

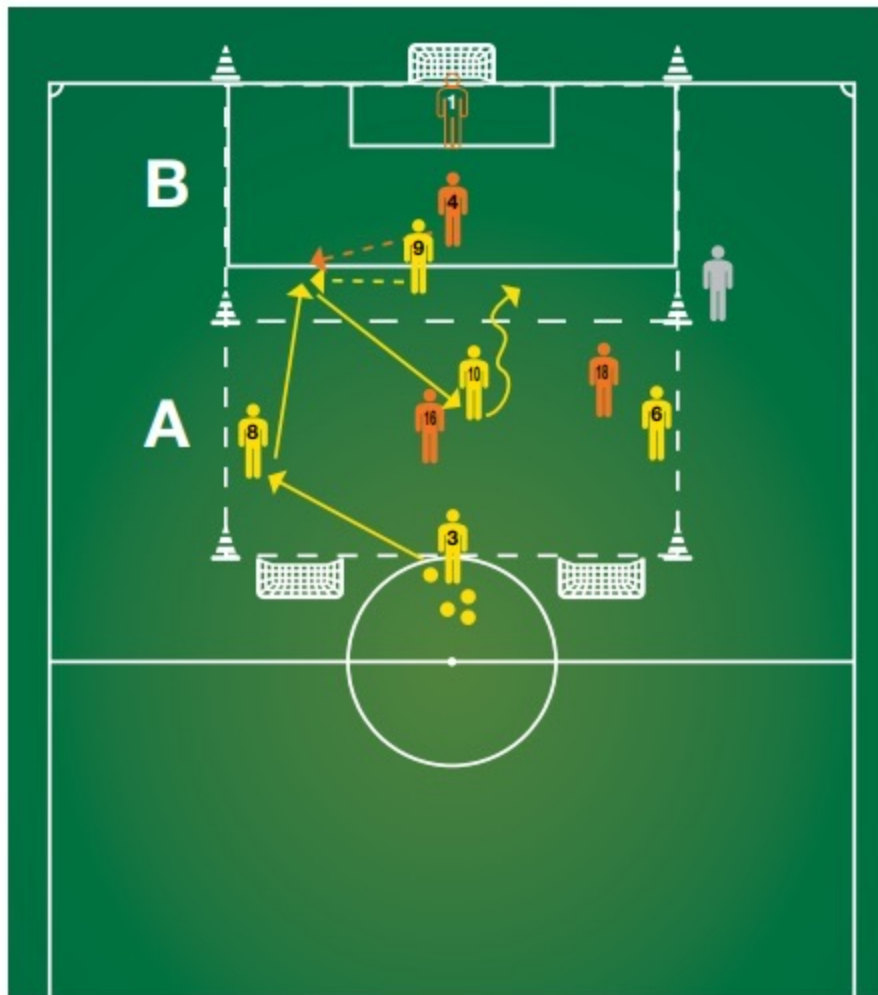
Attacking Model Session 1 (central areas)

3. Game training component:

- Starting situation: two grids A & B with the players positioned as shown in diagram on the right
- The players must stay in their designated areas
- An attack starts with a pass from #3 to one of the yellow midfield players #6-8-10
- They play in grid A against 2 orange opponents (3 v 2) and must try to get one player into grid B
- In grid B stands yellow striker #9 and one orange defender
- The yellow midfielders can dribble into grid B (when free) or use #9 as a bouncer
- In grid B yellow must utilise the 2 v 1 numerical advantage and score
- Offside applies in grid B
- When the defenders win the ball in grid A, they can score in two small goals (one counter attack only, then restart)

Progression:

- Add 3rd orange player in grid A, #3 yellow now either passes or dribbles with ball into grid A to create a 4 v 3 situation

