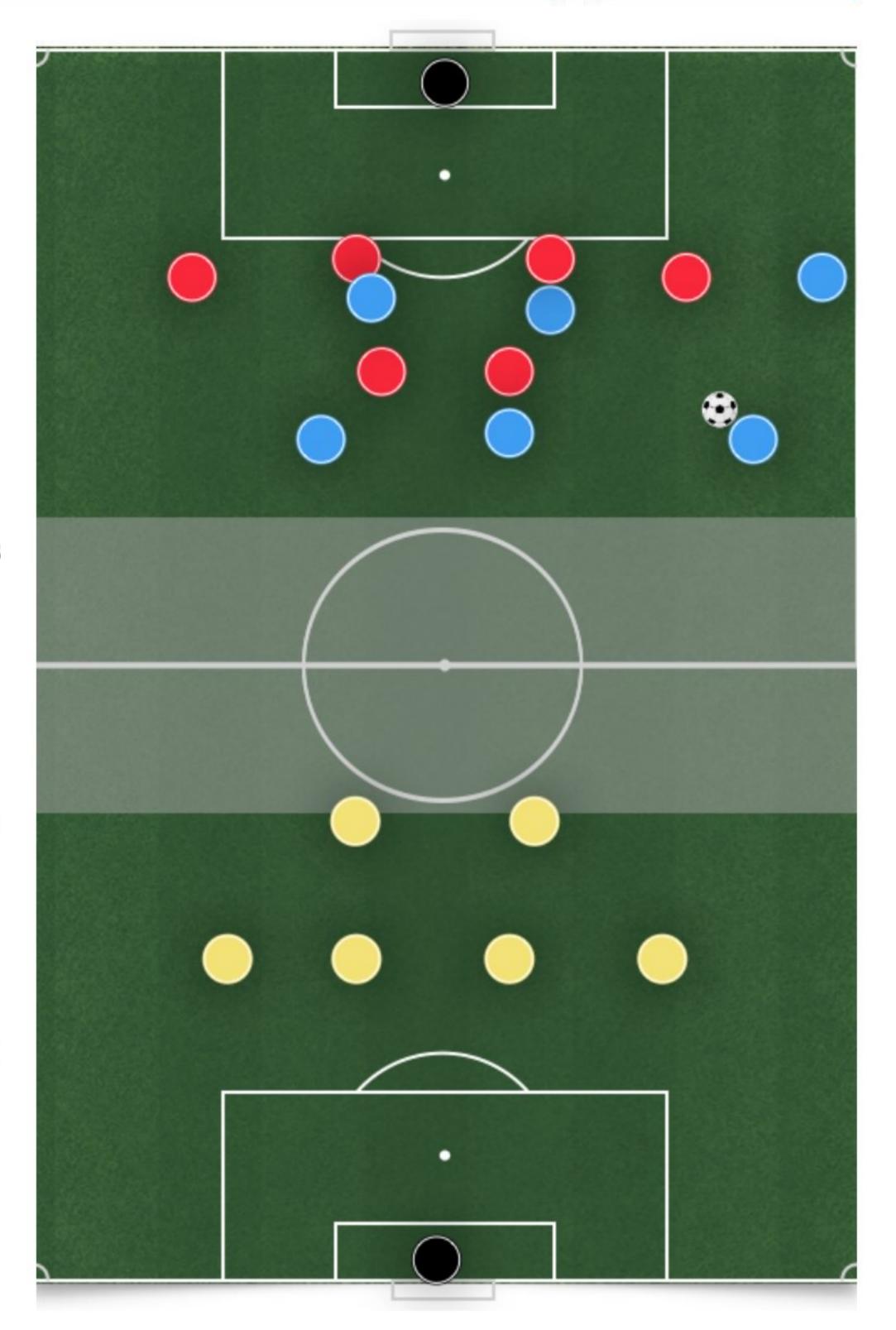


Session Detail:

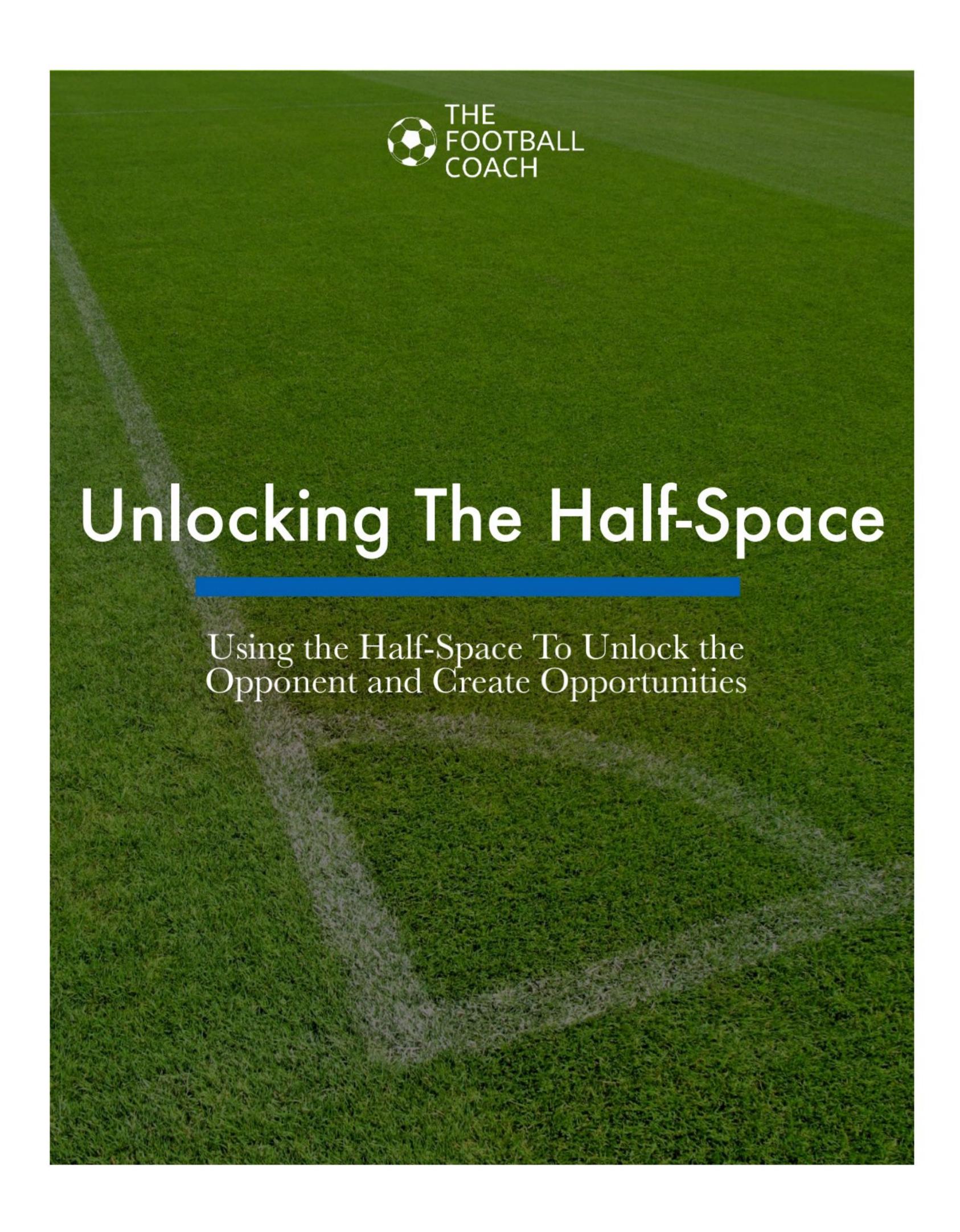
As we can see in the image, it is possible to adapt the tactical structure of the units, to match the needs of the coach and environment. In this example, the blues have switched in possession to a 1-4-3-3 with the two forward units apparent to see.

It is important that this session is a follow up session to some of the smaller sessions within the book, this is because the players will need to have been exposed to some of the attack rotations that can open space up behind the opponent.

Within this session detail, we don't aim to provide any scenarios, this is because this session can

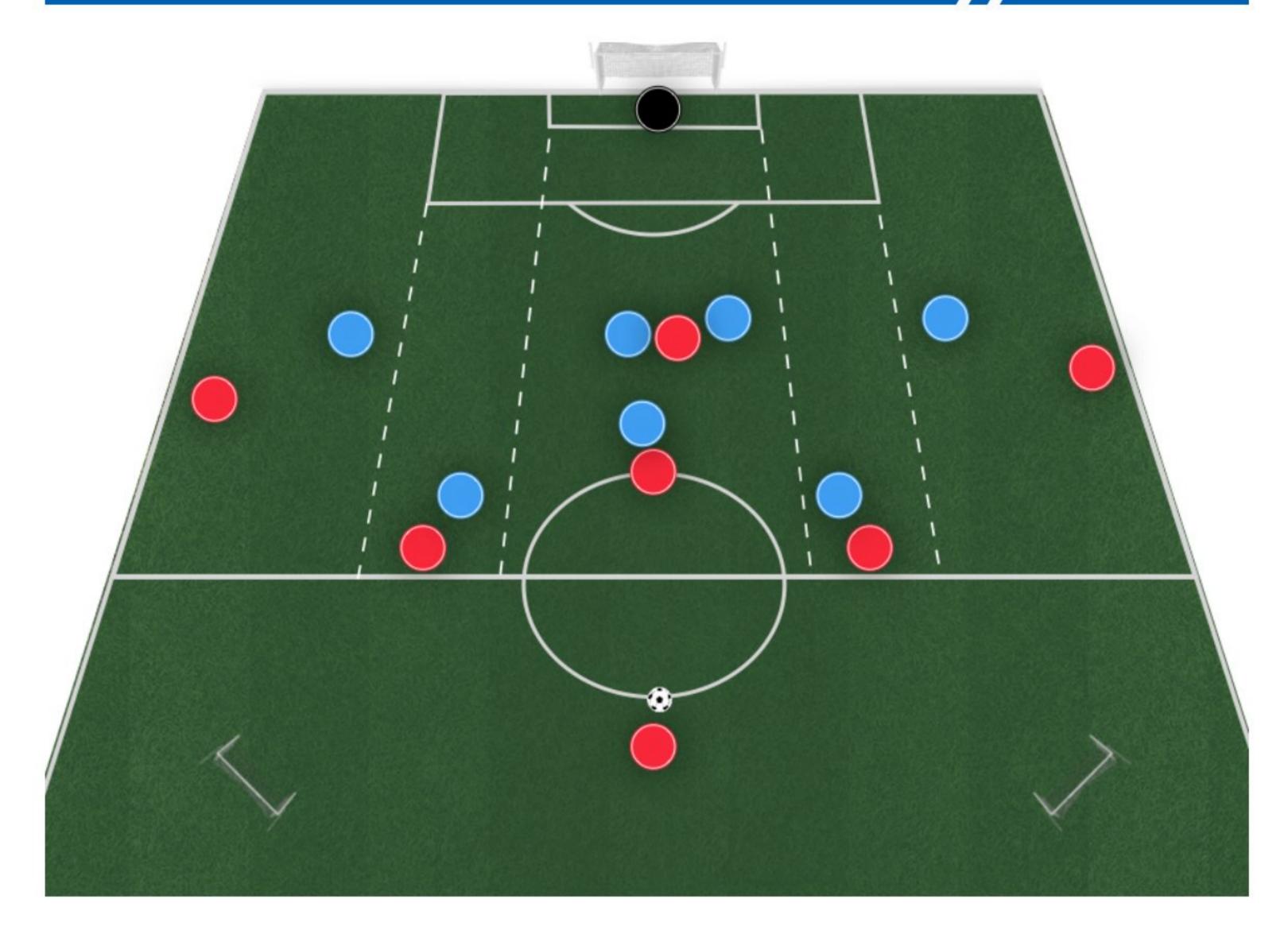


be the opportunity to demonstrate the understanding gained from other small sessions, that have already been delivered.



Unlocking the Half-Space



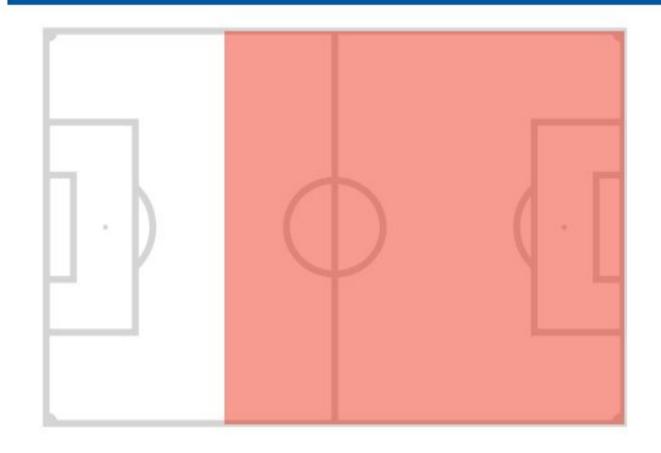


Session Setup:

This session, which takes place in 2/3 of a pitch sees the reds attack the blues, using a diamond midfield and a front three. The opponent in our example will play within a 4-3 shape, representing the most common shape we see from our opponents. This does mean the session is a simple 7v7 that can be opened up into a bigger session, if needed. The idea of the practice is very simple, the reds look to score at the top end, using the half-space where possible, the blues look to win possession back and attack the two end goals. Once the blues have attacked, the blues might be out of balance, this will provide opportunity in a moment of exposure for the blues.

Unlocking The Half-Space





WORKING	RECOVERY	BLOCKS	TOTAL
360 SECS	60 SECS	5	35 MINS

GOALS	SPACE	PLAYERS
3	2/3 PITCH	20+

COACHING DETAIL

Within this practice, knowing where and when to step in will be very important. If we see the same mistake made multiple times, it might be a trigger for us to support the players by stopping the session and becoming involved. The key things for us to try and get involved with are players recognition of movements, if player 'A' makes a movement, how does it effect those around them?

INDIVIDUAL DETAIL

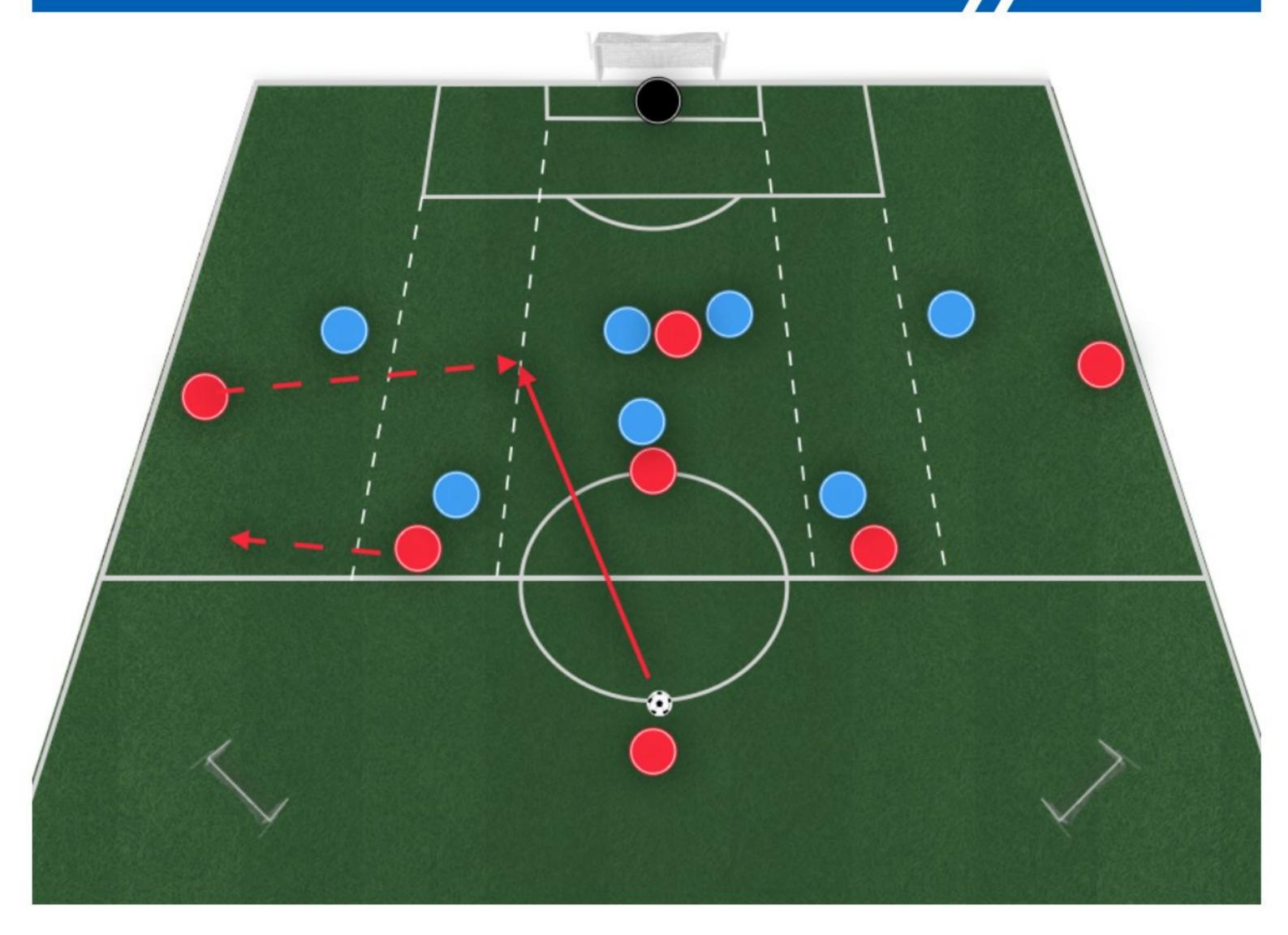
How can individuals hold positions to influence the opponent? The half-space can be a really important area to attract pressure from the opponent, creating a 1v2 that leaves space for other players. Can we provide players with the detail and the importance of the position? Then give them opportunity to experiment and trial with different movements, in order to manipulate the space and exploit the opponent. This will naturally take time to create success.

PROGRESSION / ADAPTATION:

Adding additional units to the practice will increase the realism and the challenge to the team in possession. Adapt the shape so that the practice suits the needs of your team. One challenge will be to limit players to only playing forward, this will challenge the players to make more authentic and needed runs.

Unlocking the Half-Space



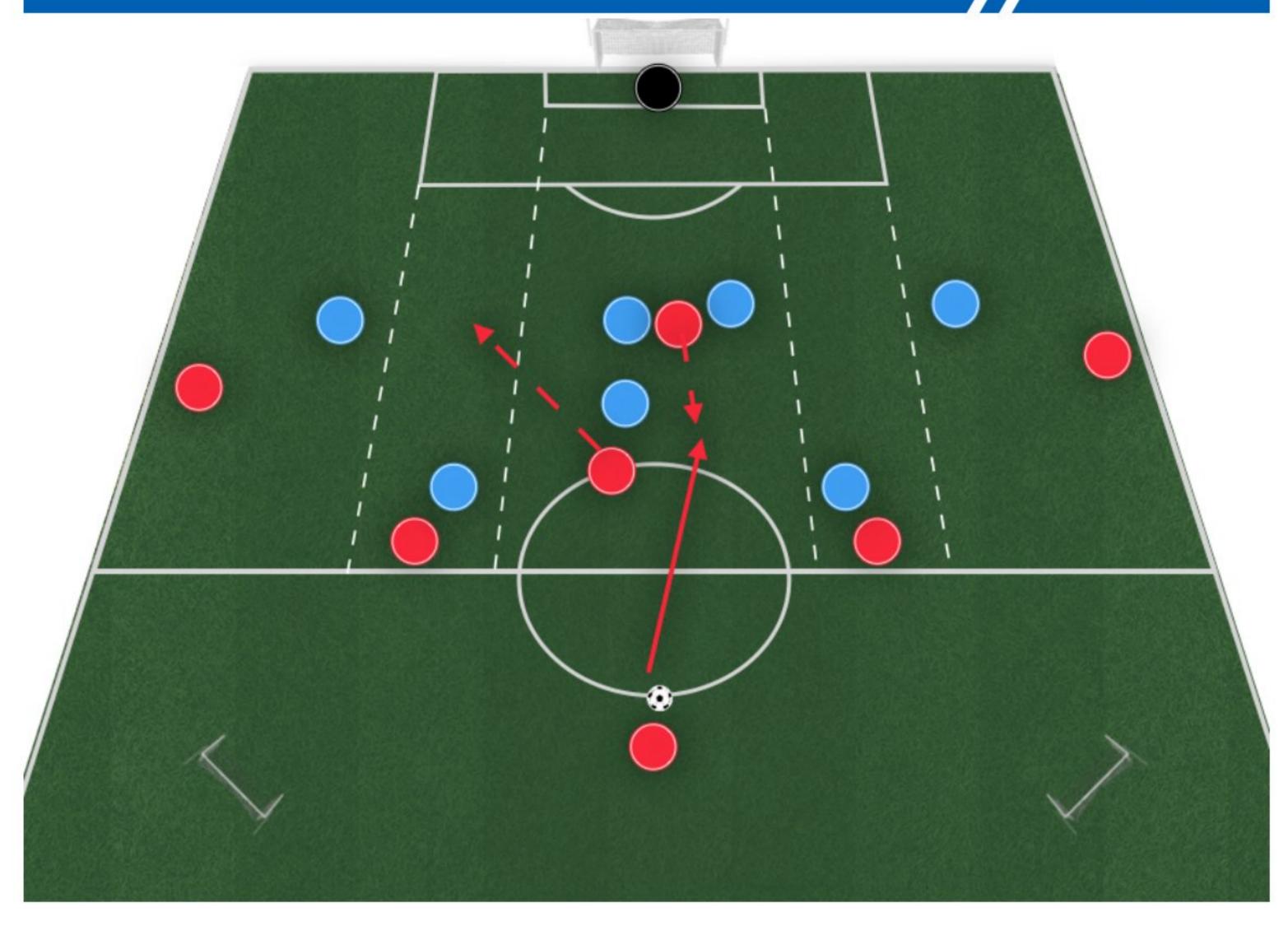


Session Detail:

The first image shows a movement that can be performed to open the half-space, for the wide player to be within. The key to this is at all moments of the rotation, we have all five lines occupied. The pass into the half-space, if performed correctly, can actually open space behind the opponent if we have poor movement from the opponent. As the midfield player makes their movement from the half-space to the wide area, the blue winger, should naturally follow. This will leave a space in front, then our wide player needs to make their movement across the front of the full-back. By making the run across the front of the opponent, they are able to either receive on a diagonal run into the gap between, or receive in front, with space for an overlapping midfield player.

Unlocking the Half-Space





Session Detail:

The second image is slightly more complex to demonstrate in one frame. As the central player has possession, the number nine makes a movement towards the ball to receive possession. This will compact the two centre-backs and force them to step higher to try and match the movement. As this happens, the 10 looks to spin in behind, using the half-space as the lane to run into. This will stretch the opponent significantly. Do the full-backs cover the run of the 10 in behind? Do they stay outside with the red wingers? Once the nine has received possession, they can look to turn and play the pass, if there is no pressure on the ball. If there is pressure on the ball, can they bounce back in to the 10 and try to find that threaded pass into the half space?



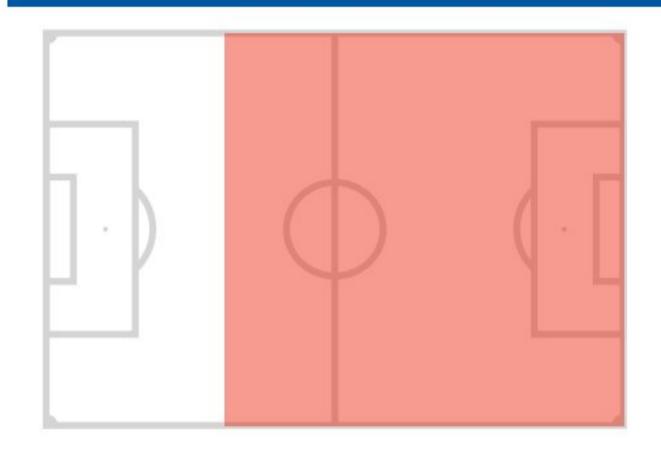




Session Setup:

This session is a direct progression to the last session 'Unlocking the Half-Space', within this session we have now seen the practice open up into a 9v9+GK. The practice takes place within a 2/3 football pitch, with the reds looking to combine to break the opponent down and score. The practice involves some positional importance, to lockdown the half-space and challenge the opponent. The half-space will again be of significant importance, but it is now even more important as to how we get the ball from the defensive line, into the midfield line with effective use of the pitch.





WORKING	RECOVERY	BLOCKS	TOTAL
600 SECS	120 SECS	5	60 MINS

GOALS	SPACE	PLAYERS
3	2/3 PITCH	20+

COACHING DETAIL

This now becomes a large sided practice, where the realism has increased and so has the challenge. The session runs for 10 minutes, so players will repeatedly see similar situations over and over. We, as coaches, can stop and intervene, but we must focus our attention on the body position and positioning of our players, to ensure that the detail can improve the practice.

INDIVIDUAL DETAIL

When individuals are playing within the practice, we are looking to manipulate the opponents shape by controlling the five lines we have. The movement without the ball will be a key factor in creating space. We must also focus on receiving body position, encouraging players to receive with an open body position to prevent the opponent applying pressure on the blind side.

PROGRESSION / ADAPTATION:

To progress this session, the two end goals can be changed into one goal and make this a 9v9 game. Leaving the lanes on the pitch will give players a reference point to position their attack. This should then transfer into games with more fluidity and understanding.