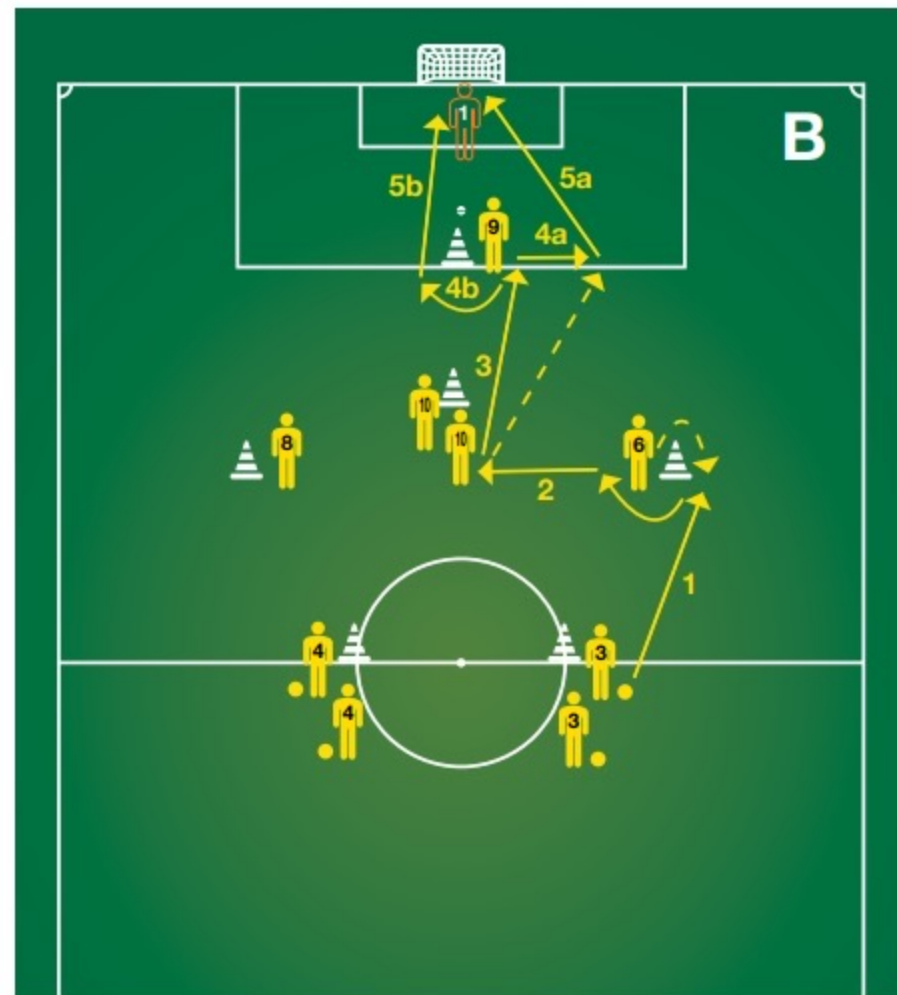


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- Introduce a variation (see diagram B)
- Give #9 the option to bounce with #10 (4a/5a) or turn away and finish themselves (4b/5b)

Coaches focus points

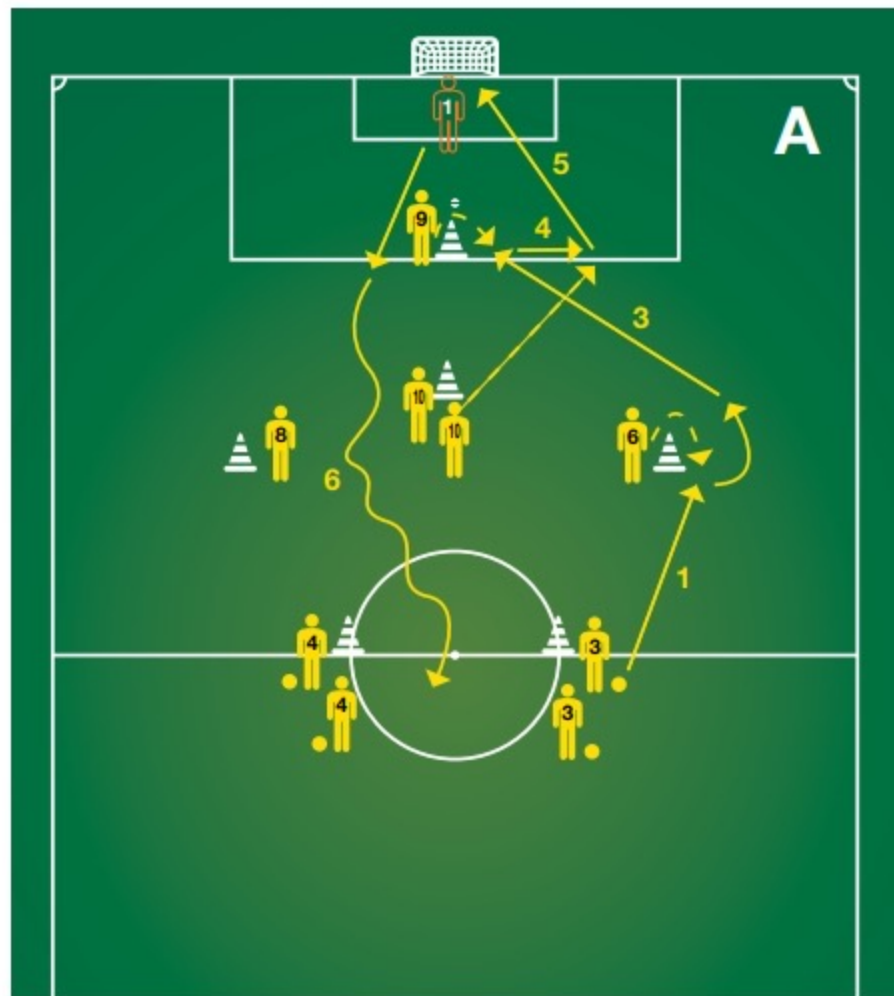
- Pass precision and pass direction (to proper foot; proper ball speed)
- Tuning of actions
- Anticipation & movement without ball
- Verbal and non-verbal communication