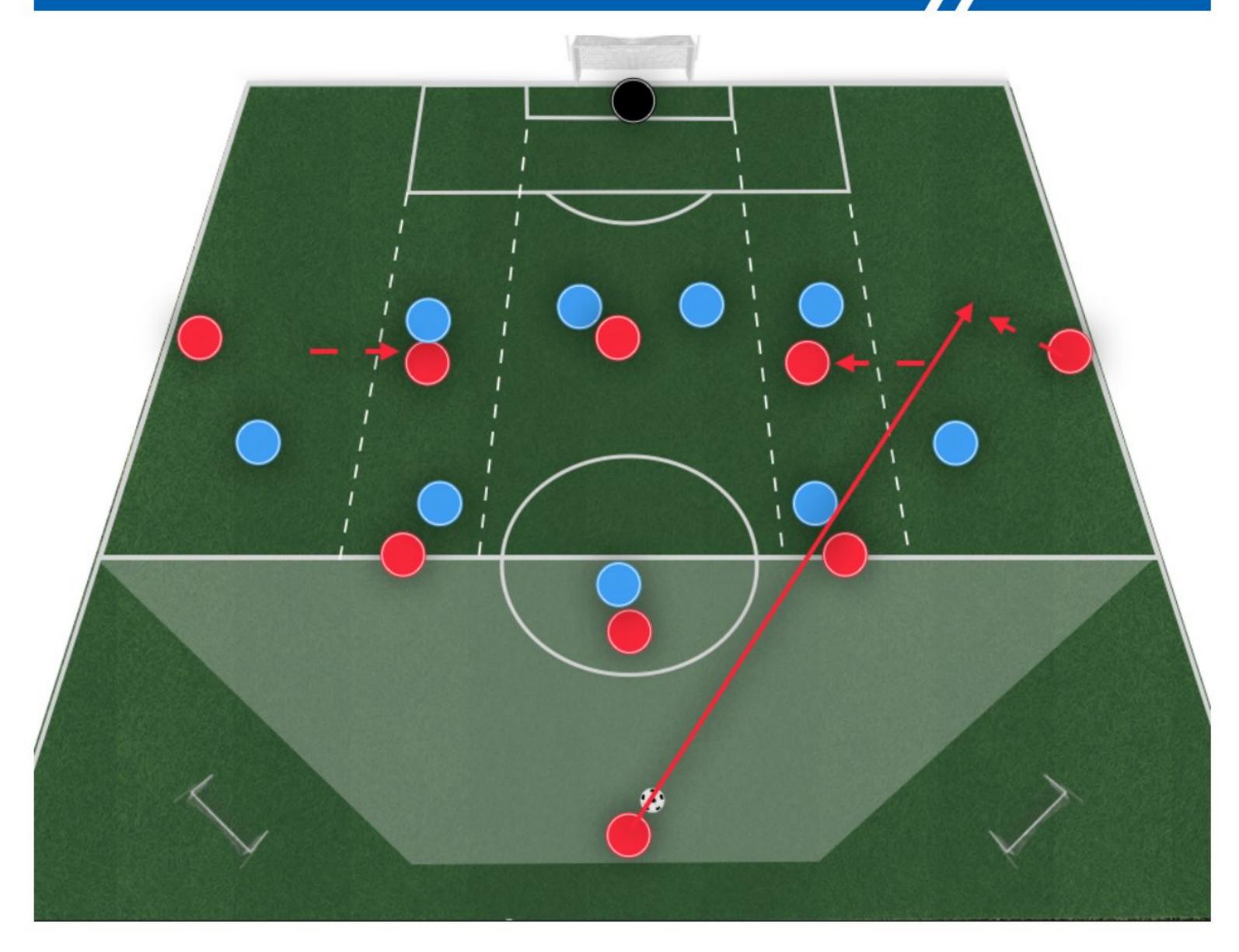




Session Detail:

The first image here shows the two midfield players occupying the half-space quite deep, attracting the pressure of the midfield screen. As the red has possession, the deep lying midfield player moves across the opponents' 10 to receive possession. Once this happens, the nine looks to come down the line, to receive possession. With the opponents' screen split and the nine coming towards the ball, it should narrow and compact the centre-backs. Whilst this happens, our 10 can try to make a movement in behind, inside the half-space. If this is successful, the 10 might be able to receive with a threaded pass in behind the opponents' shape.



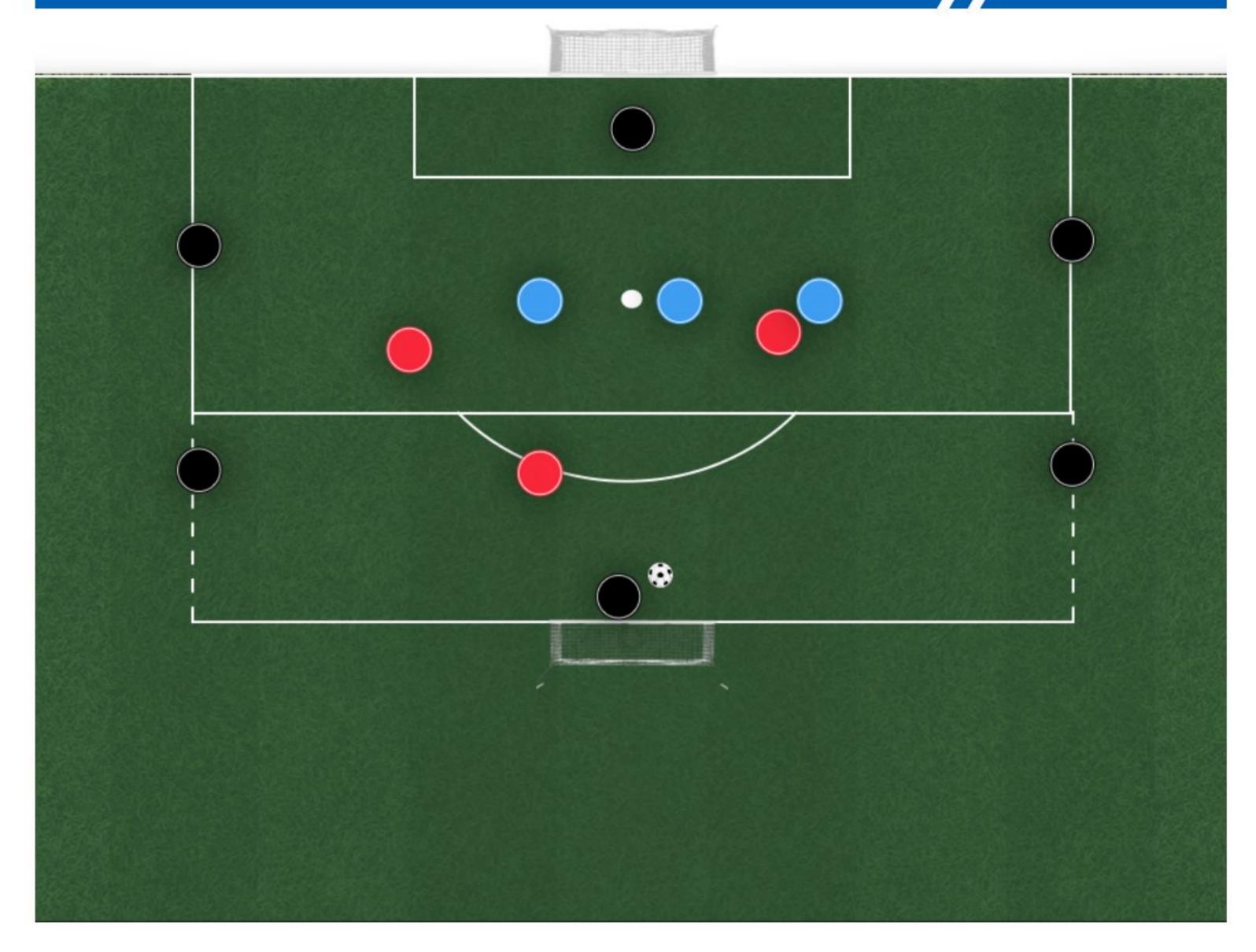


Session Detail:

The second image shows a more direct movement that can be used to compact the opponent. As we can see, there is no pressure on the ball, as there is no pressure on the ball and the opponent is deeper. In this image the 10s make a movement from the outside, channelling into the half-space. This will attract the pressure of both the full-back and potentially the wide player. This should then leave the outside space, for the wide player to receive in space. If they are able to receive possession with the open space, then the wide player will be able to cross or at least penetrate in behind the opponent's back four.



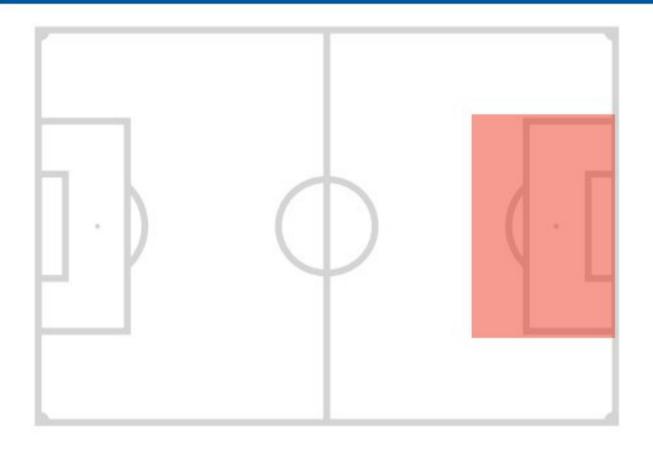




Session Setup:

This is a simple to setup 3v3 in the central area, with four outside players. The practice will offer lots of repetition to players with high intensity. The players can attack each other within the 3v3, but can also use the four outside players to overload. The session takes place within a 30 yard long space, within the width of the penalty area. The session can be extremely physical because players are working from end to end for a large period of time. This means the players will be working with a high change of direction, meaning the session will need to be performed on a physical acquisition day.





WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	5	30 MINS

GOALS	SPACE	PLAYERS
2	30X20 YARDS	12

COACHING DETAIL

This session provides a really high intensity for practice to take place within repetitive situations for attacking players to benefit from. As coaches we shouldn't stop and start sessions that are working to develop strength. This is because the players are working hard physically. It is important that during the recovery time, players are exposed to information and opportunity to improve.

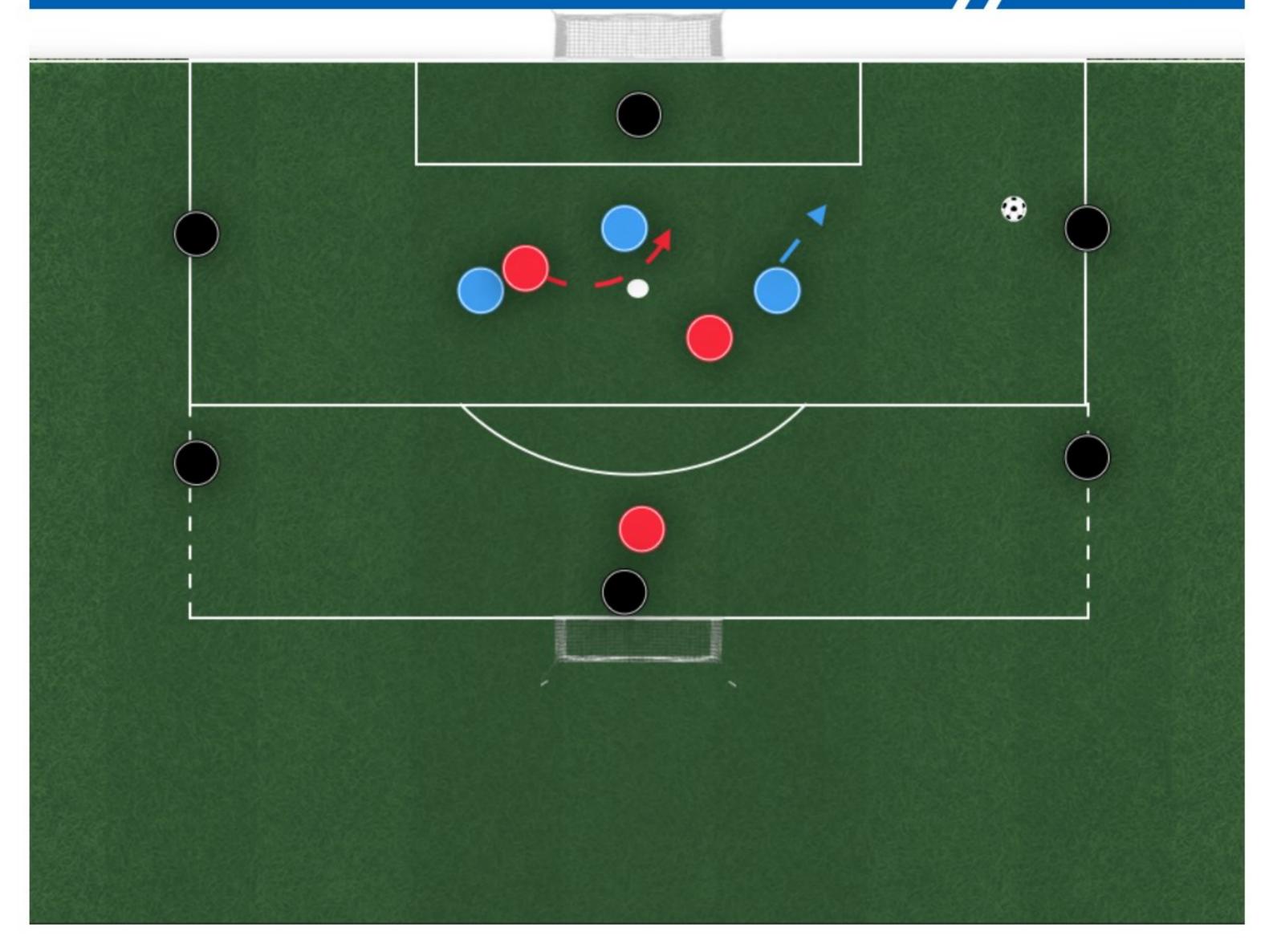
INDIVIDUAL DETAIL

This is a great opportunity to work with centre-forwards who struggle to be effective from crossing situations. For example, if we are working with a centre forward who is not dominant in the air, we can work with the movement of the attacker to start in the blind side of the centre-back, so that the defender can't see the attacker, then make the run across and they should be able to receive possession in behind, and score with less pressure.

PROGRESSION / ADAPTATION:

To progress this, the shape of both teams can be adapted to play 4v4. It can also be manipulated to change the space in the session, so that the physical challenge is changing and players can perform this session on different days, such as recovery days close to games.

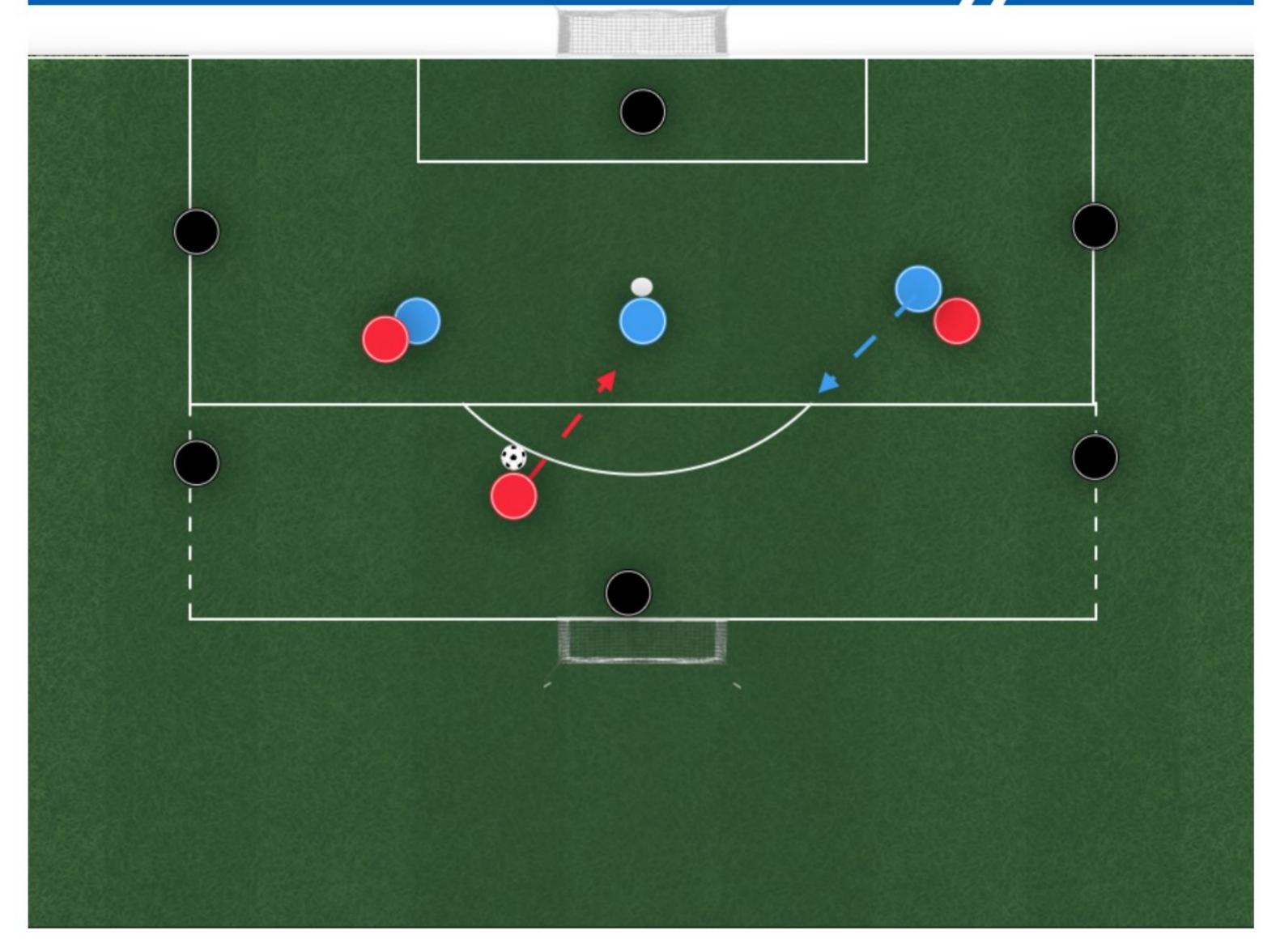




Session Detail:

This image details the movement we are looking to develop in our centre-forward. Centre-backs traditionally dominate aerial battles due to the physical battle they generally have, with this in mind attackers need to be intelligent about the movement they make. The run we are sharing here is an effective way for a forward to get ball-side of the defender, prevent a block and get the first touch on the ball. The attacker runs from the blind side (the area where the defender can't see them), across the front of them and into the space between two defenders. This means the crosser now has an available target to find, instead of hitting the defender who is blocking the movement of the striker





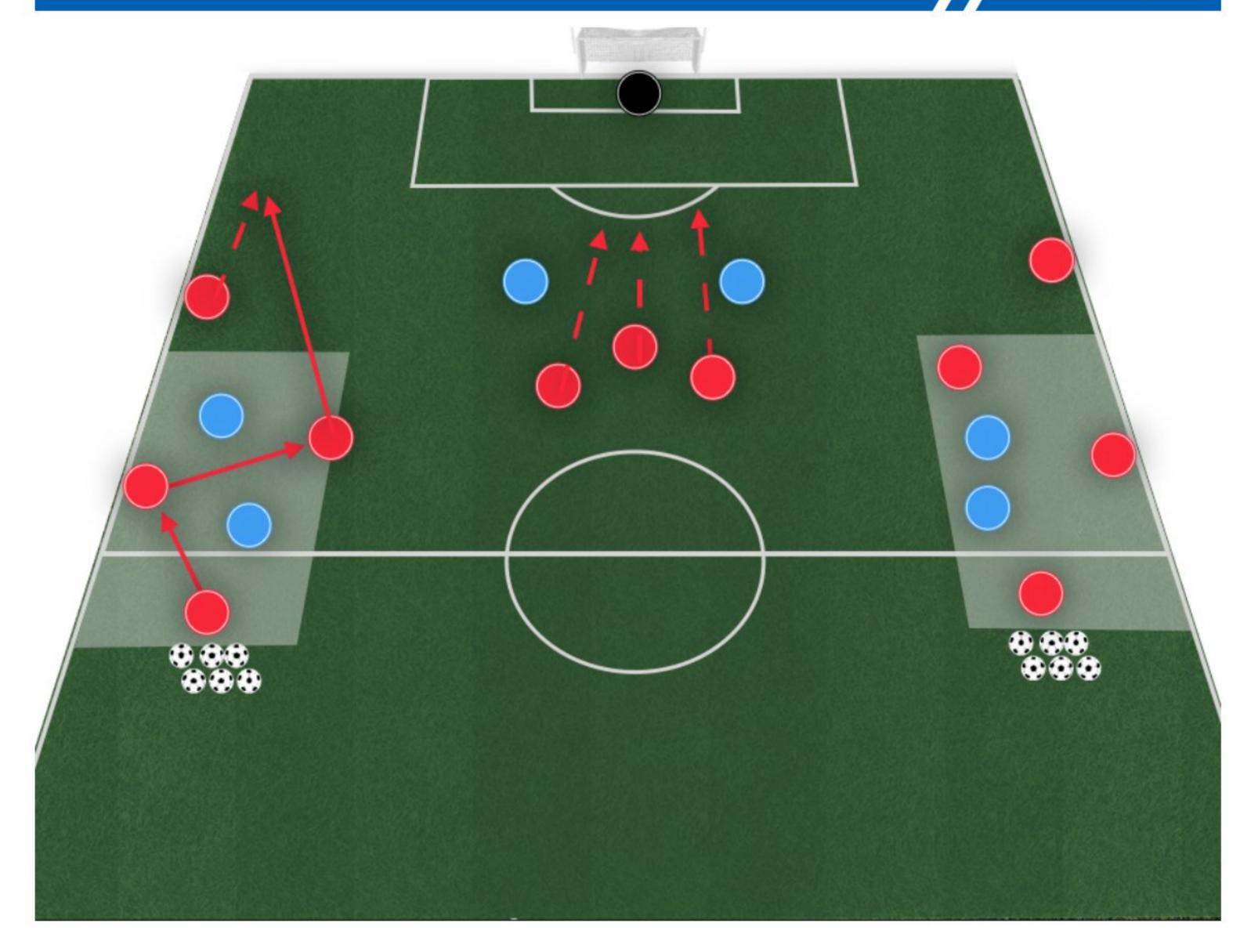
Session Detail:

Another situation that can develop in games and in practice, is where the defensive unit fail to apply pressure to the player in possession. This is common in games when teams lack confidence, fear the opponent player or even lack strong communication and leadership. When this situation develops and the opponent sits deeper and deeper, it actually invites us to apply pressure and isolate a player. As seen in this image, the attacker is able to isolate the central defender and run at them in a 1v1 situation. With the defender squared up and momentum going towards the goal, it is much easier for us to drive centrally and to look to exploit this moment in the game.



Wide Combinations



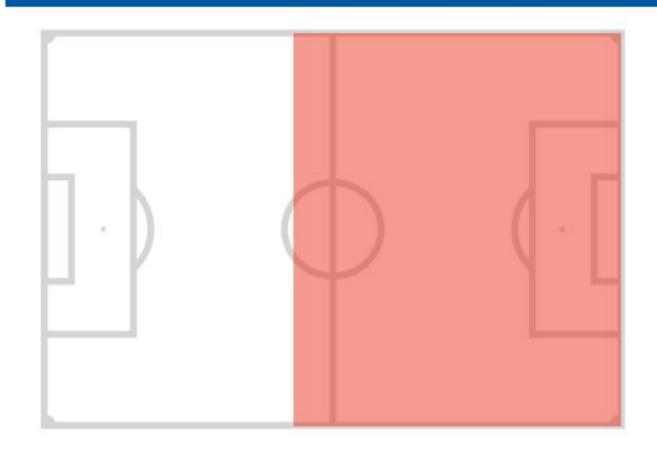


Session Setup:

This is a slightly slower paced session, with a more 'drill' like feel. The play starts from either the left or the right side. The players look to combine in the shaded zone of 3v2. Once they find a way out, they look to thread the ball into the wide player who is situated on the end of the 3v2. Once the ball has broken out we are looking for the 3v2 in the centre of the practice to come alive. as the wide players starts to deliver. Can we have the three attacking players run in behind, attack the goal and look to score? Once one side has finished, the practice takes place from the other side.

Wide Combinations





WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
1	1 HALF	18+

COACHING DETAIL

For coaches this is a great opportunity to work on the individual detail of crossing and finishing. Players get the chance to work repetitively on their delivery from wide areas, what areas do they want to hit, what kind of cross is needed from what area? What type of finish is needed for what type of cross? Also, what type of run is needed?

INDIVIDUAL DETAIL

If the ball is ahead of the runners, can the cross look to be in behind the defensive line, low and hard? If the ball is beyond the attackers, this should be their trigger to run quickly, expecting a low driven cross.

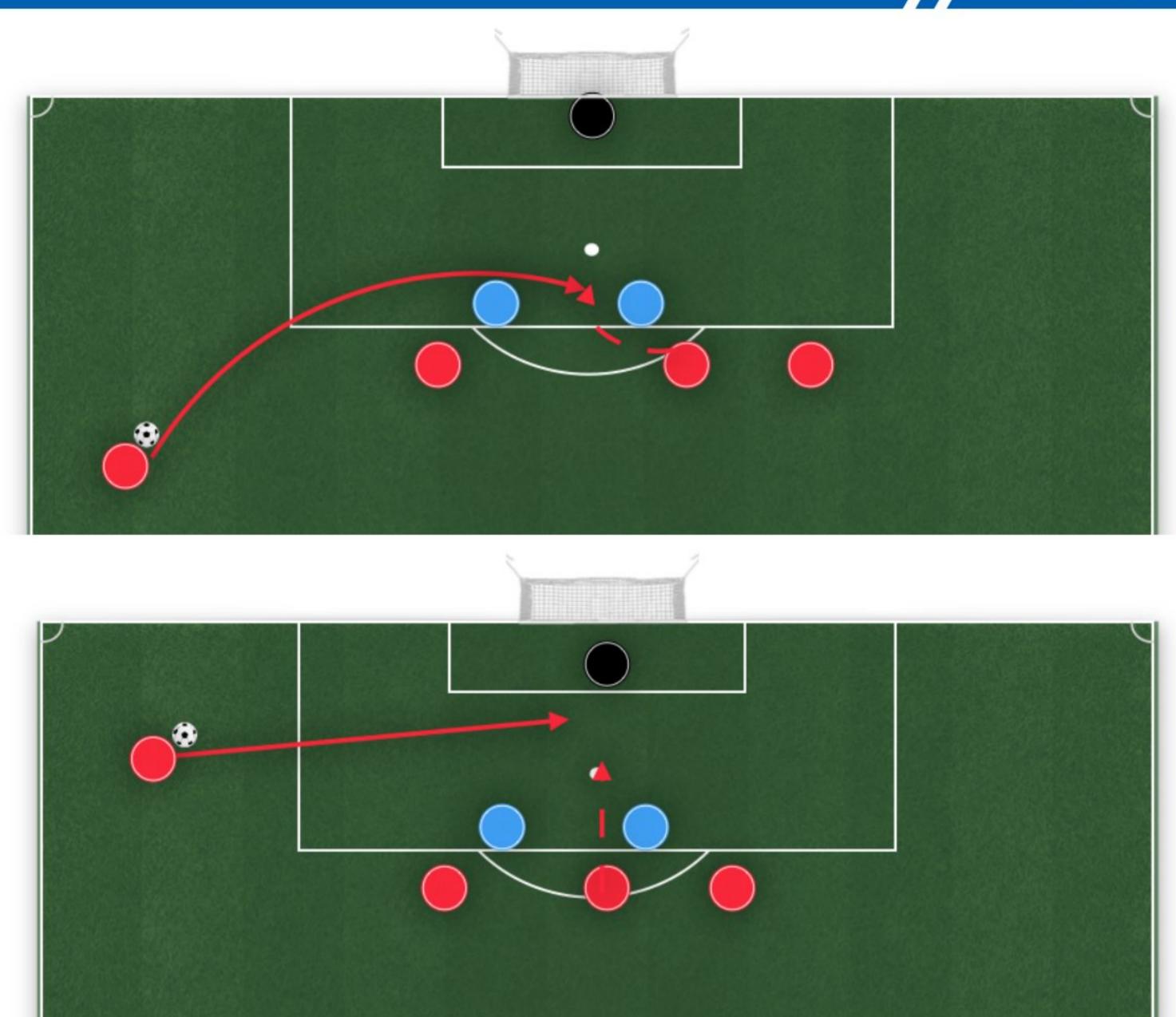
If the crosser is deeper than the runners, the cross is likely going to need to be aerial at this point, can our runners look to move off the shoulder of the opponent's and then look to move into gaps between the defenders?

PROGRESSION / ADAPTATION:

This can be progressed to make competitive game between blues and reds. The possession can be made 3v3 on each side, this will mean the team that win the ball, play the cross. Then the teams in the central area can be setup 3v3 to ensure that the team that win possession, can attack the cross and score.

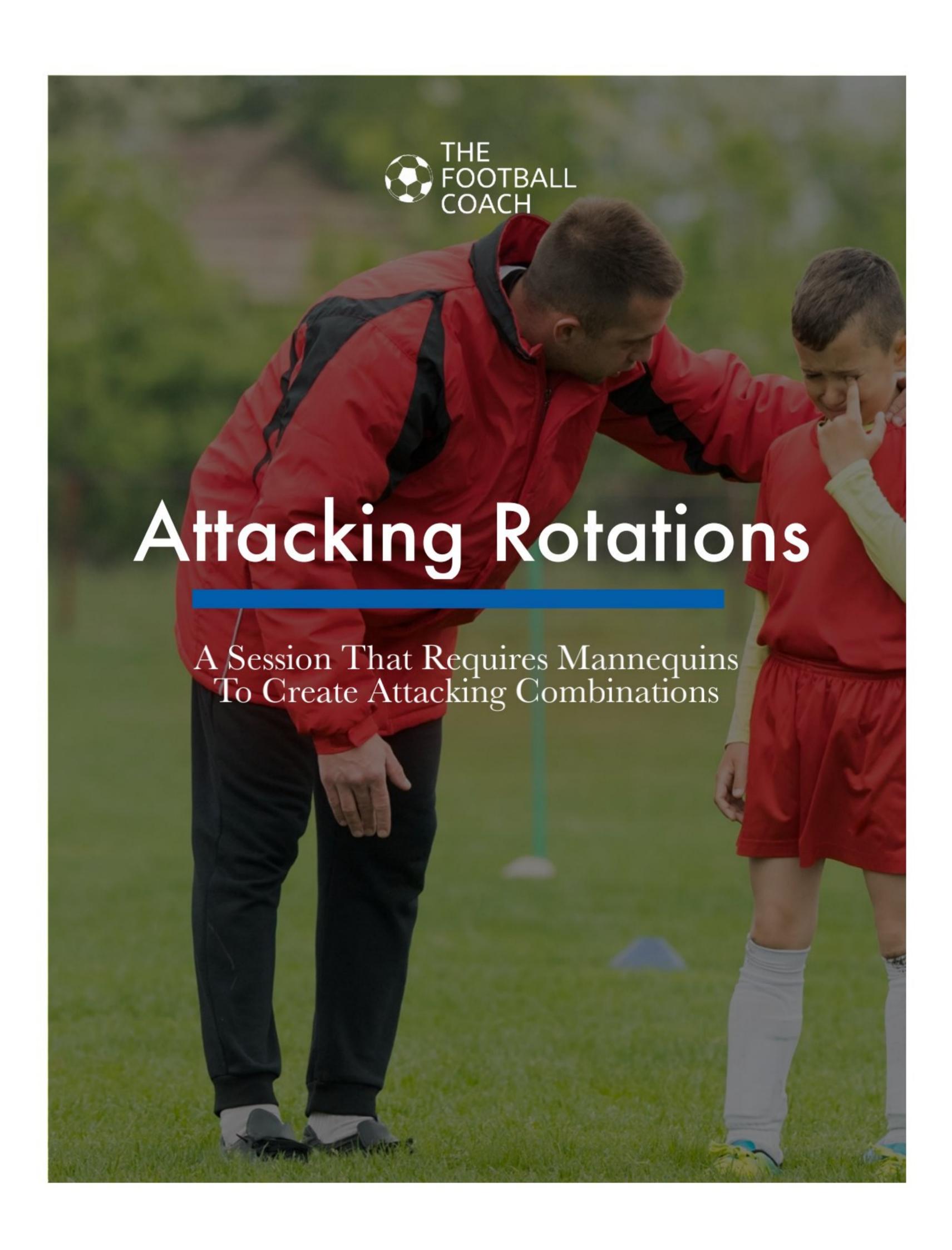
Wide Combinations



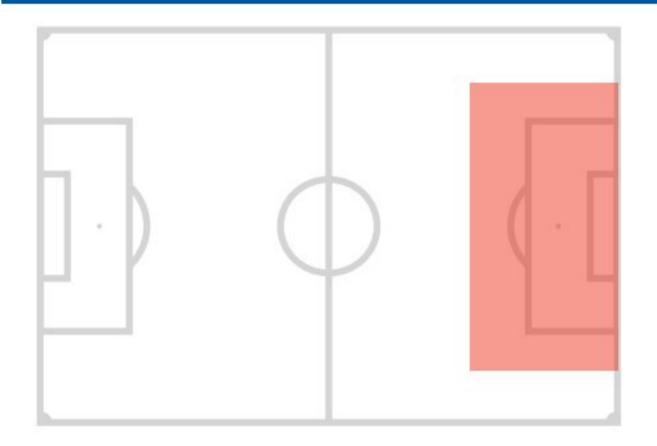


Session Detail:

The two images above show the detail in the two moments previously mentioned. The first shows the attacker beyond the ball, the second shows the ball beyond the attacker. This should bring to life the individual movements and cross selection needed to unlock the space behind the opponent. Let's ensure that the players are aware of the triggers that dictate the cross and the type of run needed to create a goal scoring opportunity.







WORKING	RECOVERY	BLOCKS	TOTAL
60 SECS	60 SECS	8	16 MINS

GOALS	SPACE	PLAYERS
1	30X20	9+

COACHING DETAIL

This is a good chance for us as coaches to challenge players to cognitively manage technical detail, with a simple memory based task. Although we as coaches might have less involvement with this task, it is important that we encourage positive movements away from mannequins, changes in speed are important to create space and quality in front of goal.

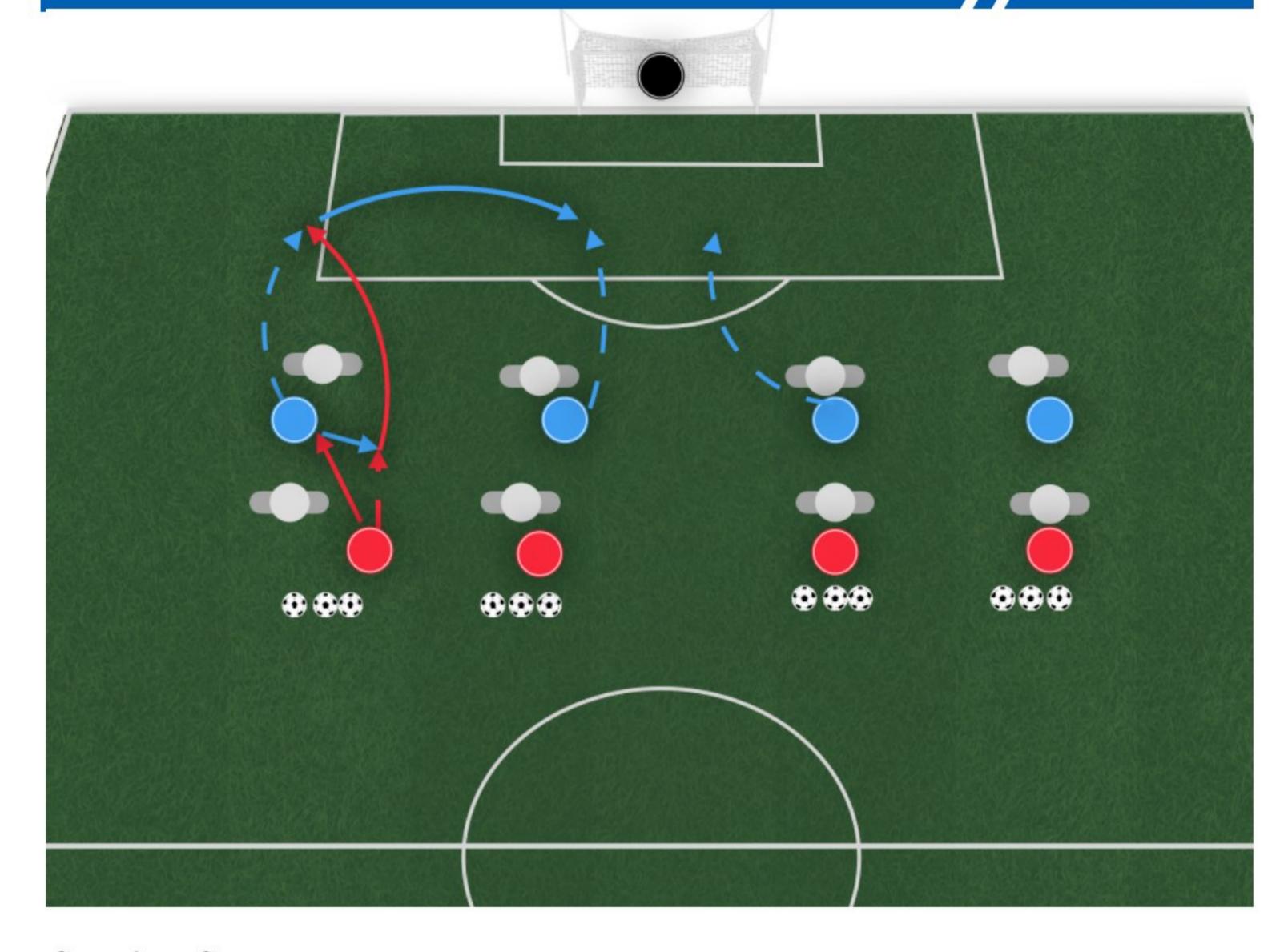
INDIVIDUAL DETAIL

For crossing players, can we ensure that crosses are delivered on the ground? We only need to cross the ball in the air if there is something to lift the ball over, in this practice there is no need. Can we provide low driven crosses that offer our attacker an opportunity to finish? For our attacking players, can we ensure that we look to keep eye contact on the ball as we finish, lock the ankle and strike the ball back in the direction it arrived when finishing?

PROGRESSION / ADAPTATION:

Different attacking rotations can be created, these can be more specific to the coach if needed. It is also possible to include defenders to add some resistance and increased challenge to the session.





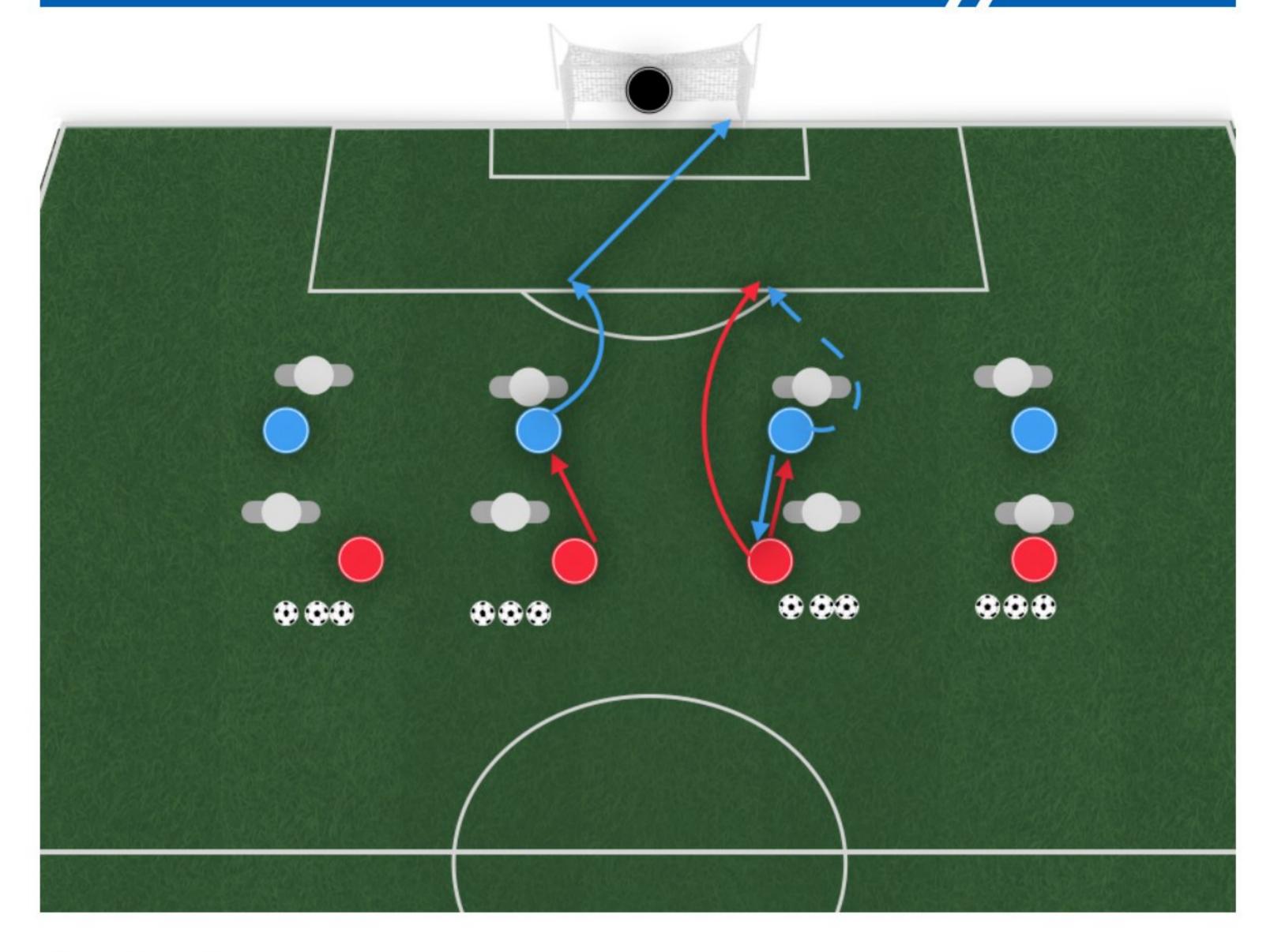
Session Setup:

This is a slightly more complex session to explain as it is an attacking rotation session. Moving from left to right the rotations happens as this

1: Red plays to blue, it's then set back to red, who plays in behind for the blue to cross for the two central players.

This will need a quick and dynamic finish with attackers looking to make strong first time contact with the ball, most likely sending the ball back across the goal to leave the goalkeeper planted and unable to make a save.



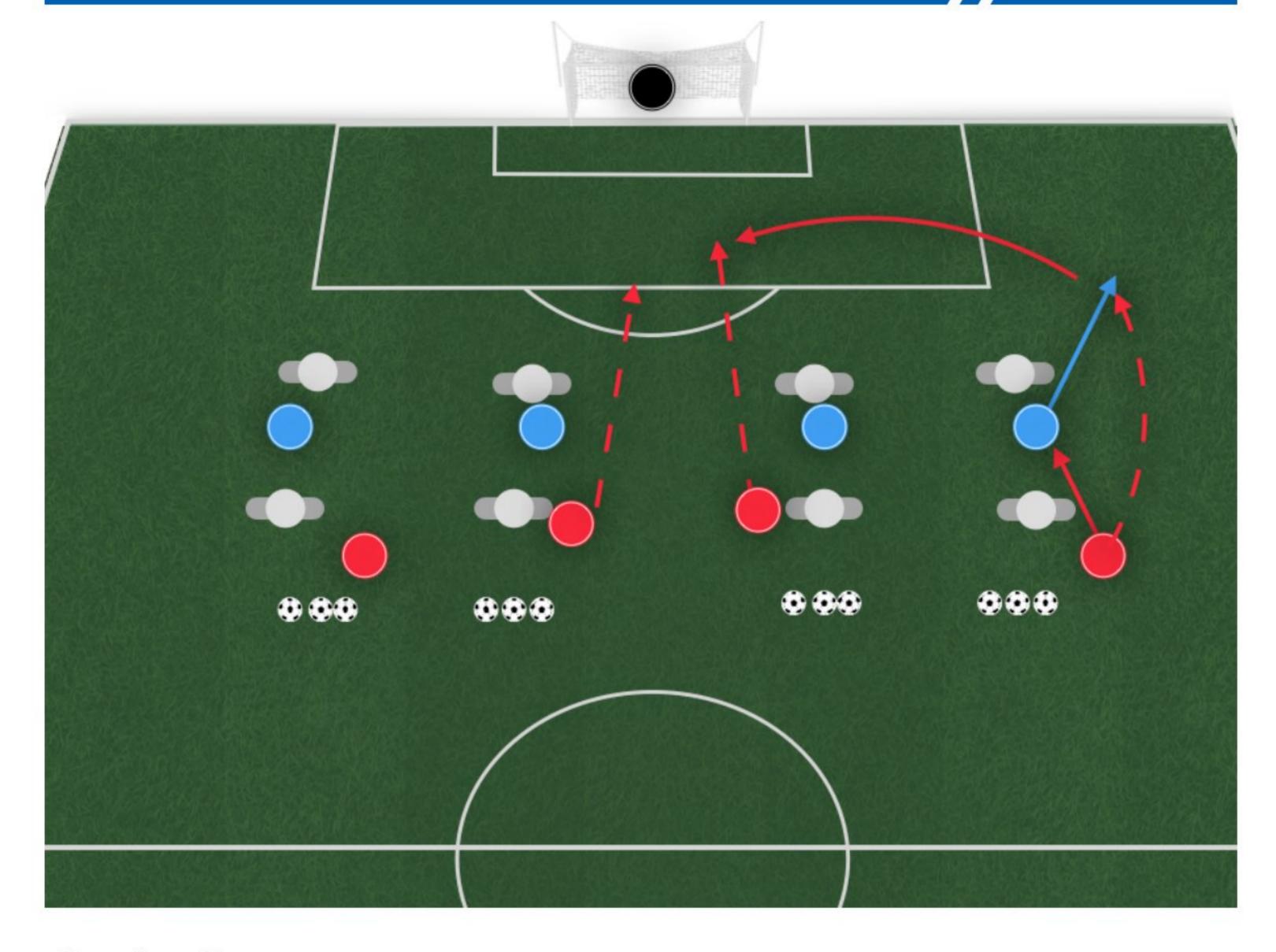


Session Setup:

Once this first rotation is complete, the blues in the central two areas make their movements backwards from their mannequins, at this point the left one, receives a pass from the red and turns in behind, and shoots.

As soon as the left side is complete, the right side then completes the third rotation, this is where the red plays to the blue, who sets the ball back in the red, who threads the ball in behind and the blue then looks to score from a tight angle.





Session Setup:

The fourth and final rotation, involves the red on the far side (right side) playing into the blue, who holds the ball on the mannequin, before sliding the ball in behind for the red to overlap and receive possession.

Once the ball has been received in behind, the two reds from the central two zones need to run in behind to create the same cut back cross as seen in the previous session. Once this rotation has finished, the session comes back to the left hand side and starts again.



4 Team Challenge

4 Goals, 4 Teams, the Opportunity To Always Be Attacking



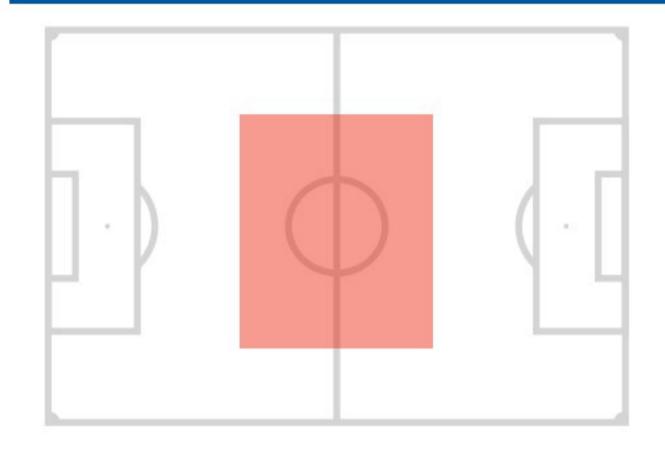
Session Setup:

This is an easy to setup session involving four teams in four goals. The blues attack the reds, from top to bottom. Whilst this goes on, the yellows attack the greens, laterally across the session. This will cause chaos in the session but also provide lots of finishing opportunities. The session uses four, full sized (relevant) goals, this means that the players will have realistic situations and scenarios to finish in.

The pitch size will need to be realistic to the age and ability of the players involved. If you do not have goalkeepers available, it might be worth using smaller goals to ensure there is still a challenge for the players, from any angle or position on the pitch.

4 Team Challenge





WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	5	30 MINS

GOALS	SPACE	PLAYERS
4	30X30	16

COACHING DETAIL

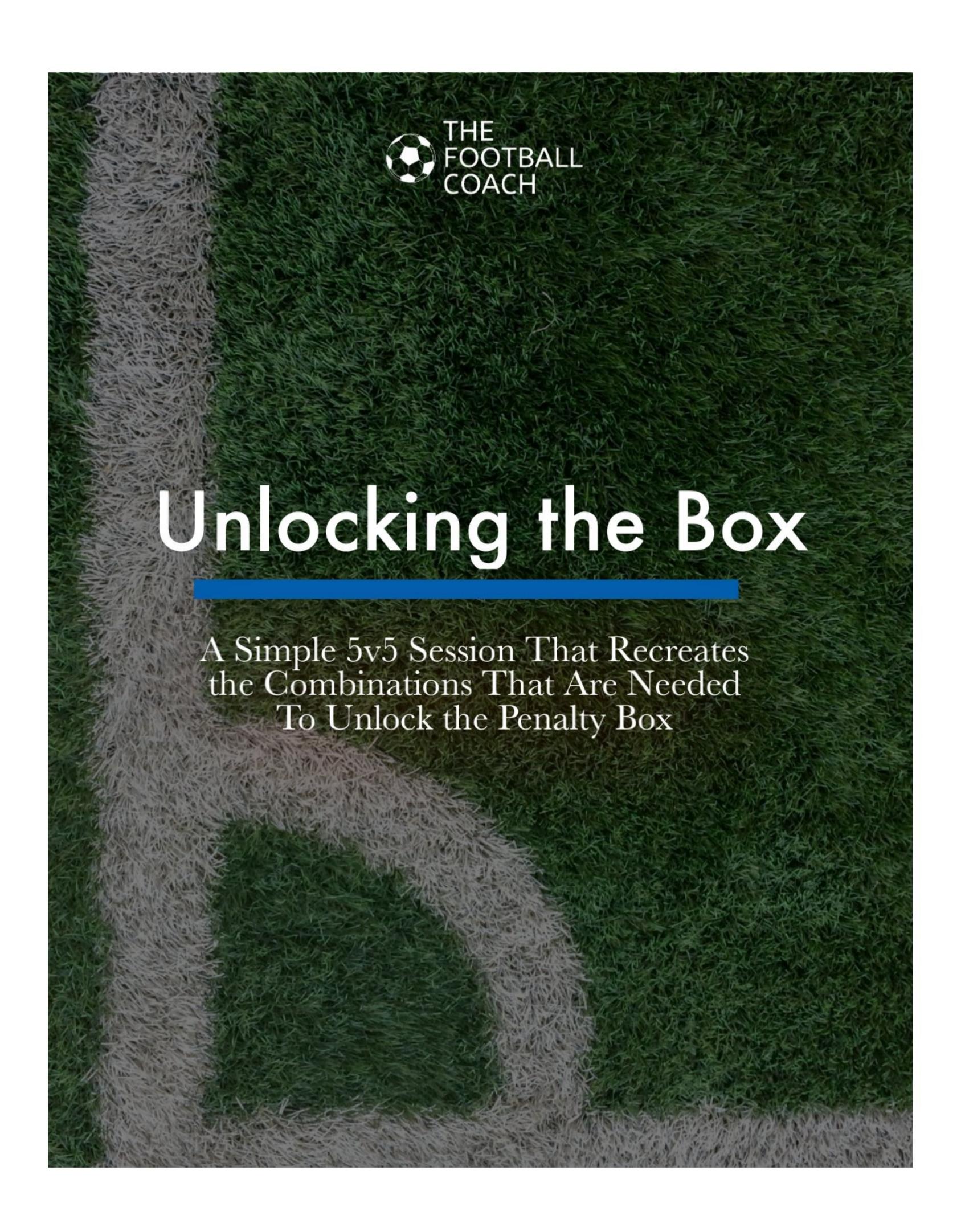
This is a task that contains quite a lot of complexity for the players involved, the simple 3v3 involves another game playing across them. Can we still encourage our attacking players to be creative in-front of goal? Risk taking will be an important factor in the attacking areas during this practice.