Attacking Model Session 1 (central areas)

1. Warm-up: passing exercise (diagram A)

- Players in game positions as shown in diagram A
- At least 2 players on positions #3, #4 and #10 (also possible on the other positions)
- #6 checks off and asks for the ball; #3 passes to #6 and coaches "turn" (1)
- #6 receives and turns (2) followed by a pass to #9 (3)
- #9 bounces with '3rd man' #10 (4) who shoots at goal (5)
- Players move to the next positions: #3 to #6; #6 to #10; #10 to #9; #9 jogs back to position #3
- At the beginning the shot must be aimed towards the hands of the goalkeeper who rolls the ball back to #9, who dribbles it back to the starting position (6).
- Now repeat the same with #4 passing to #8, etc
- **Gradually** increase the shooting power (it's still warming-up!)



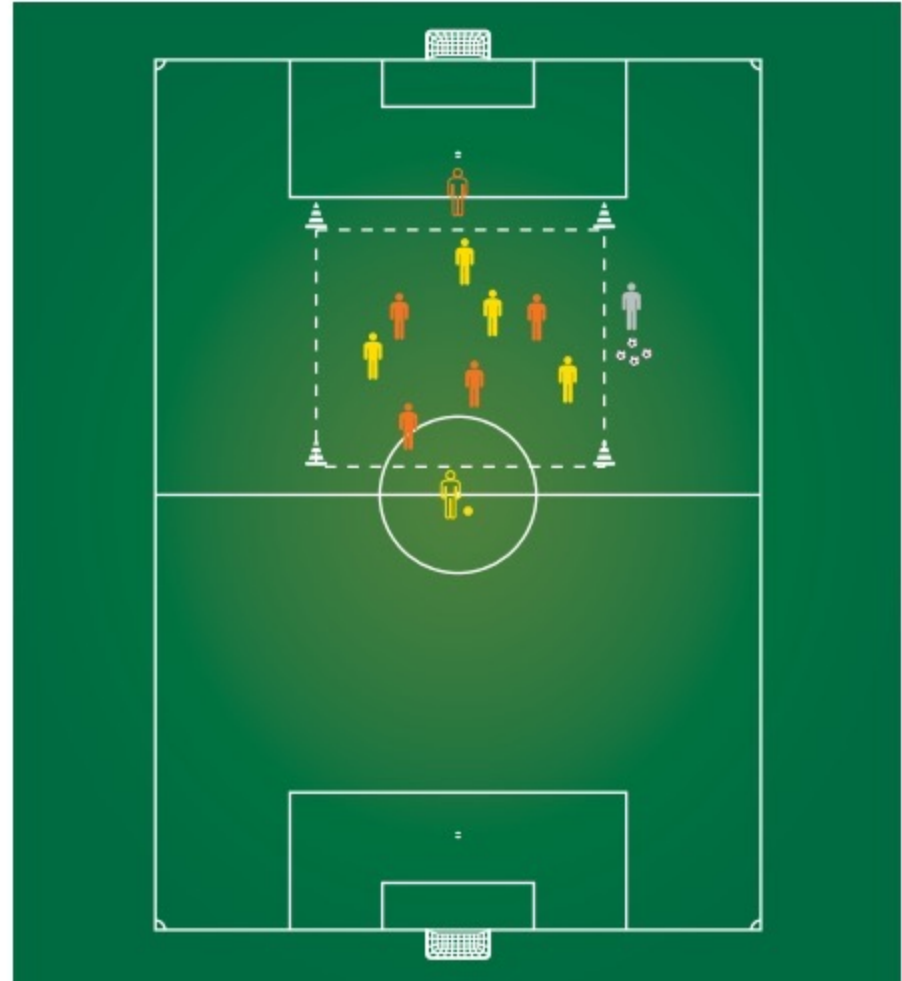
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Steps up or down:

- Make grid bigger/smaller
- Free/limited touches

Remark:

- Position the grid in a 'game realistic' area of the field (see diagram on the right)



Attacking Model Session 1 (central areas)

2. Positioning game: 5 v 4

- A grid of approximately 30m x 30m (dependent on level of players)
- 2 groups of 4 outfield players; one group consisting of the players #6-8-9-10
- 2 goalkeepers positioned behind each back line
- 5 (yellow) keep possession against 4 (orange)
- Players as much as possible in their game positions, with #10 in the middle (see diagram)
- Provide 4 options (left; right; central and far) for the player on the ball through proper positioning
- When orange wins the ball, they must try to pass to their goalkeeper, the game continues with orange in possession and yellow defending
- If a yellow player passes the ball out of the grid, the coach immediately serves a new ball to the orange goalkeeper



Attacking Model Session 1 (central areas)

4. Training game: 5 v 5 + goalkeeper

- Yellow team attacks the big goal, orange can score in the small goals
- Normal rules, including offside
- Yellow team in 1(DF)-3(MF)-1(FW) formation
- Orange team in GK-2(DF)-3(MF) formation
- Coaching 'on the run'