INDIVIDUAL DETAIL

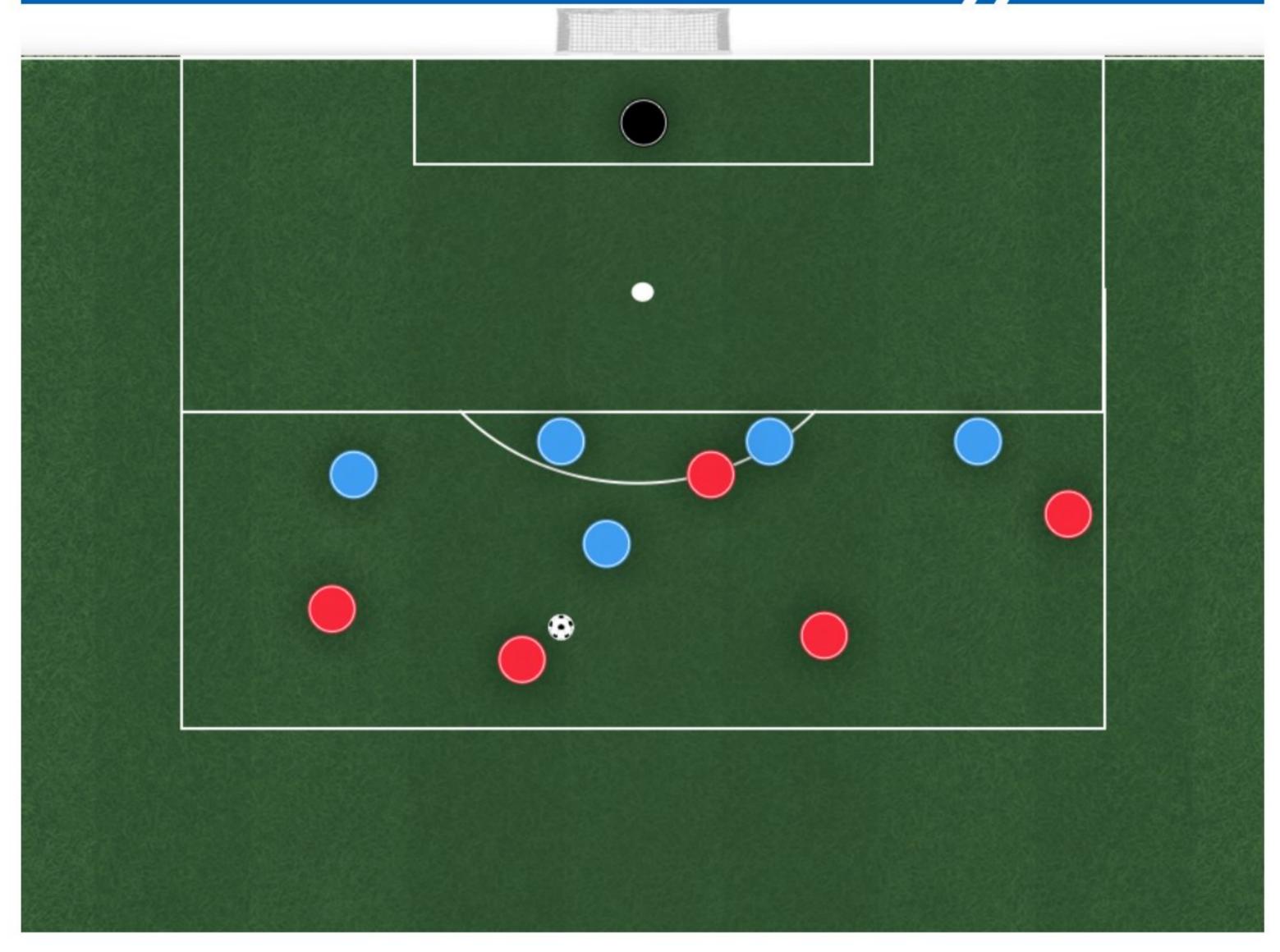
For central players, the challenge in possession is, how do they find space? There is likely to be little, to no space in behind because of the shape and demands of the practice. Can our striker act as a pivot player to our attack? Can they be willing to bounce the ball from player to player, to change the position of the attack? However, don't forget, the attacker should be aware of the space around them and be prepared to turn when the opportunity arises

PROGRESSION / ADAPTATION:

Different attacking rotations can be created, these can be more specific to the coach if needed. It is also possible to include defenders to add some resistance and increased challenge to the session



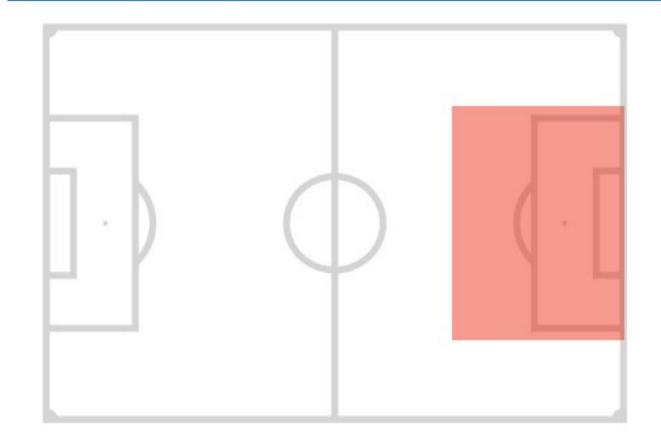




Session Setup:

This is a session that offers lots of learning opportunities, as-well as lots of enjoyment for players. Outside the area is a 15 yard box that players play within. Players must play within this area until they're able to penetrate the space within the penalty area. We, as coaches, can control the way in which they opponent is able to enter the penalty area. For example, it can be decided that the players can only get in behind when a pass is played into the area or when a player runs into the space. This decision will be influenced by how you want your players to enter the final third, and how you envision goals being scored.





WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
1	PB+15	11

COACHING DETAIL

This task involves players needed to understand how to open gaps between the defensive line, the opponent is set with a 4-1 shape. We are looking for our attackers, who are likely setup as a 2-3, to use positional play to pin players, open gaps and help us play through the opponent. Positional play will be extremely important within this practice.

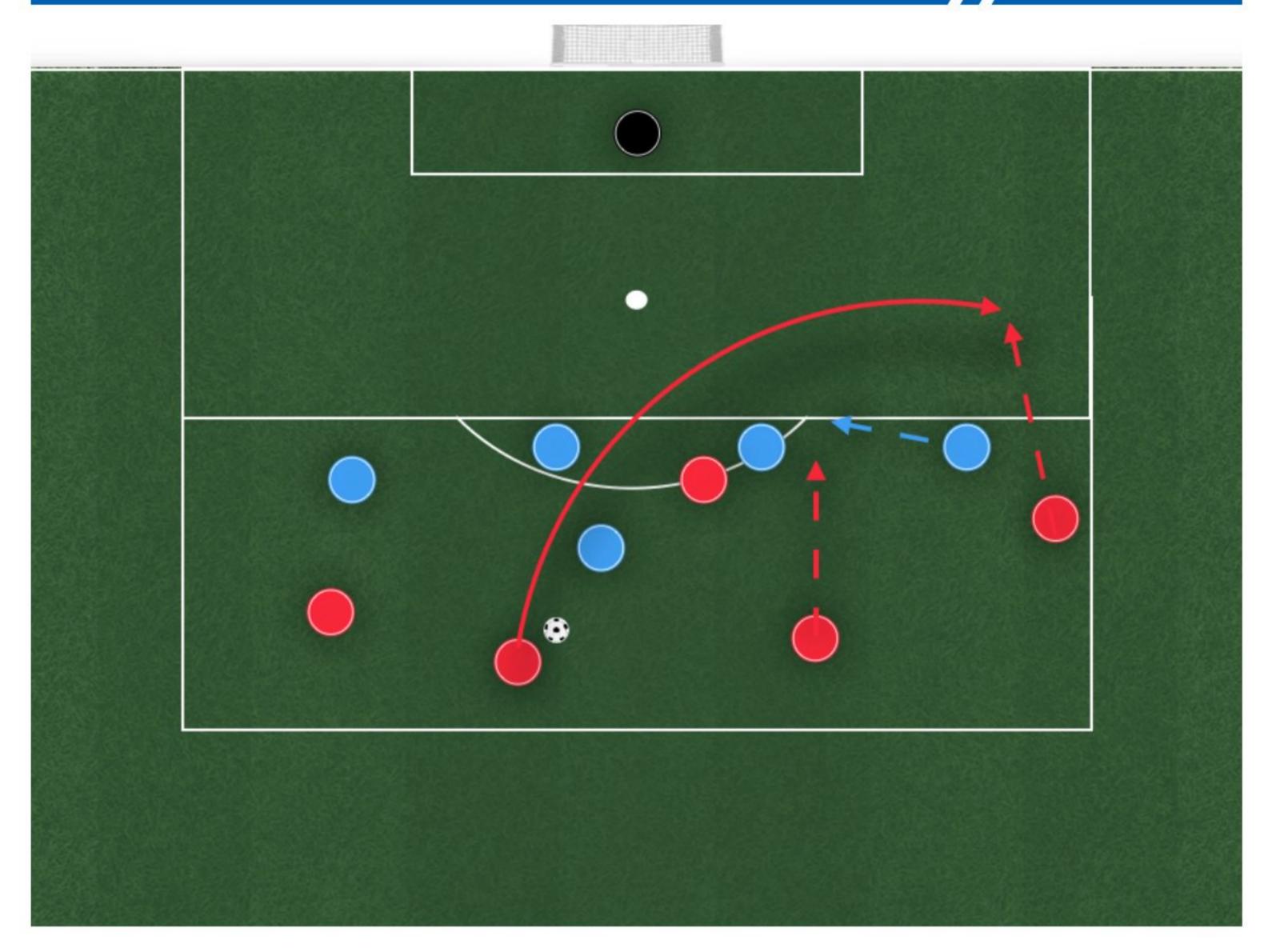
INDIVIDUAL DETAIL

Can we encourage individuals to look to pin defensive players in areas that will create space between defensive players? If we can pin defensive players, this will allow the opponent to make our decision for us. When deeper players are looking to find passing options, their decision can be made for them by the positioning of the opponent.

PROGRESSION / ADAPTATION:

This can be adapted to any shape or formation if needed. For example, if your team play a back three, this is adapted very easily. In order to progress the session, additional units can be added to make the practice more realistic. It is also possible to open the session into one big area so the blues can be pushed back into the box.



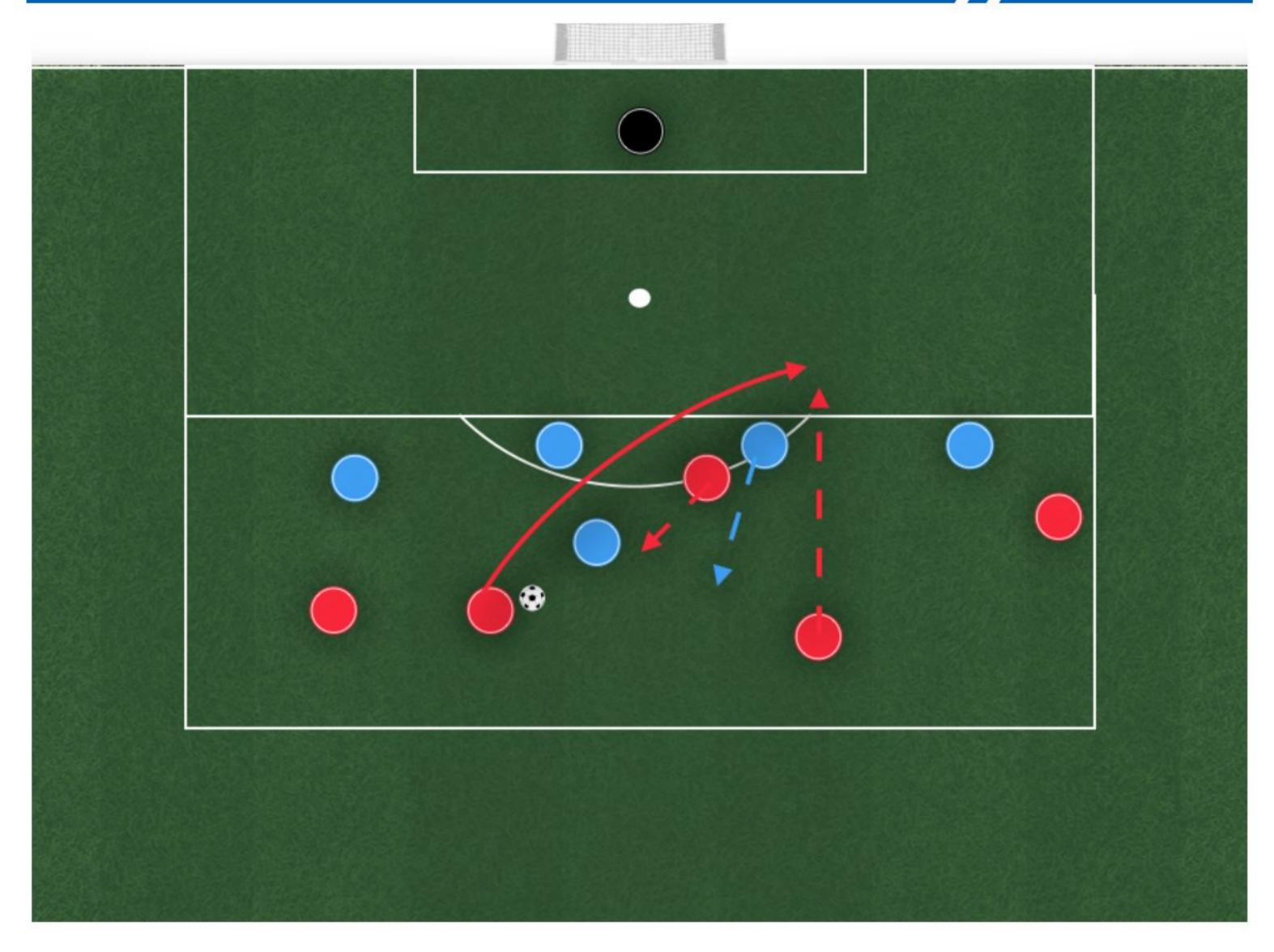


Session Detail:

The above image shows how different movements can unlock space behind, or around the opponent defensive shape. The central player has possession and the blues have a strong shape. The movement between the centre-back and full-back naturally attracts the pressure of both players and allows the wide player to receive, in behind the opponents shape.

This is a very simple movement, the pass might need to be over the unit, but dependent on the blues positioning, it could be played on the floor.



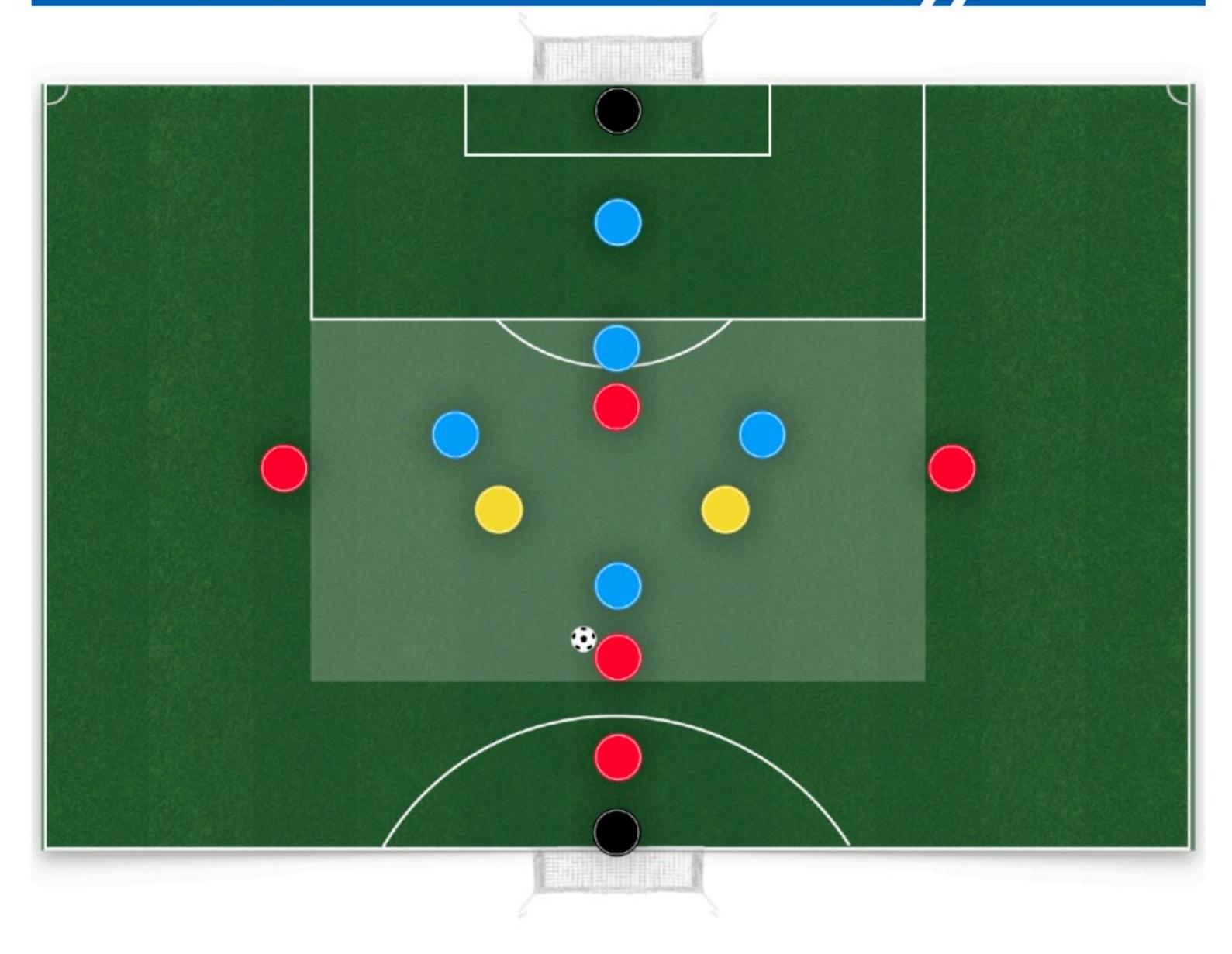


Session Detail:

This example shows a slightly more intricate and detailed passing option. As we can see, the red has spotted that the opponents full-back is not fully tucked in, this provides us with an opportunity but we must open that space up. As the red striker makes a movement towards the ball, we are hoping that this pulls a centre-back out of position. If we are able to move that individual out of possession, it might open up a gap for our midfield player to run beyond. This will be a diagonal pass for a straight run, a key component in passing in behind the opponents' shape.



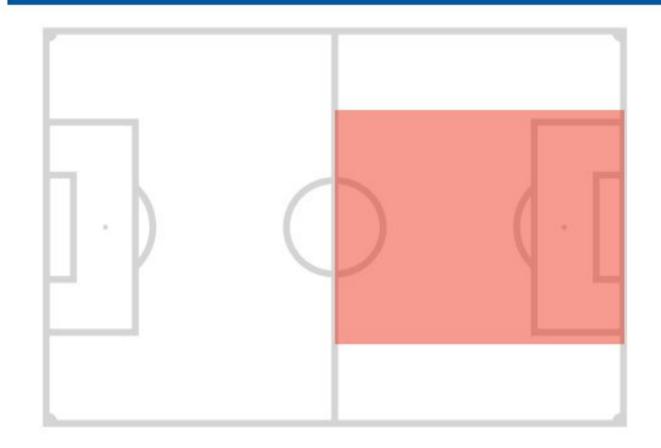




Session Setup:

The session involves one half of a relevant sized pitch, with a box the width of the penalty box in the middle. The reds play with two players inside and 3 players outside of the box. The blues have four players inside the box and one on the outside. The two yellow players offer an overload as neutral players. The reds look to keep possession and score at the top end, whilst the blues look to win possession back and score on the half-way line. The players must play within the central zone, until an attacking team is able to break out and score in the final area. This is effectively 7v5 in possession for the reds and 5v7 out of possession.





WORKING	RECOVERY	BLOCKS	TOTAL
360 SECS	60 SECS	5	35 MINS

GOALS	SPACE	PLAYERS
2	PENALTY BOX WIDTH + HALF	13

COACHING DETAIL

This session provides players the opportunity to combine within a 1-4-3-3, the yellow players can be used to play as the two deeper players within the shape, whilst the outside players can be used as the 8 and 11 in the 1-4-3-3. Can we encourage players to understand how this practice is linked to important positional play, that we need to play through into the final zone?

INDIVIDUAL DETAIL

Work hard with the two central players to understand the importance of their position. Can they make sure they increase the passing lanes, by not blocking the pass into the number nine, and not blocking the passes into the outside channels to the 8 and 11? Once the two yellows receive possession, what are their options, can they play forward? Can they drive forward? Encourage these individuals to have a greater influence on the practice and the game.

PROGRESSION / ADAPTATION:

Remove the white box, this will allow the attacker to try and make runs in behind, and try to push the defensive line backwards and create space.

The width can be reduced to limit the space between the lines, this will increase the challenge to players in possession.

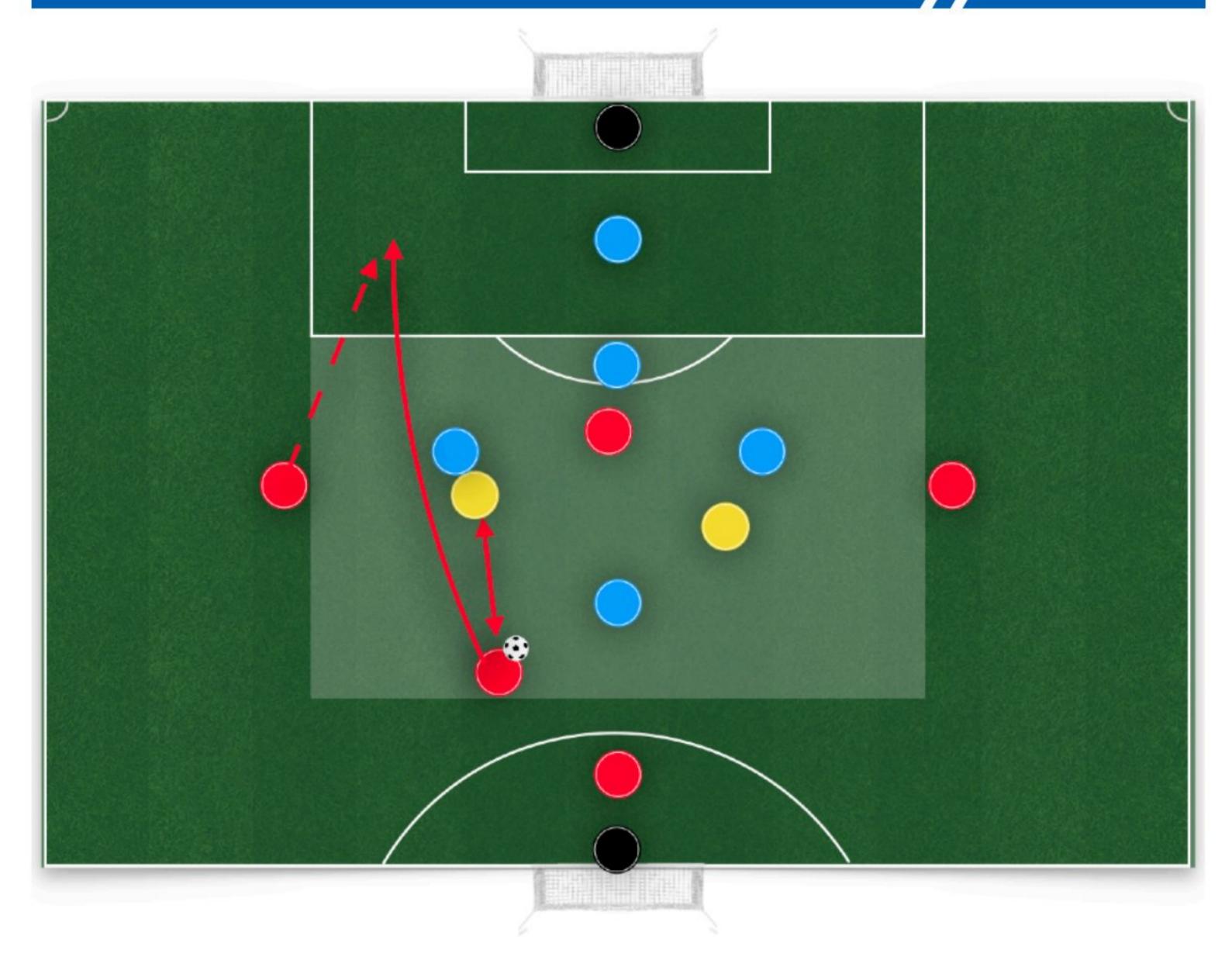




Session Detail:

This purple circle just details how the yellow can pin the opponents' midfield player, in order to allow us to play through the opponent in this example, the yellow is stood in front of the screening midfield player. This dictates the position of the opponent, allowing our nine to receive within a central position, whilst our wide player is given freedom to dominate the outside channel. In this example, the ball carrier just plays the ball into the feet of the number nine, who then just flicks the ball in behind, for the run of the eight. The eight is then able to run into the space behind the opponent and create a goal scoring moment for their team.

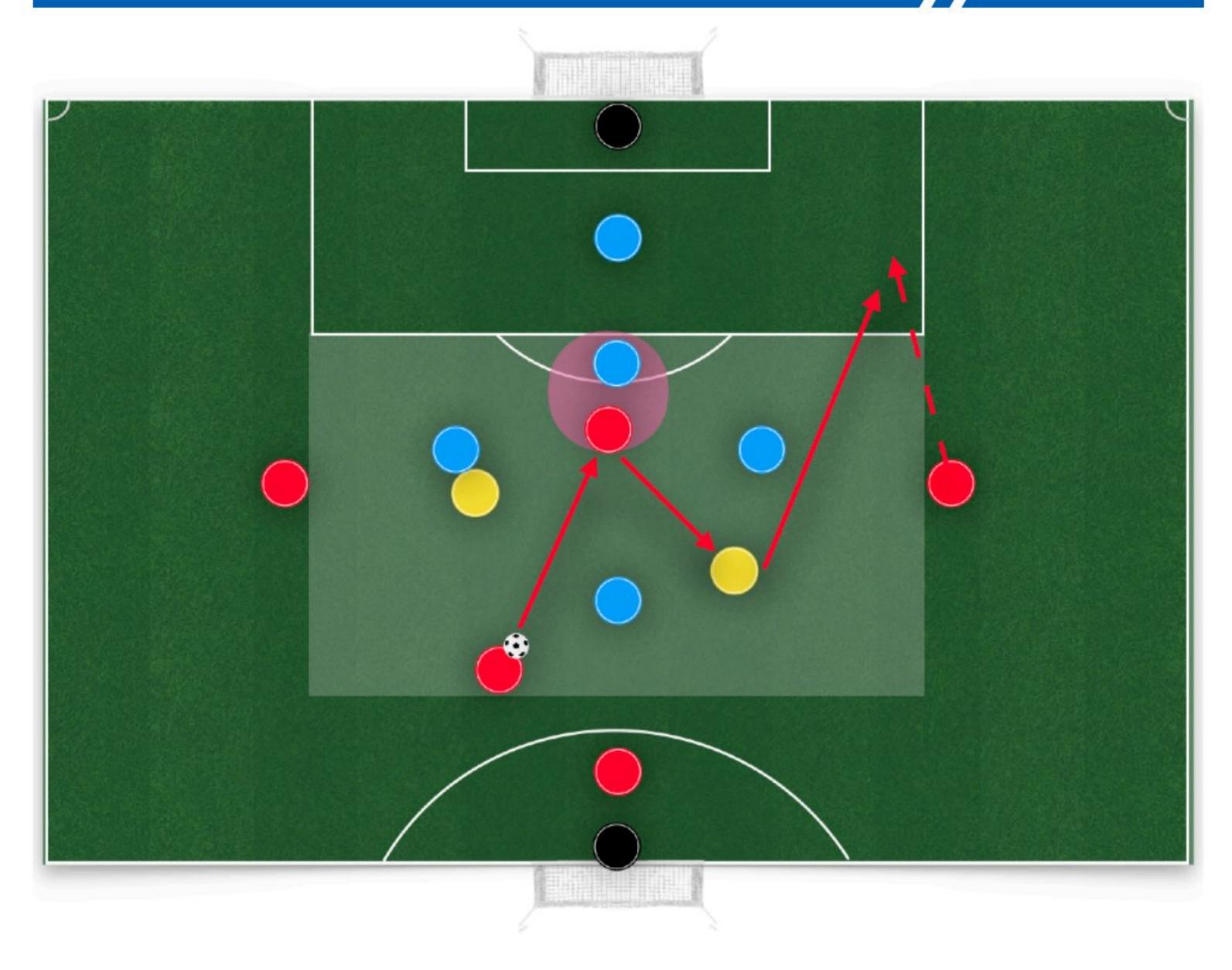




Session Detail:

The second image is slightly different, it shows the same image, with a different opportunity. Guardiola commonly speaks around the importance of positional play, this image details just that. The positioning of the yellow midfield player allows for pressure to be applied but the strong positioning means it is effectively a trap, a pressure vacuum. The blue follows our bait and applies pressure, leaving huge spaces in behind for the bounce pass to open. This shows a great opportunity for us then to play into the space behind the opponent and create another goal scoring opportunity.





Session Detail:

The third image is a very different moment in the game to the other two images. Here we see an attempt to switch play through the pivot, the pivot player (number 9) would be backing into the opponent, pushing them deeper to try and create as much space as possible. They're then reaching with their hands to try and make sure they have their body between the ball and the player, once they receive possession, our midfield yellow is looking to drop deep to receive on an angle. We are then looking to play in behind to the wide player as the blue would have pressed the ball and left the space in behind open for us to exploit.



Attacking the Back Post



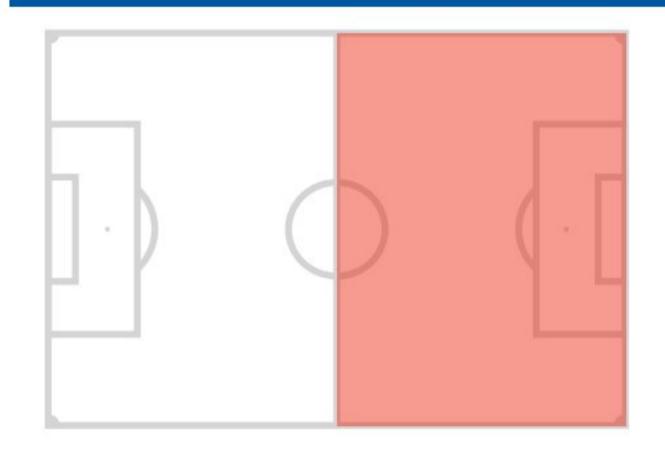


Session Setup:

This session sees a rondo of 4v4 take place in the top corner of the practice, the practice takes place in one half of a relevantly sized pitch. The Winn of the rondo passes the ball out to the yellow wide player, who then looks to travel down the wing before crossing the ball into the box, for the attacking team to attack. The units are setup 3v3 on the edge of the box, so the team who win the rondo needs to get ready to attack. This might involve the reds and blues switching position as the ball leaves the rondo. The player who plays out of the rondo will have the opportunity to hit the back post and make the attacking overload a 4v3. It is important that we find movements that are rotations, to open up space and the back post for our overloading wide player.

Attacking The Back Post





WORKING	RECOVERY	BLOCKS	TOTAL
60 SECS	60 SECS	10	20 MINS

GOALS	SPACE	PLAYERS
1	HALF	15+

COACHING DETAIL

This is a really great opportunity to focus on the movements of attacking players, and understand the triggers of a wide player when delivering a cross. When coaching these sessions, each block is only 60 seconds, with 60 seconds recovery. This is a session that suits a recovery day (potentially), so the opportunity for us to step in and coach, as well as focus with individuals, is there.

INDIVIDUAL DETAIL

The name of the session gives away the focus of the session. We are looking to find ways in which we can open up the back post area for our team-mate to overload and exploit. The player at the back post will likely need to make a 30-40 yard run. It is important this run isn't made at one pace, run quickly to get engaged, slow to access the triggers of the wide player, attack the ball with pace at the end. Encourage shorter steps to make sure the play is agile and able to change direction, if needed. Larger steps limit our directional change ability, closer steps allow us to also adjust our feet when finishing or adapting to a ball that is arriving difficultly.

PROGRESSION / ADAPTATION:

Add a recovering wide-player to apply pressure to the player crossing the ball, this will add realism and a challenge to the practice.

Add a midfield player to the edge of the box to make the movements more realistic, and the challenge for the attacking team greater.

Attacking the Back Post

Session Detail:

The first image just details a simple rotation that can be used to exploit space at the back post area. This is the key area for us to look to exploit. As the crosser gets the ball out of their feet and gets their head up, our players should see this as a trigger to expect a cross. In this example we are looking for the back post blue to run across the red and try attract the pressure of the centre-back. What is important here is the run is believable and realistic. If the movement is too early, the defender will allow them to go. If the run is angled too sharply, the defender will hold their position and play them offside. Once the run has been made, it opens up the backspace for our overloading wide-player to hit the back-post, unmarked and in space. This isn't always an easy rotation to deliver however, for teams who don't carry an aerial dominance, this is a great idea.

Attacking the Back Post

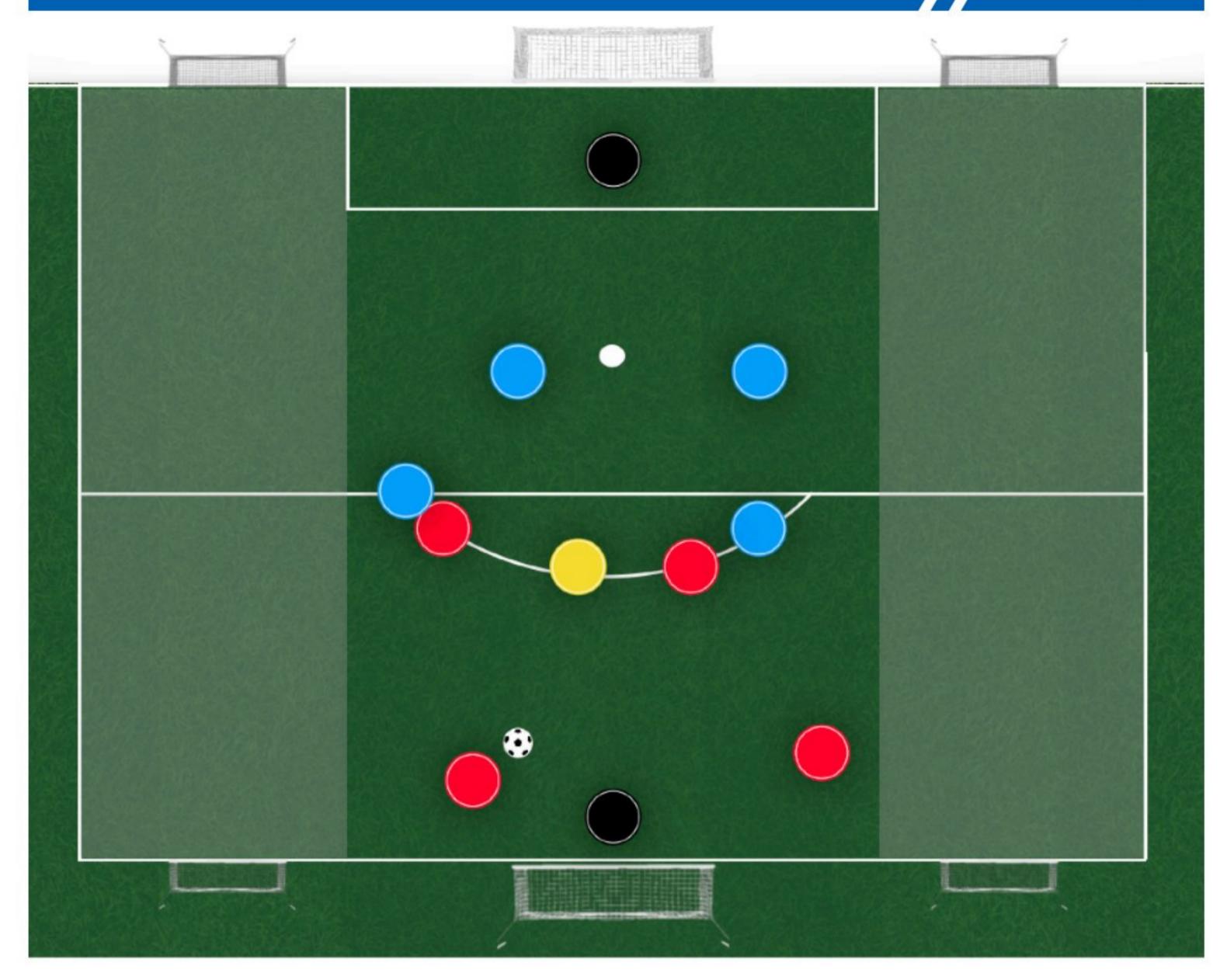
Session Detail:

This is a slightly different situation, here we can see that the yellow has driven inside, and has played into the feet of the nine. The two wide players make their movements inside, knowing the idea of the pass is to compact the opponent and open space in both wide areas. Once the nine receives possession, the yellow spins into the channel and the blue lays it off. Now the ball is ahead of the attackers, the attackers slow their movements to try and leave the space between the GK and CB open. Once the yellow arrives at the ball, can our attacker make runs across the box to try and complete the driven cross? It is important that each player is playing on a different line and we leave the space open for the adjoining wide player. Remember when the nine receives possession, they could switch out to the opposite wide player.



4v4+1 Attacking Centrally



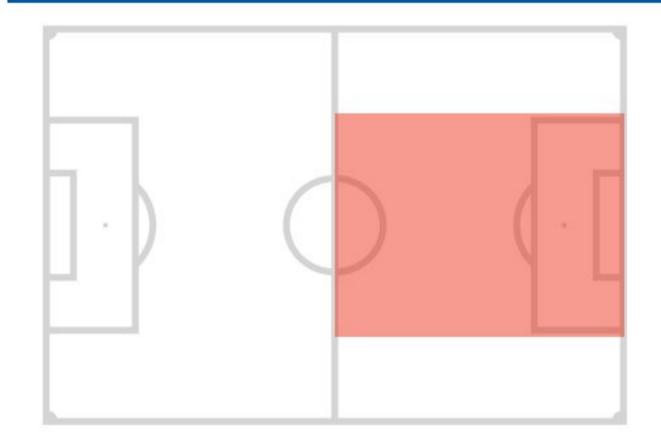


Session Setup:

The practice is very simple, the 4v4+1 takes place with 2 GK's. The idea of the practice is to combine within the very narrow practice, create opportunities and look to score. If you are successful in scoring, there is a twist to the practice. The second the goal is scored, the scoring player can grab the ball in the middle of either of the two wide pitches and look to score, to double the lead of the team in possession. However, the opponent can defend the 1v1 area with one defender, creating a 1v1. The adaptations on the next page detail how this can change the game.

4v4+1 Attacking Centrally





WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	6	36 MINS

GOALS	SPACE	PLAYERS
2	PENALTY BOX +18	11

COACHING DETAIL

Coaching within such a compact and energy based practice, such as this, will be difficult, the players will be forced to train at a high intensity with an increased volume, coaching during the intervals is more realistic. It is unlikely or potentially unnecessary to re-create and walk-through situations during this practice. It is more likely that coaching will look more like guided conversations and reflective talk.

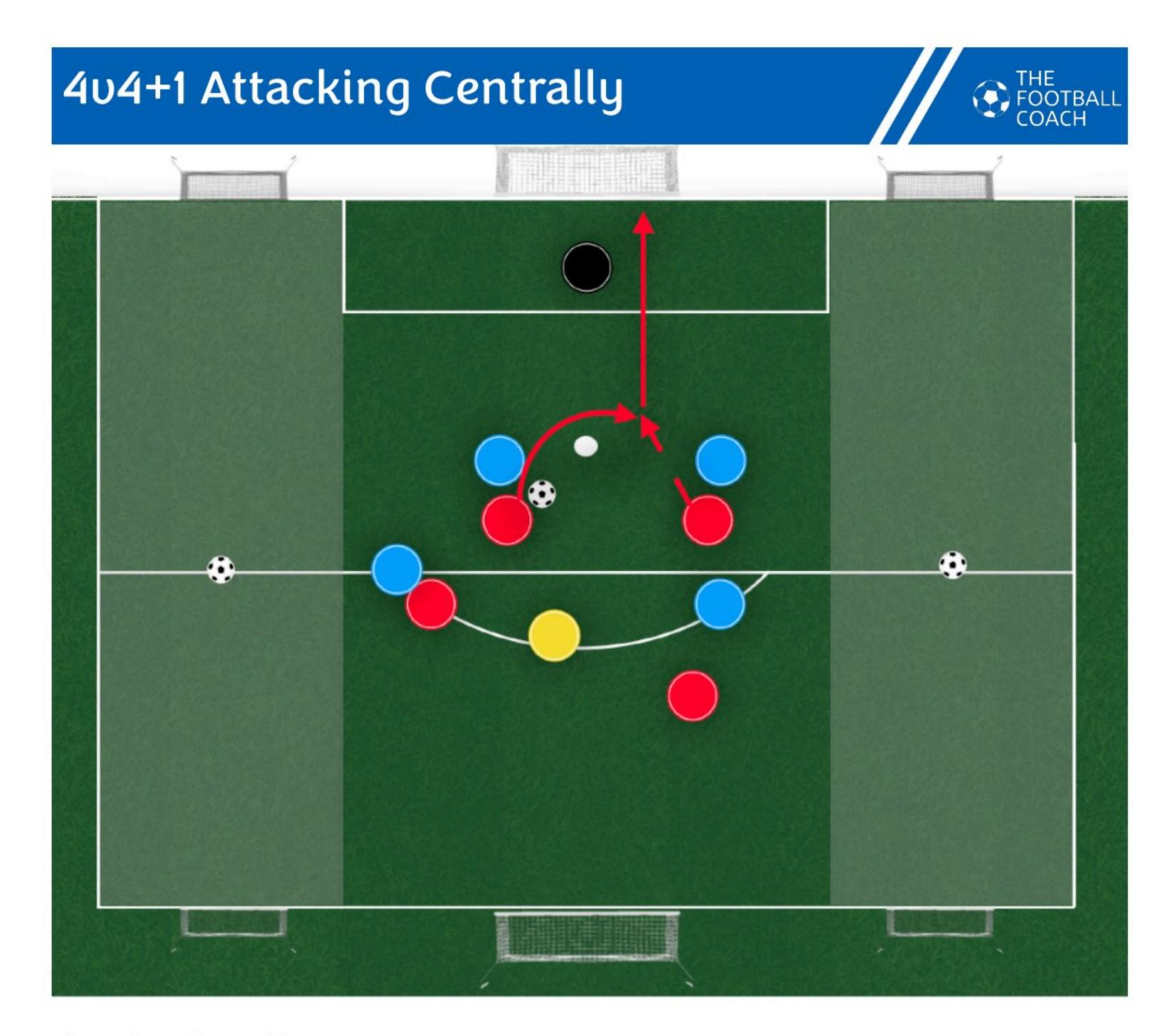
INDIVIDUAL DETAIL

Individual coaching will be very important within this practice. When play breaks down, it is needed. Can we focus on encouraging individuals to carry the ball forward, look to dominate in 1v1 situations and take risks? This is a task that will be very direct and require brave players in possession.

PROGRESSION / ADAPTATION:

This session can be adapted and progressed in many ways. When a team scores, it can have a huge influence on the game, we can increase this with this progression.

If you score the second goal in the 1v1, you get a total of 3 goals instead of 2. However, if the opponent tackles you and scores, you will lose all three goals. This challenges players to be able to think effectively and make realistic decisions based on the course of the game. This can be adapted as well, so that the risk and reward are not as consequential, but either way it challenges the behaviours of our players.

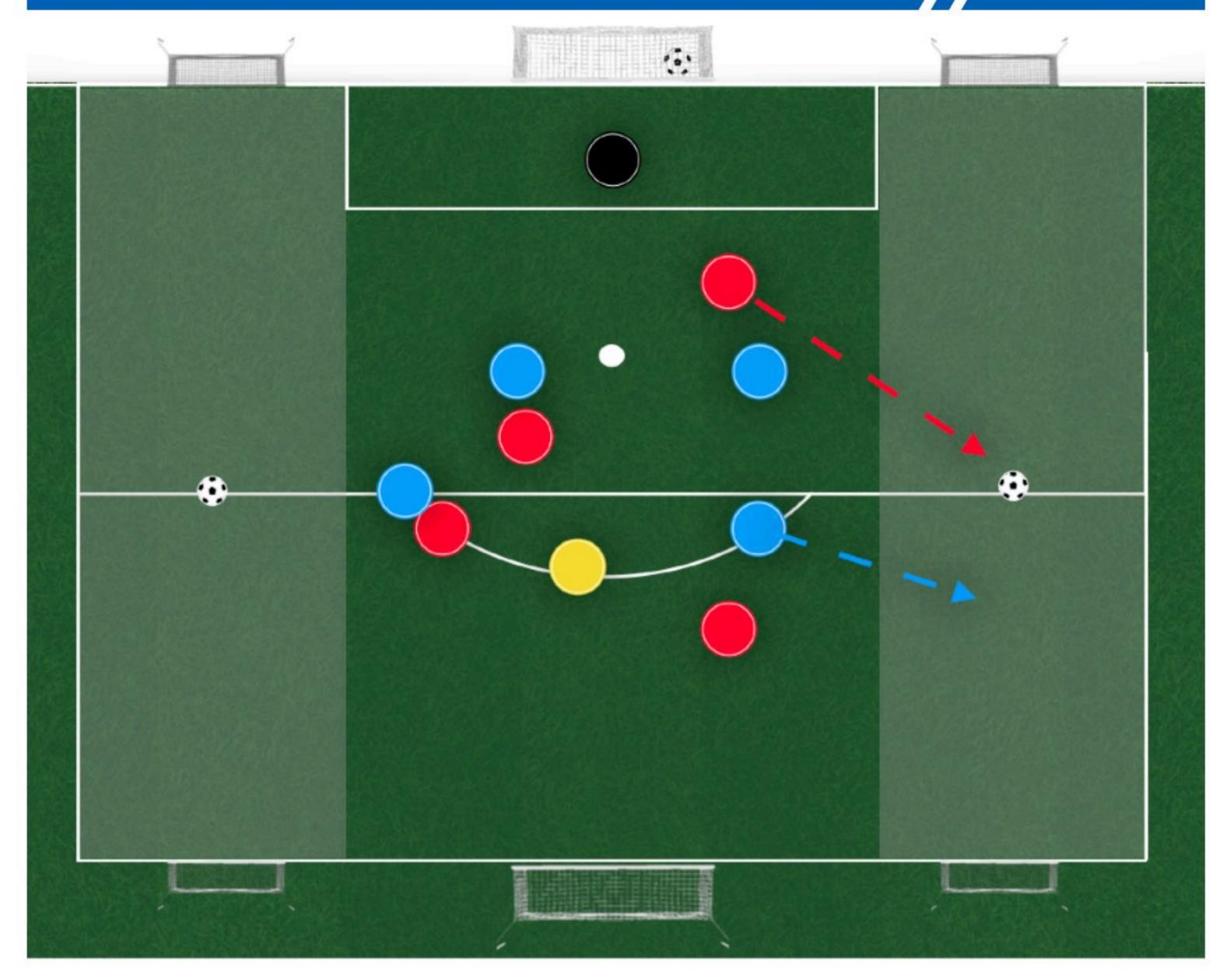


Session Detail:

This is a great example of attacking centrally. It hasn't involved lots of combinations but has seen individuals be brave in possession and carry the ball through the opponents' lines. Once they are through the central area, can we have direct and ambitious runs through the central space and look to finish calmly inbehind? It is important to challenge the attackers and goalkeepers to be brave. If the goalkeeper is playing high, we will of course see less space in-behind and this will make a more competitive practice, with more realistic situations for our attacking players to dominate

4v4+1 Attacking Centrally





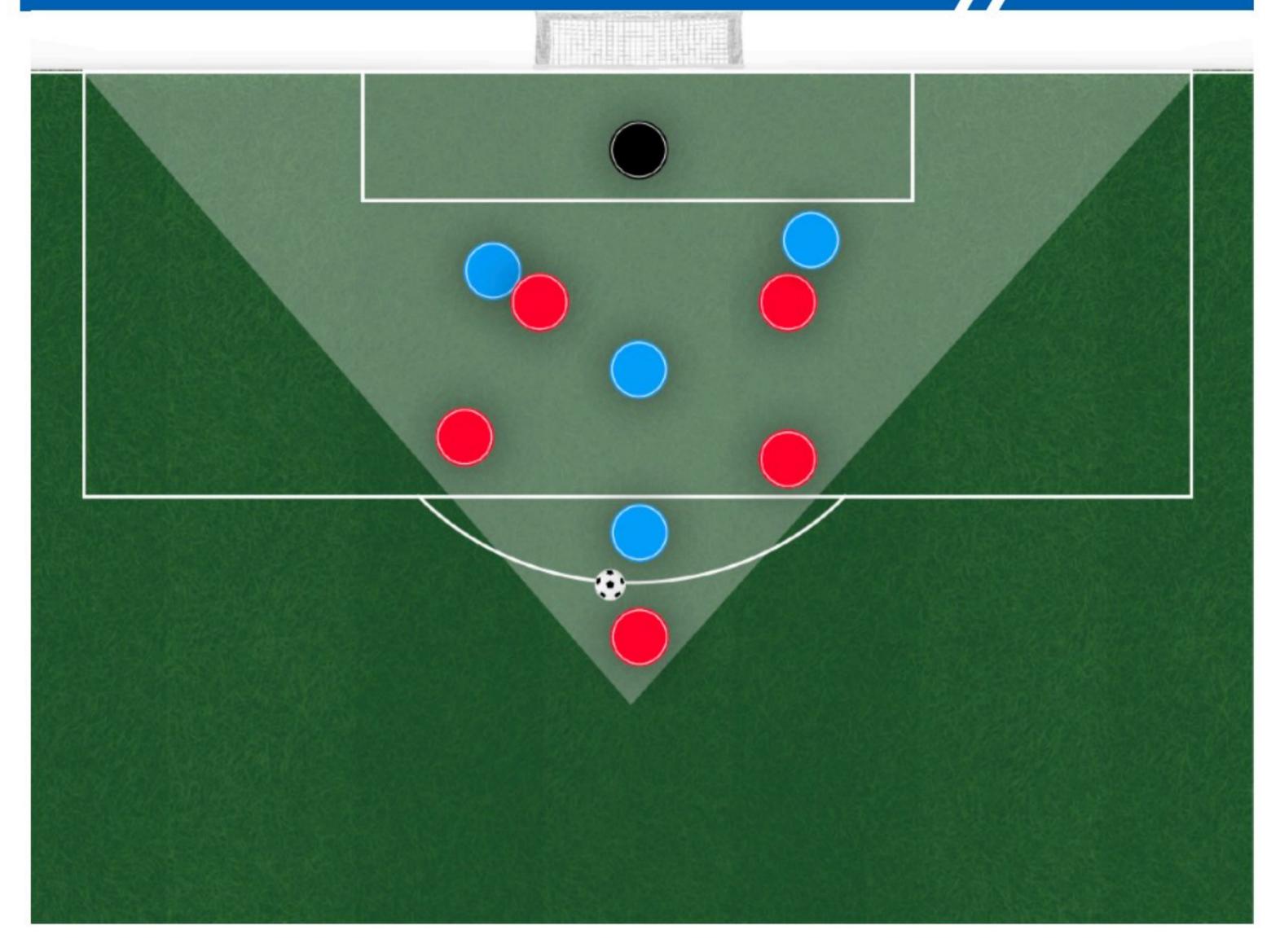
Session Detail:

This second image just details how the players might break out into the 1v1. As we can see, the red has scored in the top goal, instead of dropping straight back into a block, the red is chasing the second ball to go and finish 1v1. The closest blue is also looking to intercept and prevent the red making in 2-0. **However**, whilst the first ball is in play, there is an opportunity for the blues goalkeeper to throw the ball out and score straight away, this means the game will effectively be 3v3+1, if the transition happens quickly.



The Finishing Triangle



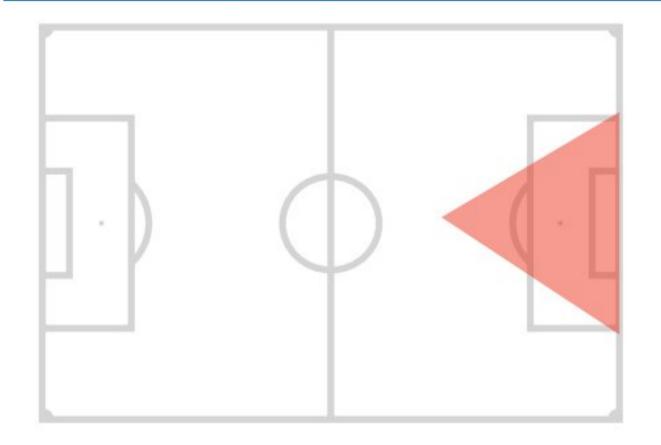


Session Setup:

The finishing triangle, a unique session that challenges players to play quickly within a central area. The pitch starts very narrow and opens up every so slightly. However being able to move the ball quickly, and recognising when you have space to shoot, is very, very important. We are looking for individuals to be brave on the ball, aware of their surroundings and ambitious with their intentions. This session doesn't require huge numbers or space and can be performed on recovery days. Therefore it provides coaches with a little more flexibility in the training week and increased opportunity to develop this finishing phase of the game.

The Finishing Triangle





WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	6	36 MINS

GOALS	SPACE	PLAYERS
1	PENALTY BOX +10	10

COACHING DETAIL

With a 5:1 work to rest ratio, the players will ultimately have a lot of opportunity and exposure to different situations within the penalty area. They will find success and failure within their combinations. We as coaches, will be able to guide and support this process, but the players themselves will need to lead it. Supporting the decisions of individuals and helping them understand the consequences will be key.

INDIVIDUAL DETAIL

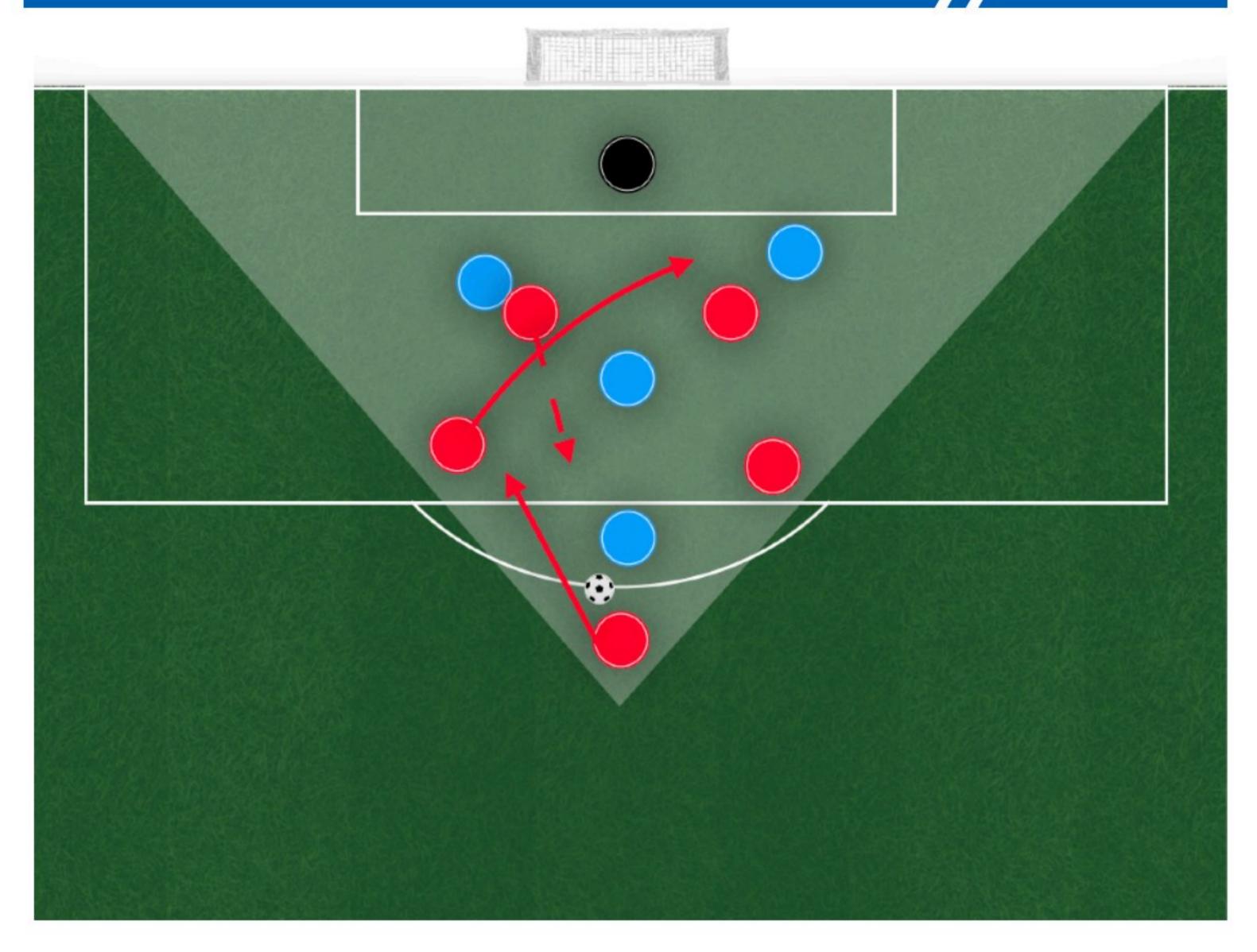
The major focus for the individuals in possession will be how to beat an opponent 1v1, with your back to goal this is a unique and slightly more complex skillset, and can be difficult for young players to master. Encourage players to make small movements away from players to create one or two yards, before using that space to drive at the opponent 1v1. This might be something that is difficult, but is worth the effort and time. When we can't turn, can our players use their body to protect the ball, prevent the opponent winning possession and find a positive pass?

PROGRESSION / ADAPTATION:

This session can be progressed with the add-on of an additional goal at the other end, to provide the blues with an aim or intention in possession. Without this goal, they're just challenged to keep possession. This will mean an increased opportunity to counter-press but might limit build up play.

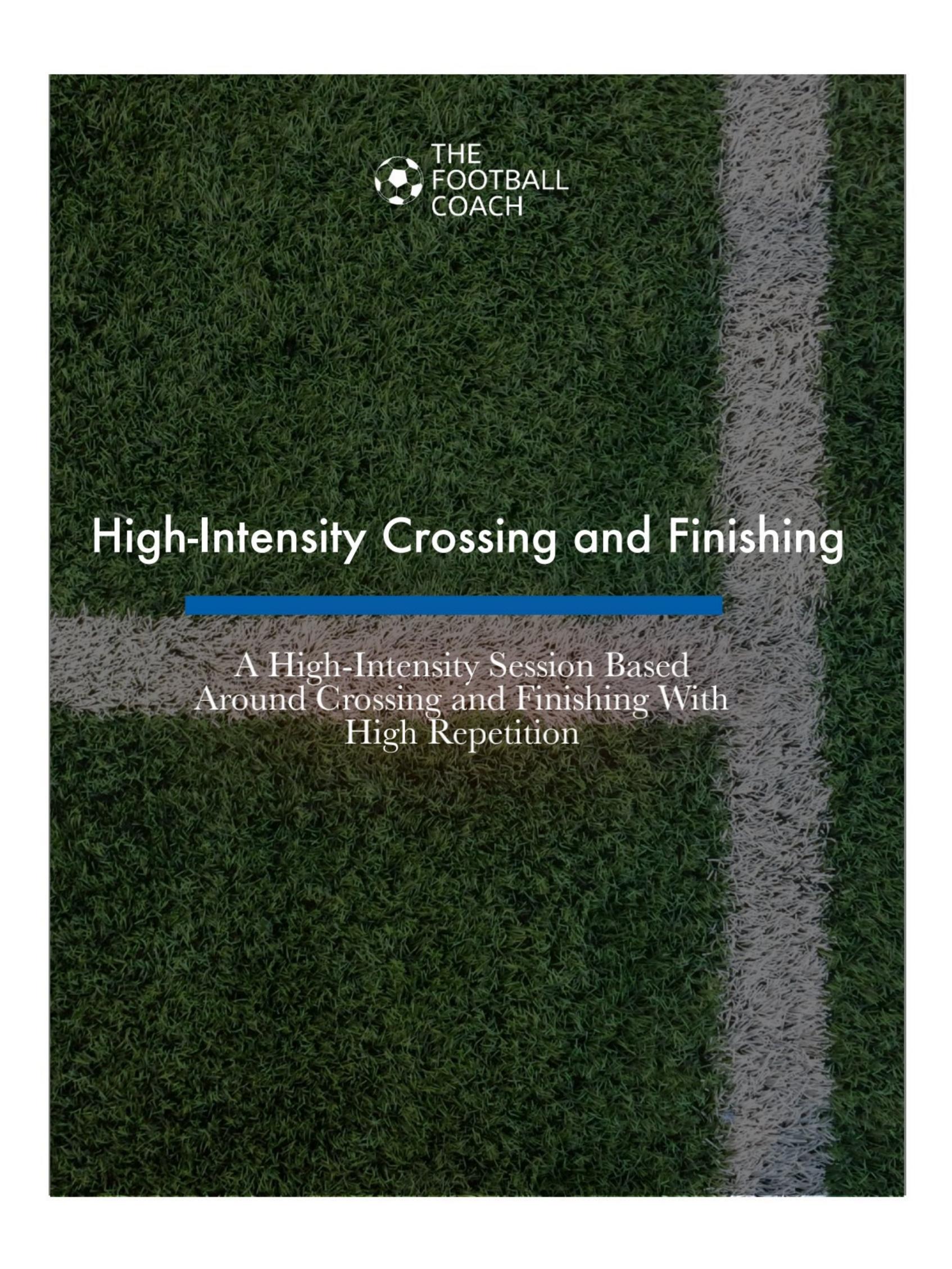
The Finishing Triangle





Session Detail:

This session will be compact, complex and challenging when looking to combine. The lack of space will provide a substantial challenge, which means the movements will need to be intelligent and co-ordinated to open space. This example shows our players playing from the first line of 1v1, to a second line where we can dominate 2v1. This overload allows domination on the second line, the numerical overload now opens up options to drive or pass the ball. In this example we are looking for an attacker to move towards the goal, to open space in behind the opponents' shape for the second striker to be able to run onto. This rotation is simple but requires co-ordination in it's delivery.



High-Intensity Crossing and Finishing



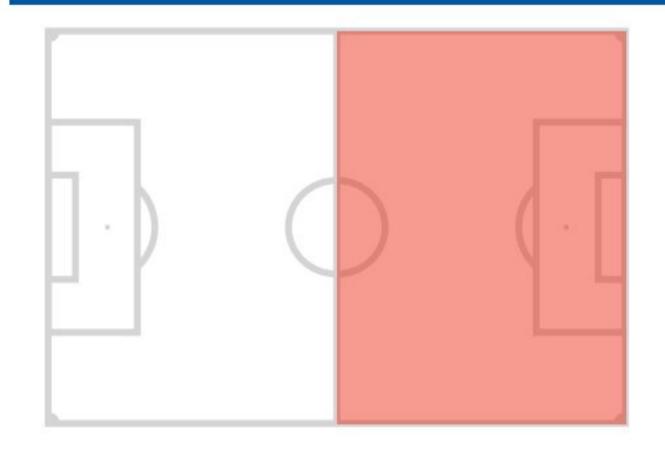


Session Setup:

This is one of <u>TheFootballCoaches'</u> favourite and most used sessions of 2020, it involves a lot of physical work, but in addition to this, we are also seeing a lot of repetition in realistic situations. How it works is very simple, two teams (pink and green) attack opposite goals, by playing a pass wide to the crosser, then moving into the box, to receive the cross. Once this has been complete, they run back to the middle, get a ball and go the other way. This means the greens and pinks are always going from end to end in alternates from each other. The players work for 120 seconds, before switching with the greens and blues and providing active recovery for another 120 seconds. This rotation means this session is for acquisition days only and can't be performed insight of a match day for recovery reasons.

High-Intensity Crossing and Finishing





WORKING	RECOVERY	BLOCKS	TOTAL
120 SECS	120 SECS	8	32 MINS

GOALS	SPACE	PLAYERS
2	PENALTY BOX +10	16

COACHING DETAIL

This session really doesn't offer the opportunity or the need for coaches to stop and start sessions and run through traditional coaching moments. This isn't needed, let the players work with and without the ball, create their own experiences and we can work individually with those who might need our support, guidance or advice. This will mean that the players are more likely to learn from their experiences in this session

INDIVIDUAL DETAIL

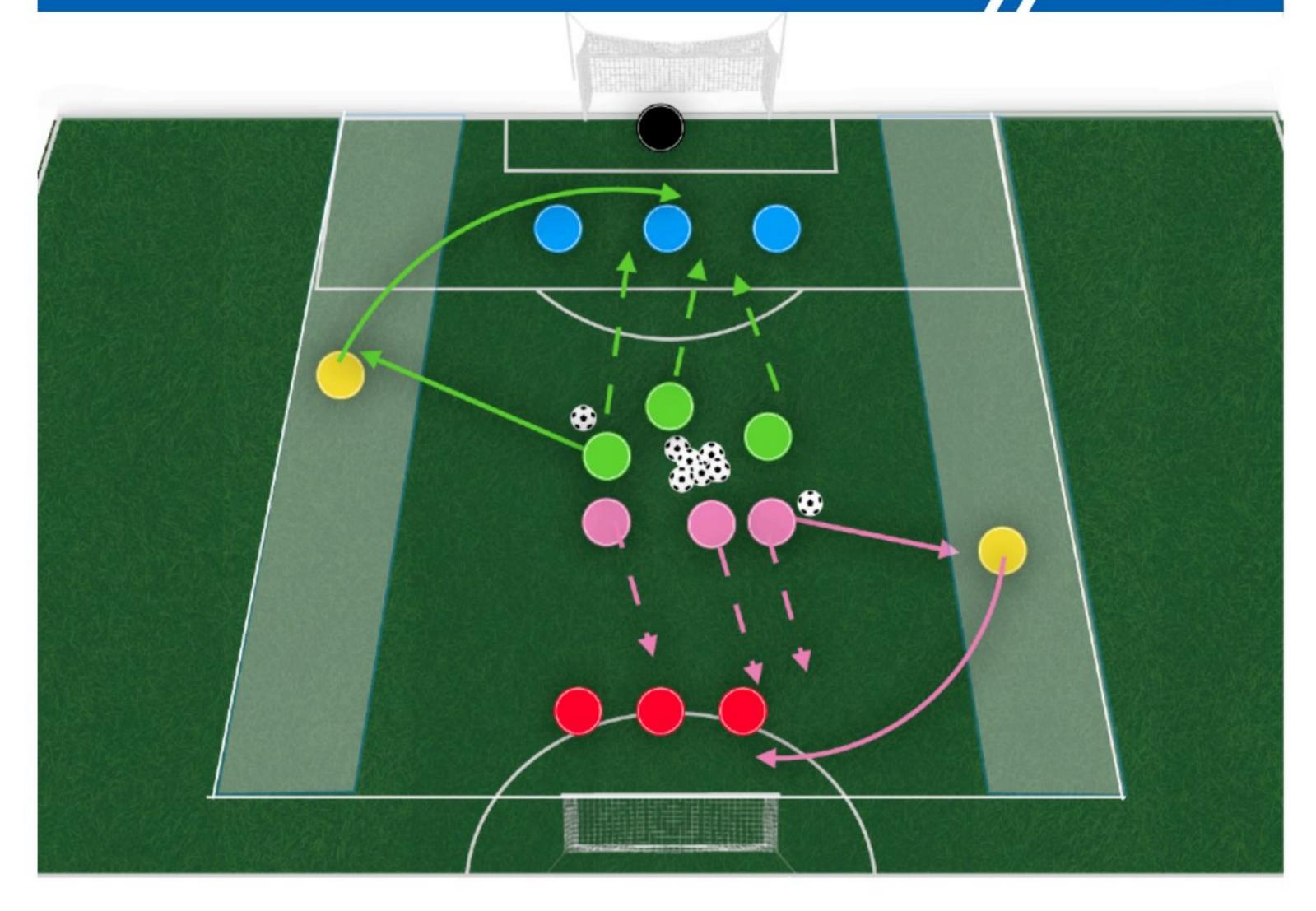
This book focuses on attacking, so the individual focus will be on the attacking players of course. When we work with the attackers in this practice, we need to be conscious of their physical fatigue. Football doesn't need to be a 100% sprint, 100% of the time. Encourage players to change their pace as they run. Whilst in-between crosses, slow to a jog to allow for active recovery and increased quality in the practice.

PROGRESSION / ADAPTATION:

This can be manipulated by creating three groups of three in the attacking areas. This means one team will attack the top, one team will recover and the third team will attack the bottom goal. This cycle will offer increased recovery and allow the session to include more and more players, in case you need to adapt the session.

High-Intensity Crossing and Finishing





Session Detail:

This image really just tries to bring to life the setup and structure of what can be quite a chaotic and cumbersome session for players and coaches to manage. As we can see, both the greens and pinks are attacking both ends. The type of cross can be manipulated by the location and requirements of the wide player. It is also possible to add additional wide players to adapt the session and create overlapping situations. We also want to make sure that all attacking players aren't attacking on the same line, for example if the pink three attack as they have, the chances of them blocking each other is high. If they change the timing of their runs, so they all arrive at different times, there is a high chance the cross will be picked up before, or after the runners, if the cross is over or under hit.





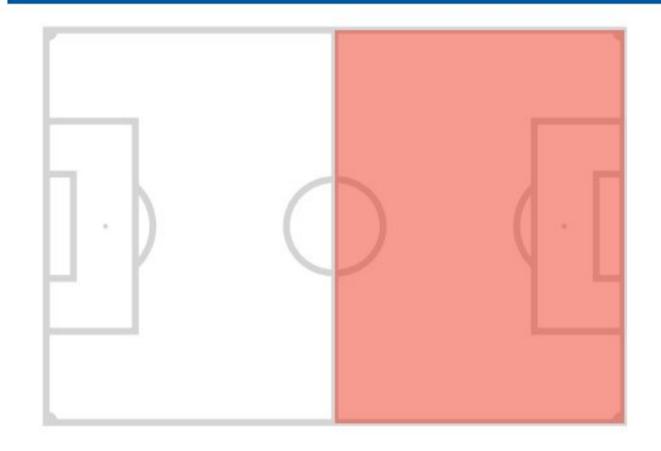


Session Setup:

This session involves a relevant sized half pitch and three lanes. Inside each lane is a 2v2. The restrictions are quite simple, the players are not able to move from zone to zone. The players must learn to manipulate the position of their opponent in order to create space in behind or between the opponents units. The players in other zones are challenged to move their position, even when the ball is in a different zone.

The pitch size will be a large challenge to the coach during this practice, at times a full half-pitch can be too large. The pitch size will be more adaptable than most sessions, this will require some knowledge of the group by the coach. This would be a session that would not be advised with a new group of players, but a group of players that the coaches are aware of and understand.





WORKING	RECOVERY	BLOCKS	TOTAL
300 SECS	60 SECS	5	30 MINS

GOALS	SPACE	PLAYERS
3	ONE HALF	14

COACHING DETAIL

For a coach, this session is a great way to understand further which players understand the movements both in and out of possession. One of the biggest challenges within this session, will be for players to understand how to position themselves in their third of the pitch, when the ball is in a different zone. As coaches, we might find it easier to stop the session and help players with more traditional methods during this session.

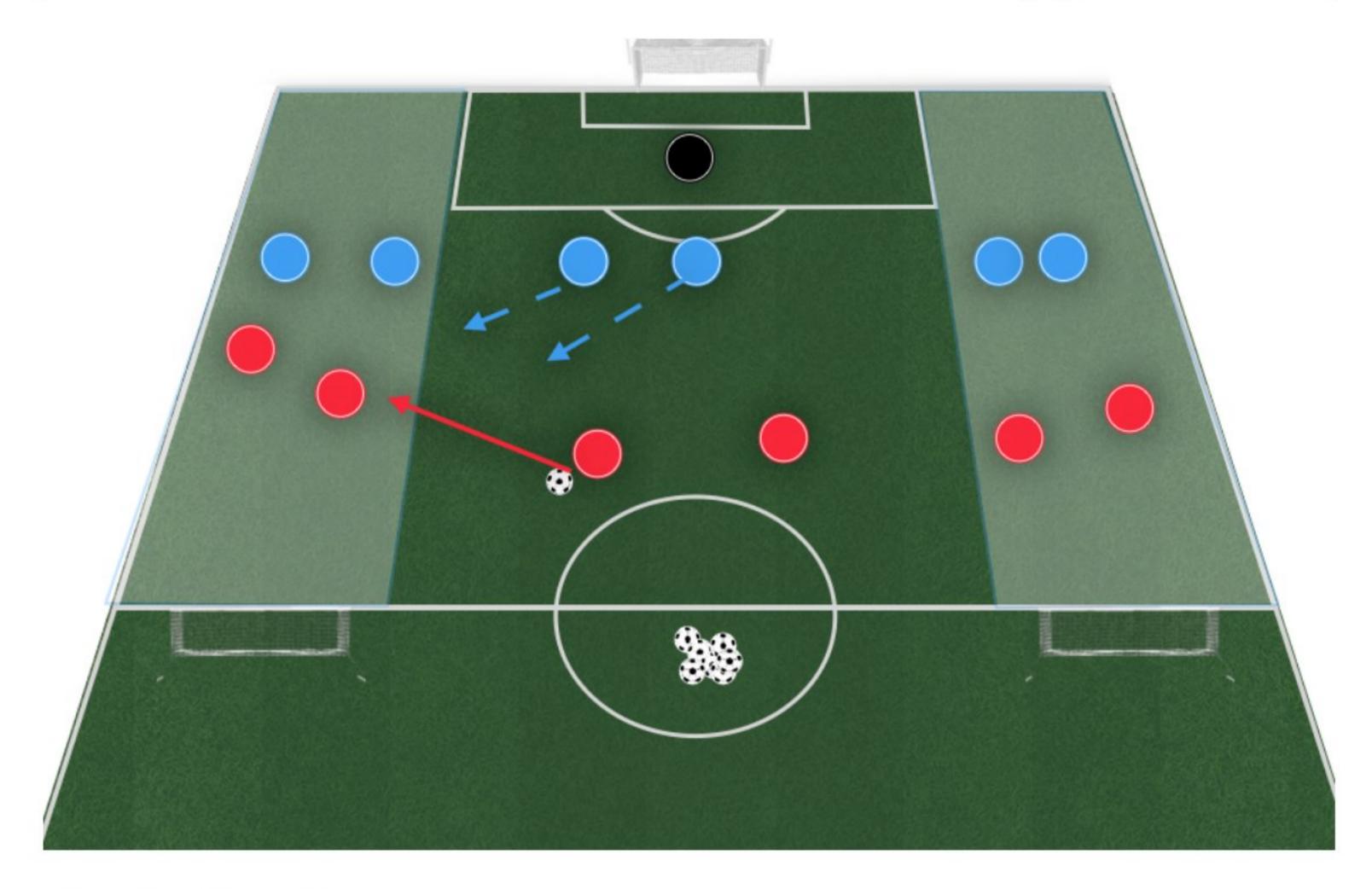
INDIVIDUAL DETAIL

For individuals in the central areas, creating space will become one of the biggest challenges, how can you create space when your space is restricted? This is a question we can guide players to the answer. Understand how your movements can open space in a different zone. For example, if you come deep and attract pressure, is there a diagonal pocket open for a teammate to receive possession and score?

PROGRESSION / ADAPTATION:

Allow the team out of possession to move freely, as if there is no zone for them. This will make a more realistic situation and also demand the positional dominance that we want to create in our attacking philosophy. Another adaptation would be to play in a 35x35 space, this will limit the opportunity but increase the challenge.





Session Detail:

The first image shows how poor movement can kill our ability to keep the ball, and can have a real negative effect on our ability to play in behind the opponent. As we can see the pass is played wide into the 2v2. However, the positioning of the wide players is very static, both can be effectively marked out of the game by the opposite two players, on the same line. It is also going to allow the two central players to come across and force play into the wide area, this isn't gonna help us build with positional dominance.

If we are going to change this, we will need to see movements to create more lines of attack and more lines of opportunity. It is important we don't forget about the opposite side, when the ball is on the opposite side, can the opposite players tuck in and offer security incase possession is lost?

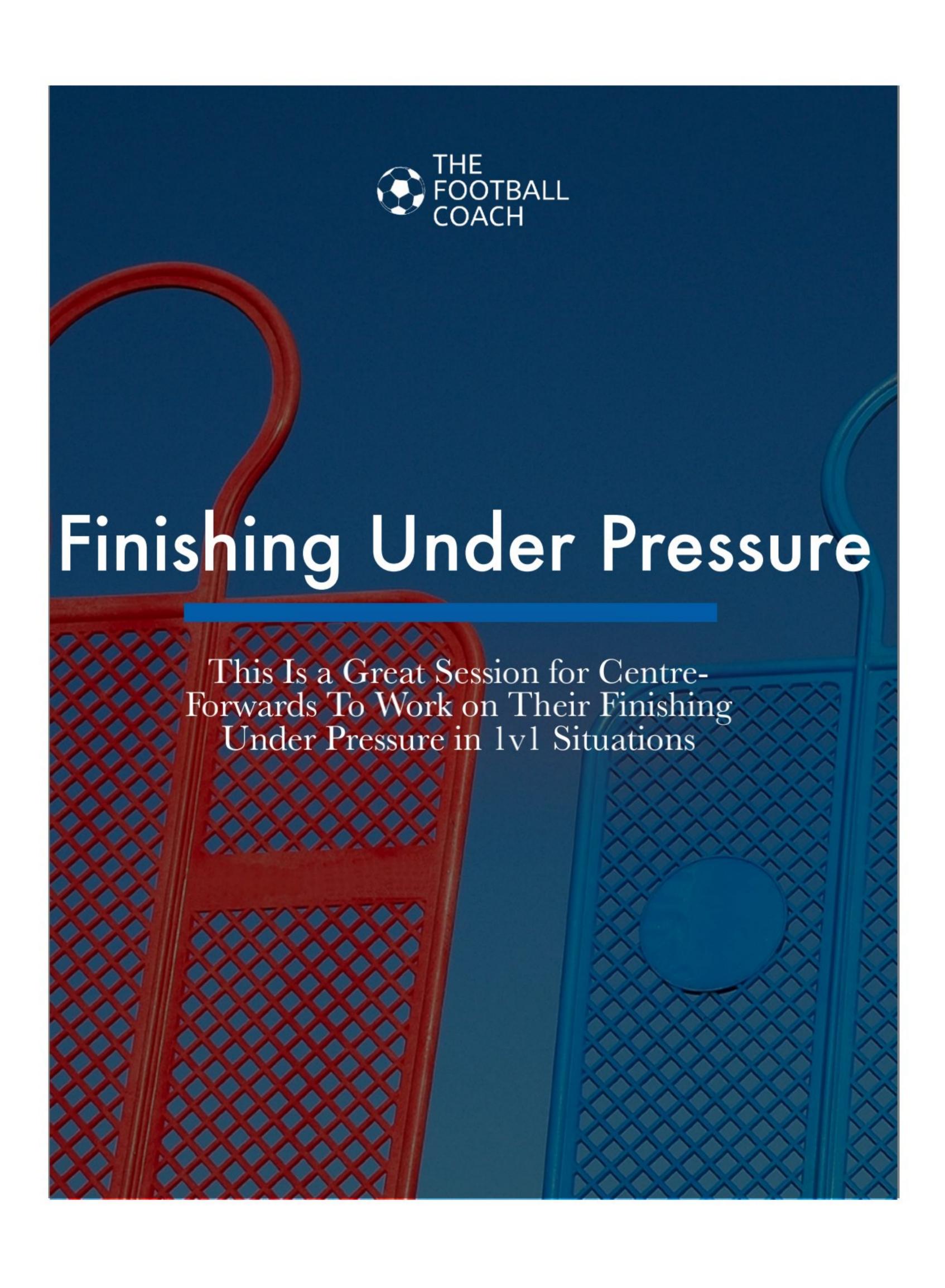




Session Detail:

The second image shows how slightly different positioning can have a dramatic change on the opponents ability to defend against our shape. In this example, we can now see the two circled players have been pulled deeper (compared to the first image) this now provides us with an additional line in possession, but also moves the opponent to create a lvl in the space behind. Now the two centre-backs are forced to stay high with no ability to put pressure on the ball, how we open the space in behind is very important.

As the two central blues are teased into putting pressure on the ball, the wide player is challenged to make a movement from out to in. This should provide us with the opportunity to unlock the space behind the opponent.



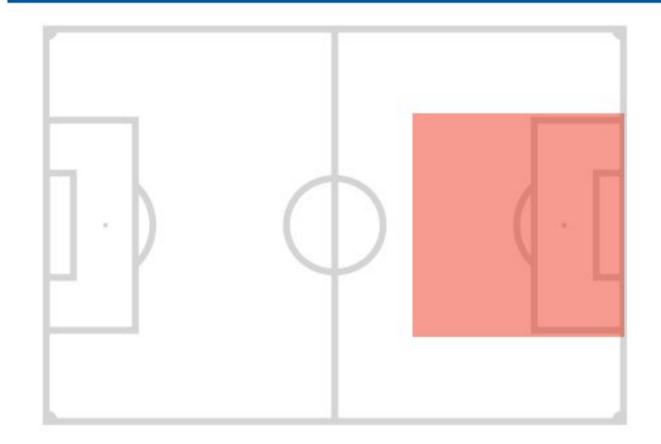


Session Setup:

This session a carousel based practice, with opportunities to finish under pressure in 1v1 and 1v2 situations. The session setup looks complex, but can actually be delivered very simply. The blue at the bottom of the practice plays into the red, and this initiates the practice. The red then drives into the 1v1 creating a 2v1, the blue who played the first pass in, now recovers back inside, this now creates a 2v2. The reds need to be quick with possession before the practice becomes a 2v2. This recreates the situations where players are played in behind the opponent and must finish under pressure. Once this has finished, the same practice starts from the opposite end. Once the team out of possession win the ball, the team can break out and attack the opposite end.

Finishing Under Pressure





WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
4	30X20	12+

COACHING DETAIL

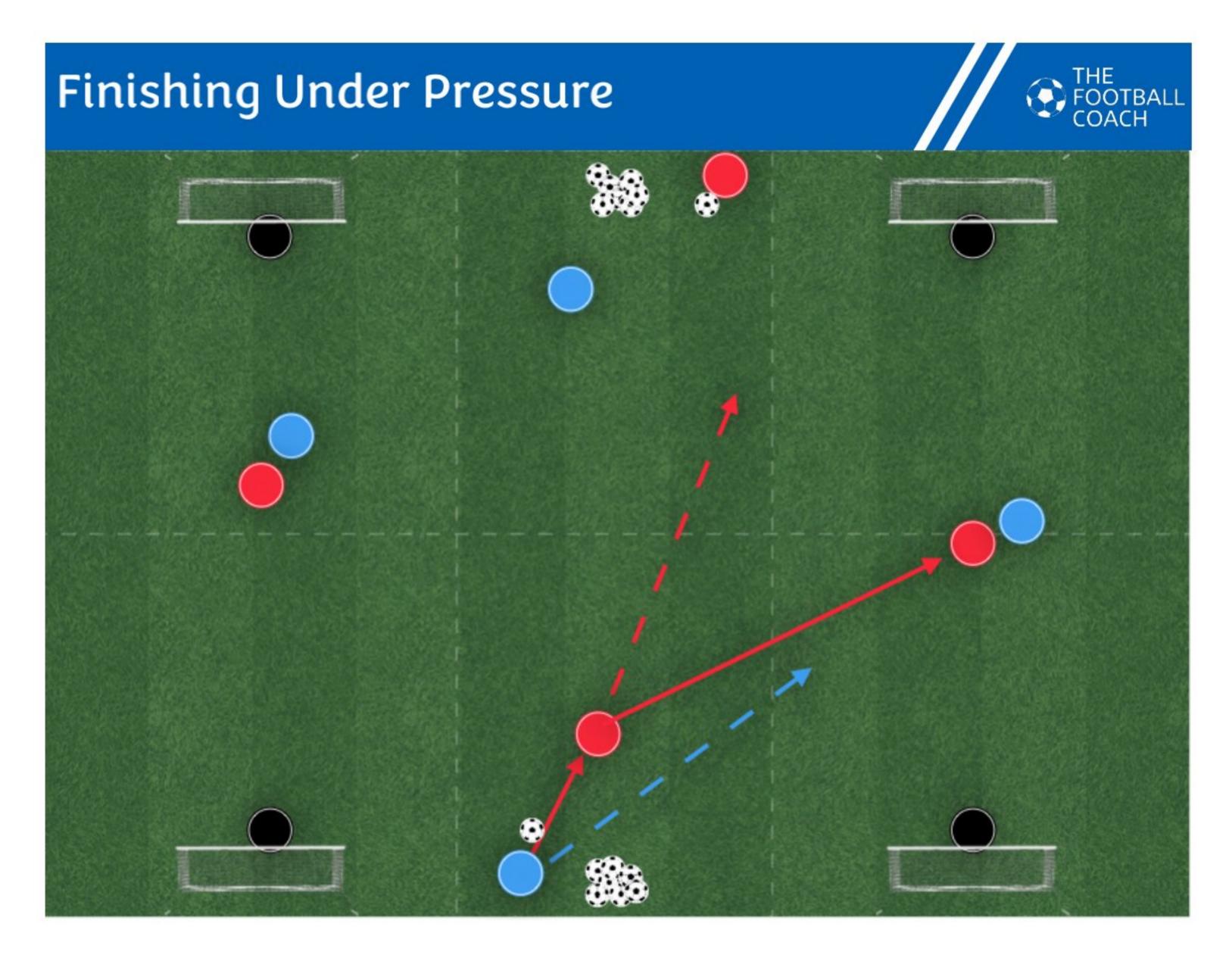
The carousel practice needs to be a constant cycle of opportunity for players, with this in mind, it is important that we as coaches are willing to allow the session air to breath and don't look to constantly stop the practice. It is also important to encourage the players to play quickly in possession, and to look to dominate the advantage the players have when they are in the 2v1. If the players are slow and laboured in possession, they will lose their advantage and drop in to the 2v2

INDIVIDUAL DETAIL

Can we focus on the receiving player in this practice, how do they support the attacking intentions with their movement, runs and receiving? Body position is so important in allowing us to dominate the 2v1, the player must **try** to receive with an open a body position as possible, this will encourage a lack of pressure and allow us to push forward quickly.

PROGRESSION / ADAPTATION:

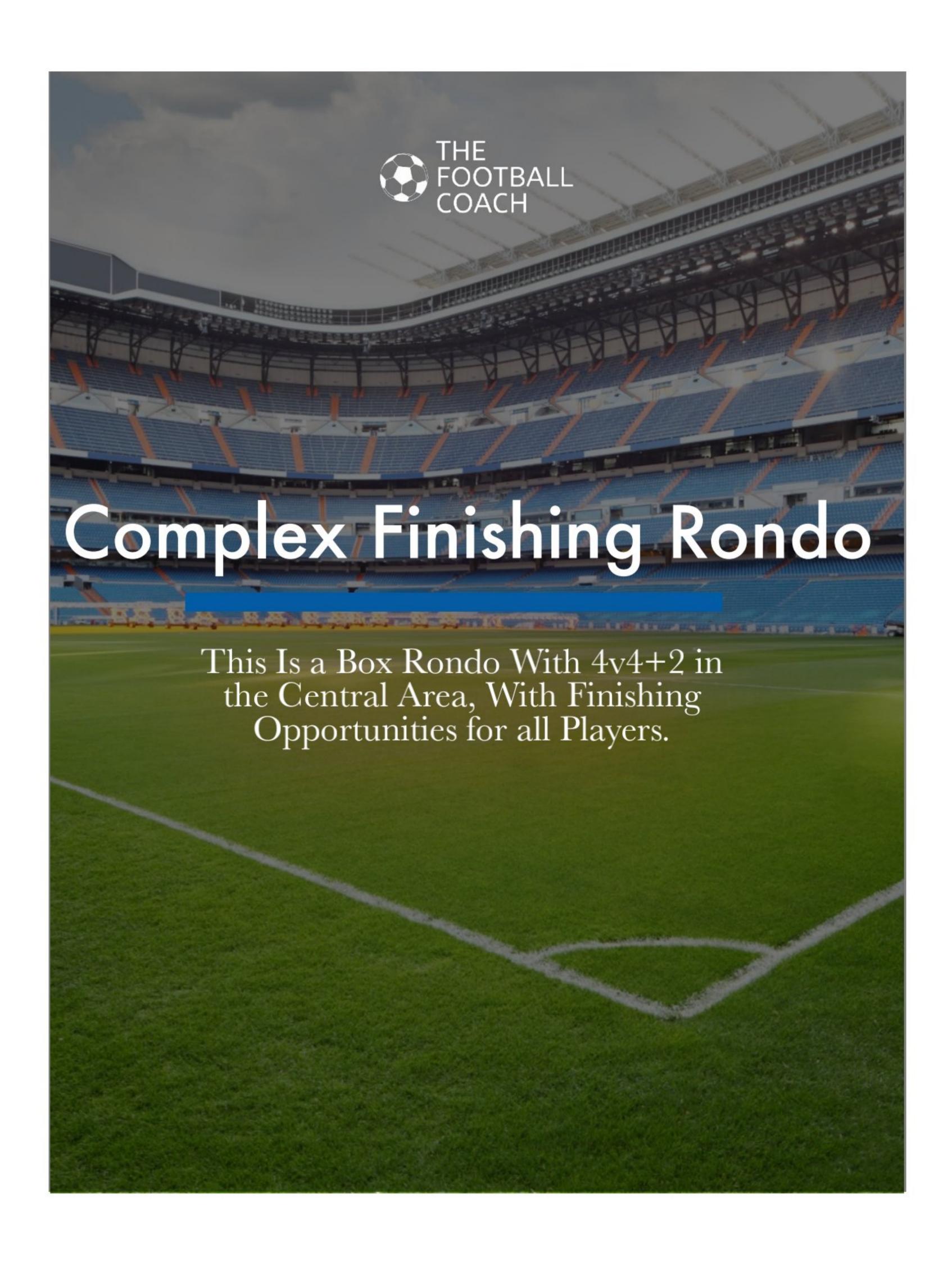
This session can be adapted by changing the numerical matchup, for example two players can break out from the opponent to make it an underloaded situation for the team in possession. This will force our players to be quicker in possession and the practice to have an increased intensity and purpose.



Session Detail:

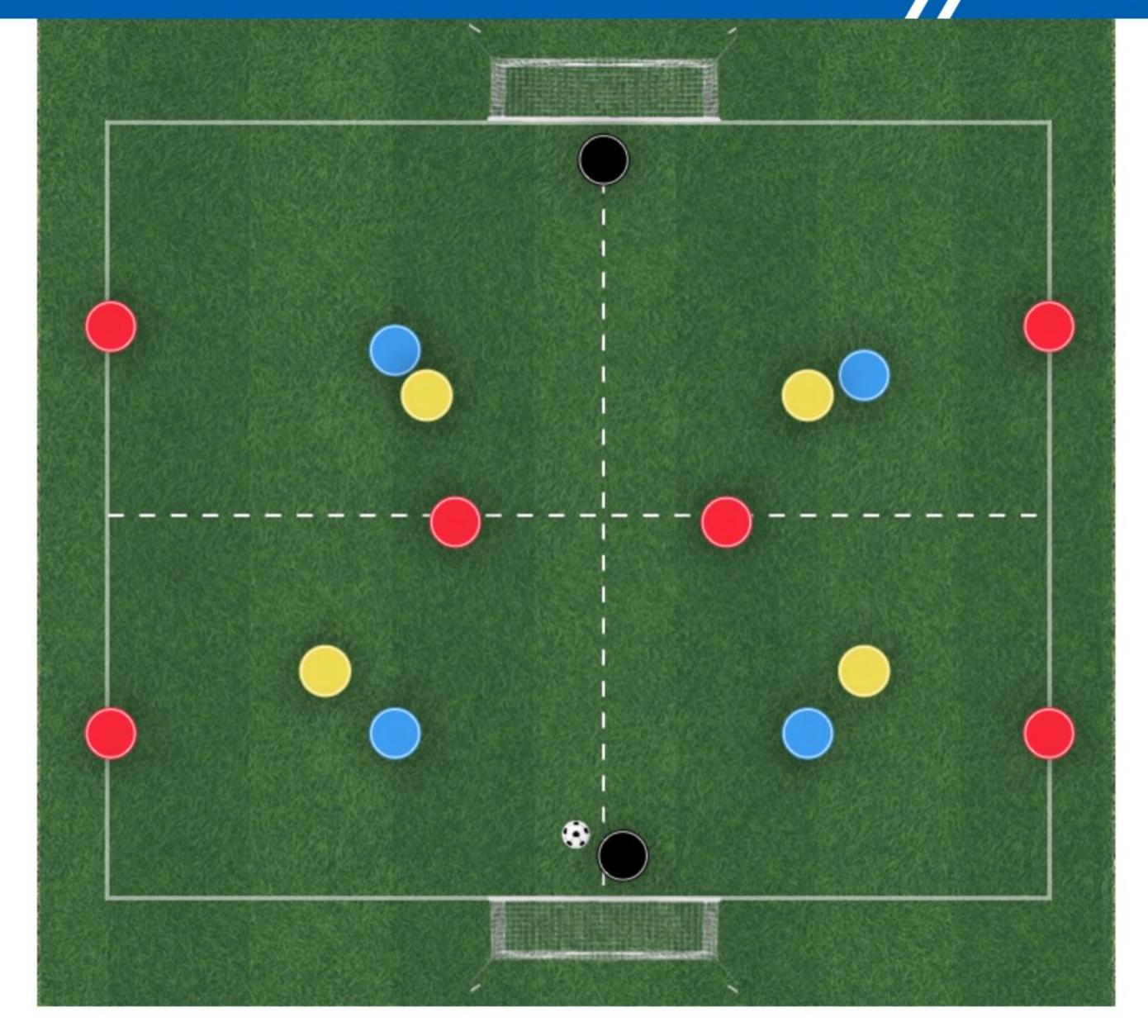
Finishing under pressure is a difficult task for any attacking player, centre-forwards are expected to finish under these situations but aren't often given the opportunity to train these moments. Within this situation we can see the red has decided to play in to his/her team-mate who is holding off the blue with an open body position. This should provide the runner with space to attack in-behind the opponent.

Because of the recovering blue defender, the red will have to finish under pressure on their shoulder, it is likely the blue will be able to recover to be within touching distance and the angle will be tight, similar to the situation players might find when they look to run in-behind the opponent. Regardless of the outcome can we encourage the players to move on and restart from the opposite end? This practice is about repetition and failure will be part of that cycle.



Complex Finishing Rondo



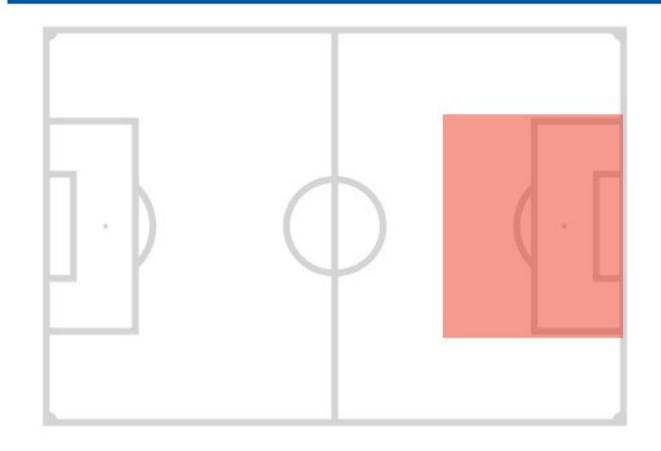


Session Setup:

This session sees a 4v4 in the central area and six neutral players, four on the outside and two in the middle. This means in possession, we will see players have an overload of 10v4. The players are locked into their areas, meaning there is a 1v1 in each area. The neutral players are able to roam within meaning, they can overload each area with 3-1. We as coaches are looking to encourages players to move the ball quickly, combine quickly and shoot on site. This should all take place within a 25x20 yard space.

Complex Finishing Rondo





WORKING	RECOVERY	BLOCKS	TOTAL
240 SECS	60 SECS	5	25 MINS

GOALS	SPACE	PLAYERS
2	25X25	16+

COACHING DETAIL

This is a session that requires hard work from players to move to create space at all times. The intensity of the session comes from the continuation of the practice, it is important the coaches allow the practice to run and continue. We are looking to ensure that the players don't block each other's passing lines and we are able to play on multiple attacking lines of possession, the most common blocked lane is the red outside player being blocked by an inside player. Effectively creating the situation where an opponent can mark two players on their own, taking them out of the game.

INDIVIDUAL DETAIL

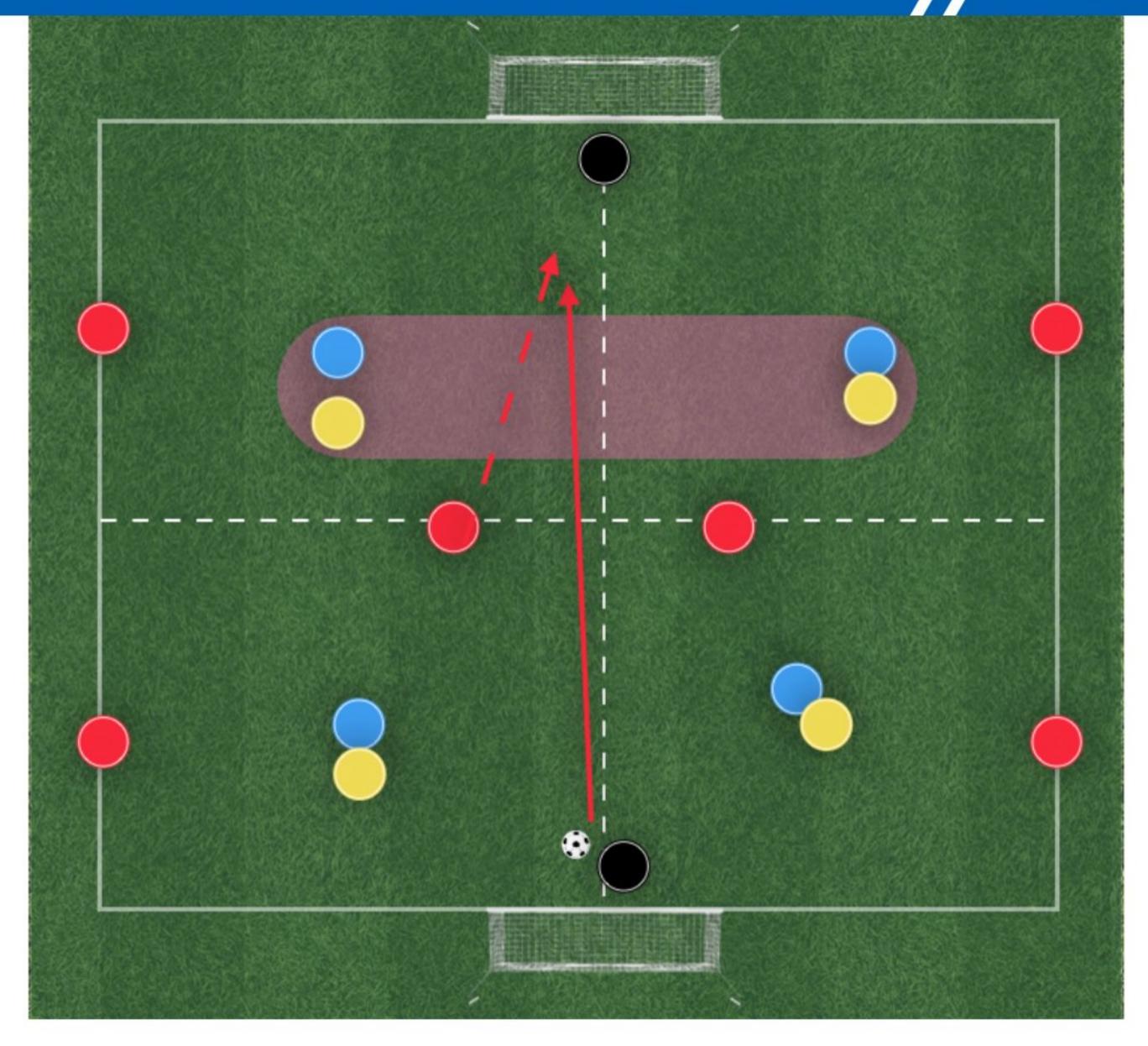
We are focusing our attention on the players in possession within that 1v1, and how they can be effective in assisting our ball circulation without blocking passing lanes. With the setup of the reds, we naturally have three passing lines, the deeper reds, central reds and upper reds. We need to ensure the others that are in possession play on different lines to make life more difficult for the opponent.

PROGRESSION / ADAPTATION:

The neutral players can be removed from this practice to ensure that it becomes more difficult to keep possession of the ball. The neutral players provide us with an overload of 10v4 meaning the challenge should be limited, with this removed we should see a more realistic challenge.

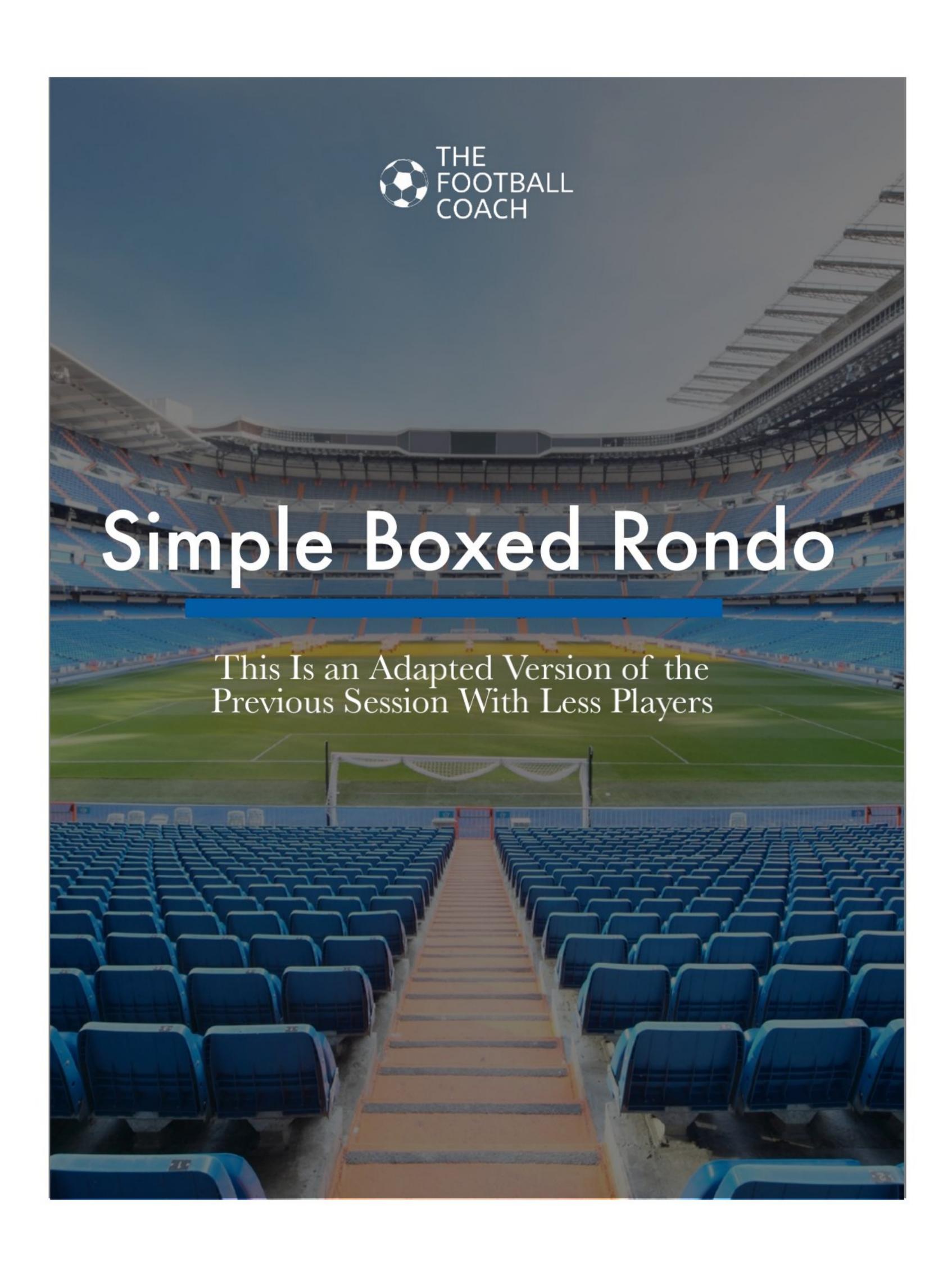
Complex Finishing Rondo





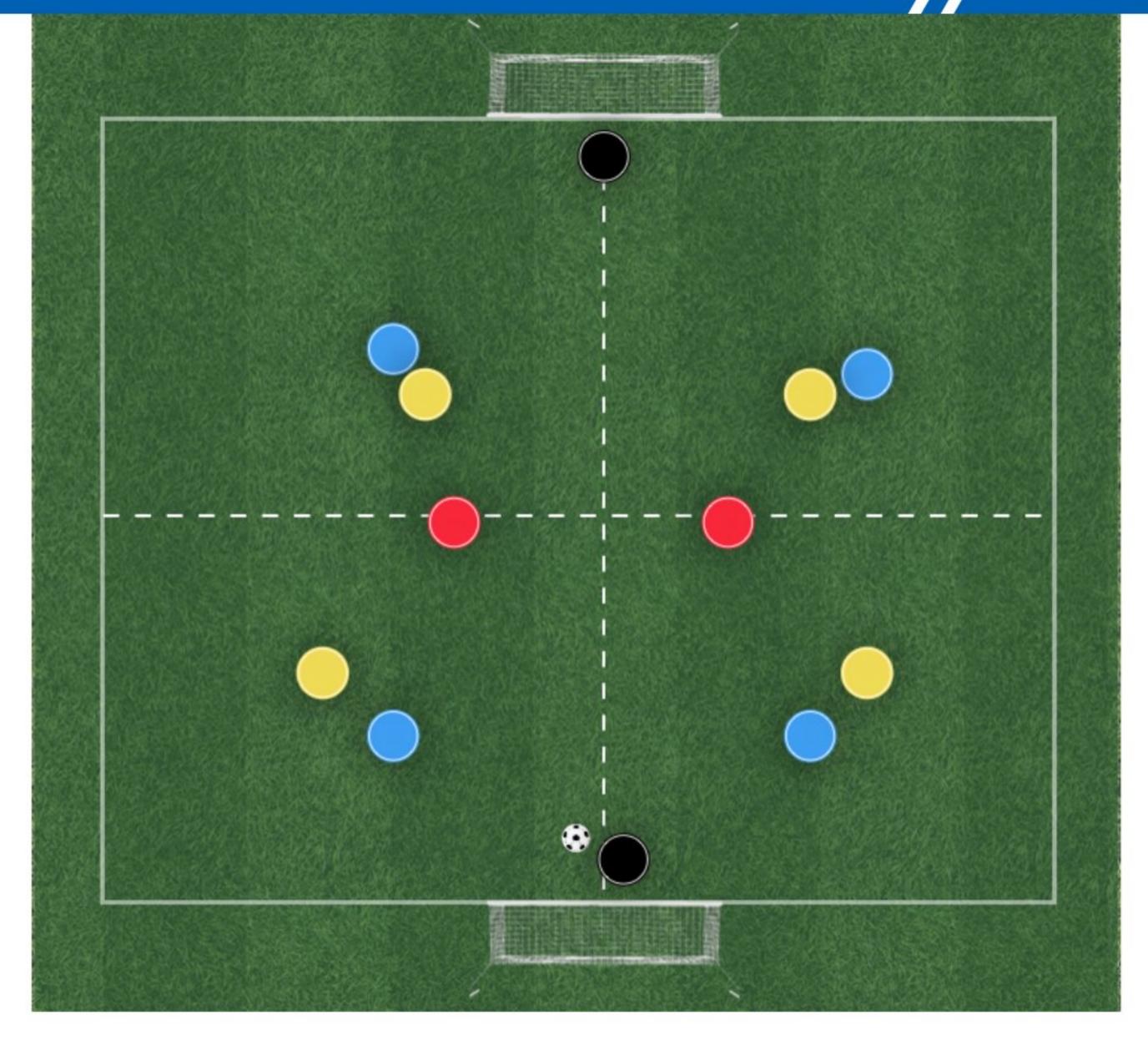
Session Detail:

In this situation, we are looking to show how defenders can be manipulated by the movements of the attackers. As we can see, both yellow strikers have split, meaning we are effectively playing two split strikers. The difficulty for the defenders is, there are now two offensive players in the wider areas, encouraging the defenders to step out and go wide, to deal with the danger. If you are able to, catch them in this moment, and they leave a space, can we play into the space for red to take a touch and finish? This might be a difficult moment to create, but one that can be trained with players.



Simple Boxed Rondo



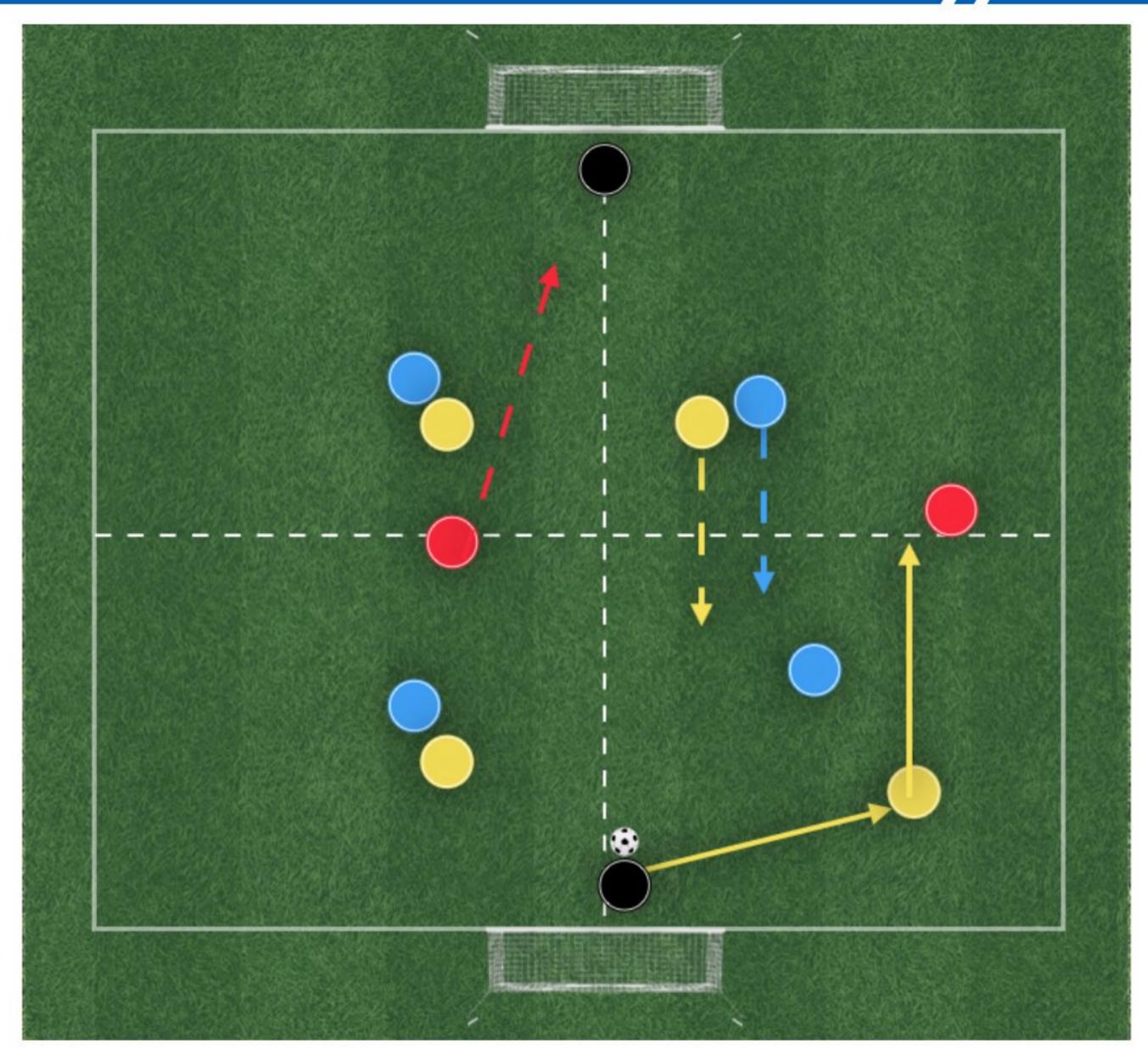


Session Setup:

This is a simple adaptation of the previous session, it includes the same setup and detail as before, but in this session there are only two neutral players, this means we have a 4v4+2. In possession, can our players look to combine with the neutral players, take advantage of the overload and score? One difficulty we will see, when compared to the last session is that width is not provided naturally by this session, it needs to be created by intelligent movements of players within the session. Can we reward those in possession who create and hold the width, and those who recognise when to transition back inside.

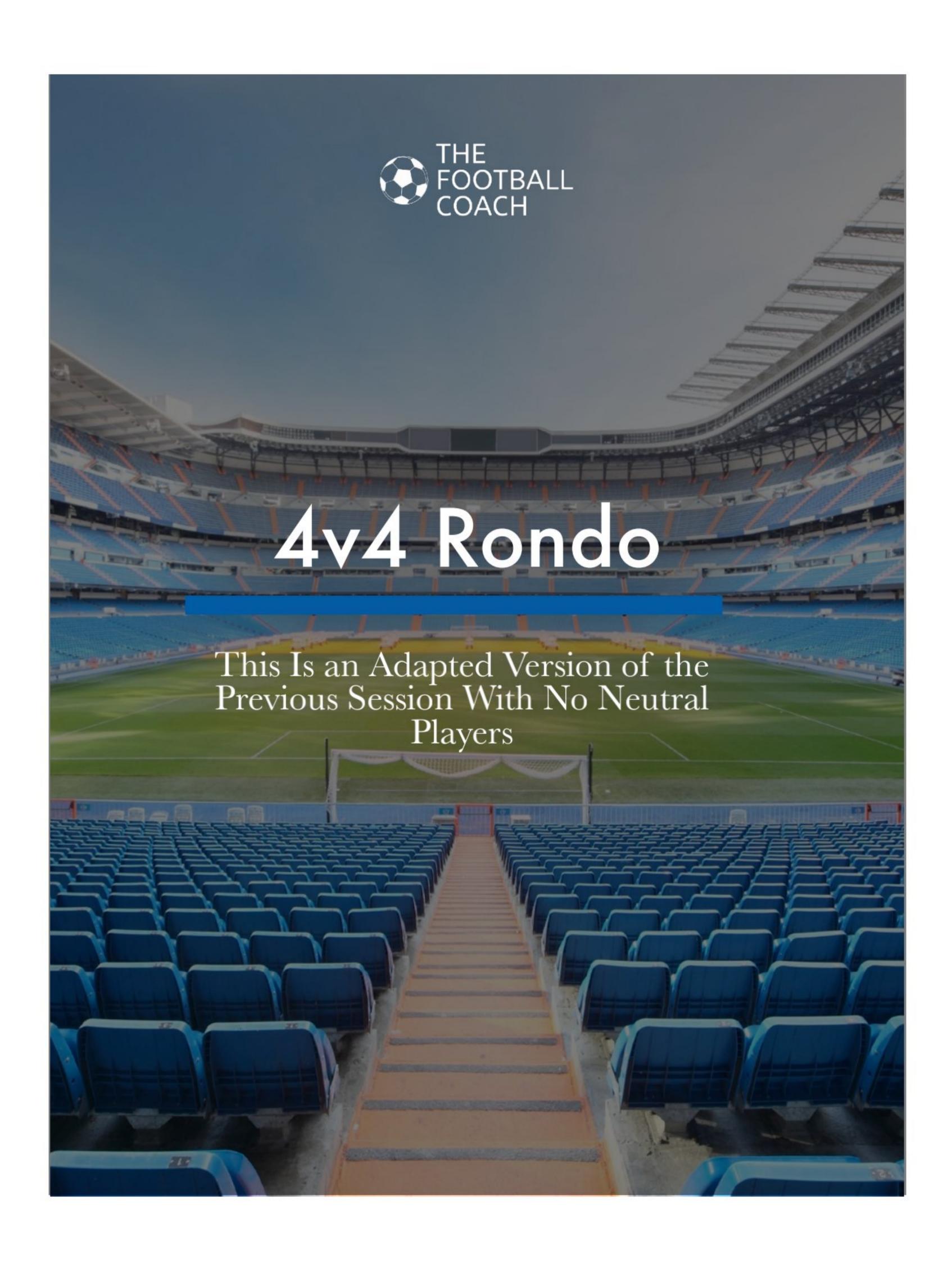
Simple Boxed Rondo





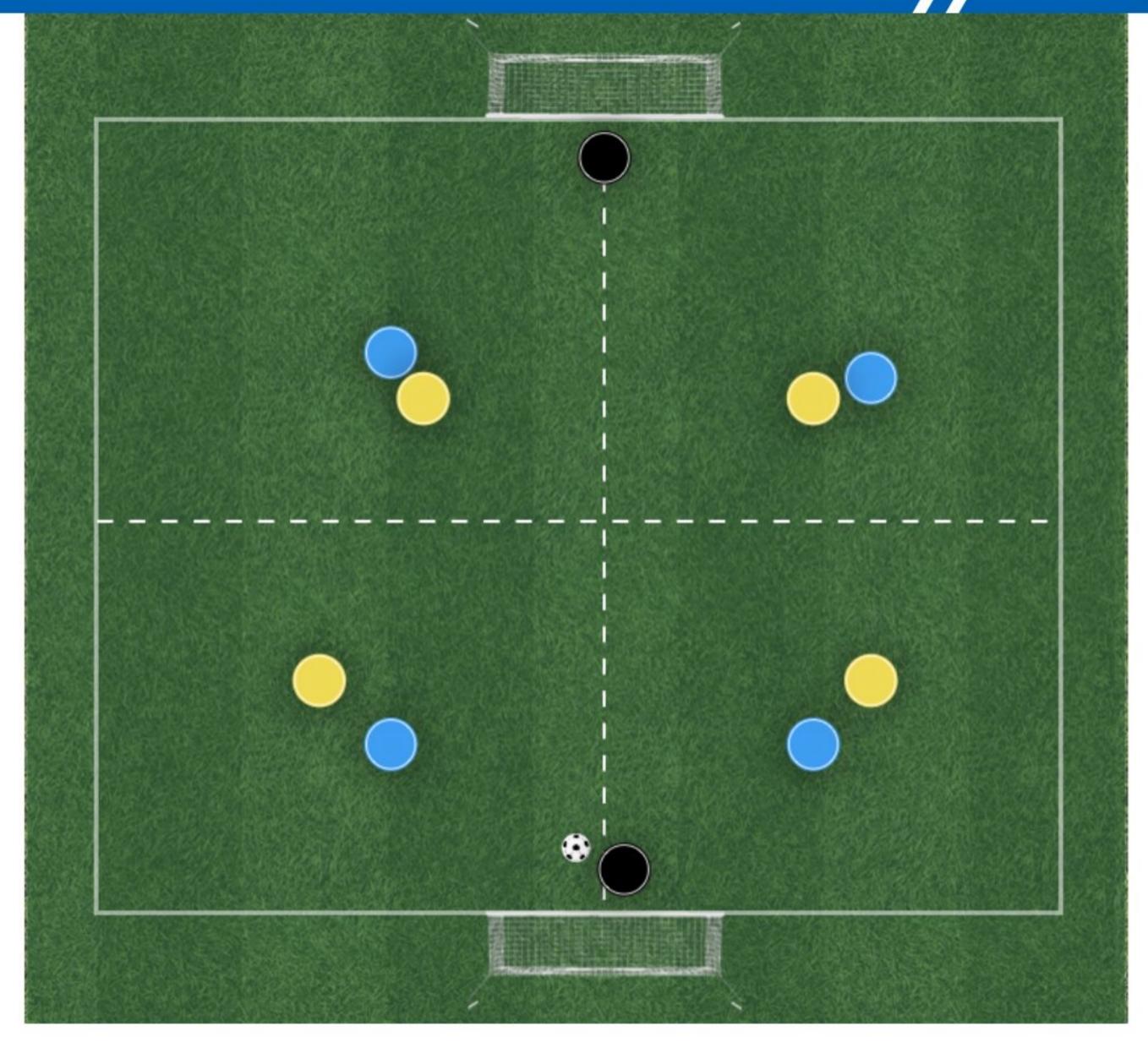
Session Detail:

This is an interesting set of movements used by the reds and yellows to expose the blues. The central yellow has made a movement towards the goalkeeper to receive the ball, which is common within build-up play, at this point it would be common for the player marking them, to step-in with them to ensure there is no free passes. As this happens, can we encourage our reds to run in behind and receive possession in the space created by this movement? The only thing to be conscious of is the timing of these movements, if we are too narrow too early the opponent won't need to cover our movements.



4v4 Rondo



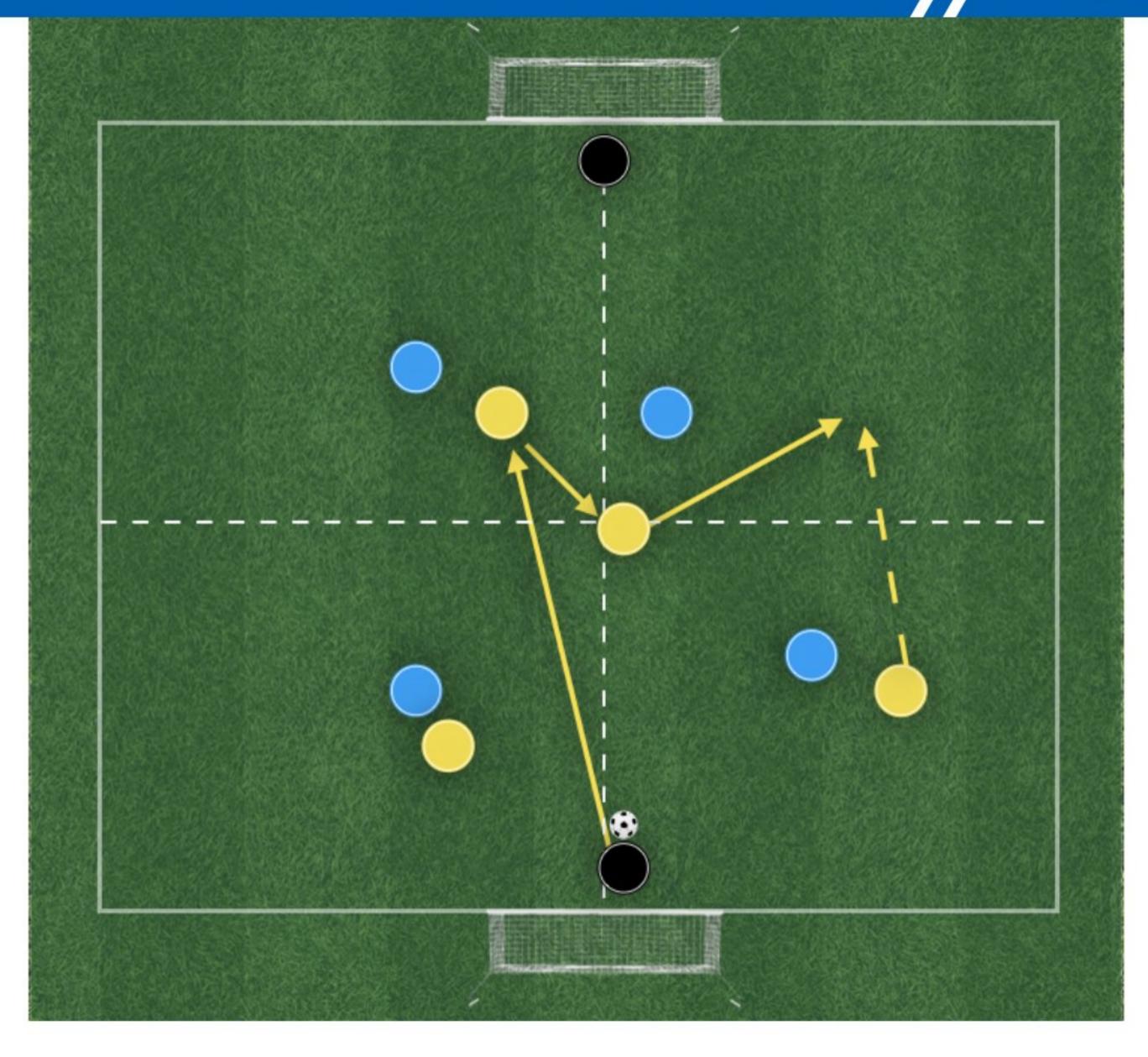


Session Setup:

Within this session, we are just looking at a basic version of the previous two sessions, although we have labeled it a 'basic' version, players will likely find this more difficult. They will find it more difficult because there is no overload now. Players are forced to create space and find space by dismantling the opponents defensive shape, we would expect to see the more intelligent and 1v1 dominant players to find more success in these moments. However it is important to remember that players might need support from coaches and peers on how to understand the moments that happen in front of them.

4v4 Rondo





Session Detail:

You can now see that players need to be more intelligent to create space against the opponent, we can see that every yellow is playing on a slightly different horizontal and vertical line, this means that there are always angles between the players and opportunities to find diagonal passes to straight runs and visa-versa. We can see here that although they have not fully used the width of the pitch, they have used their angles well to be able to open space within the opponents' shape. However once the ball has gone wide into this situation, can we see players hit the box quickly and aggressively, with intent to score?