

Game Training Phase Model Sessions

Attacking Model Session 2 (wide areas)

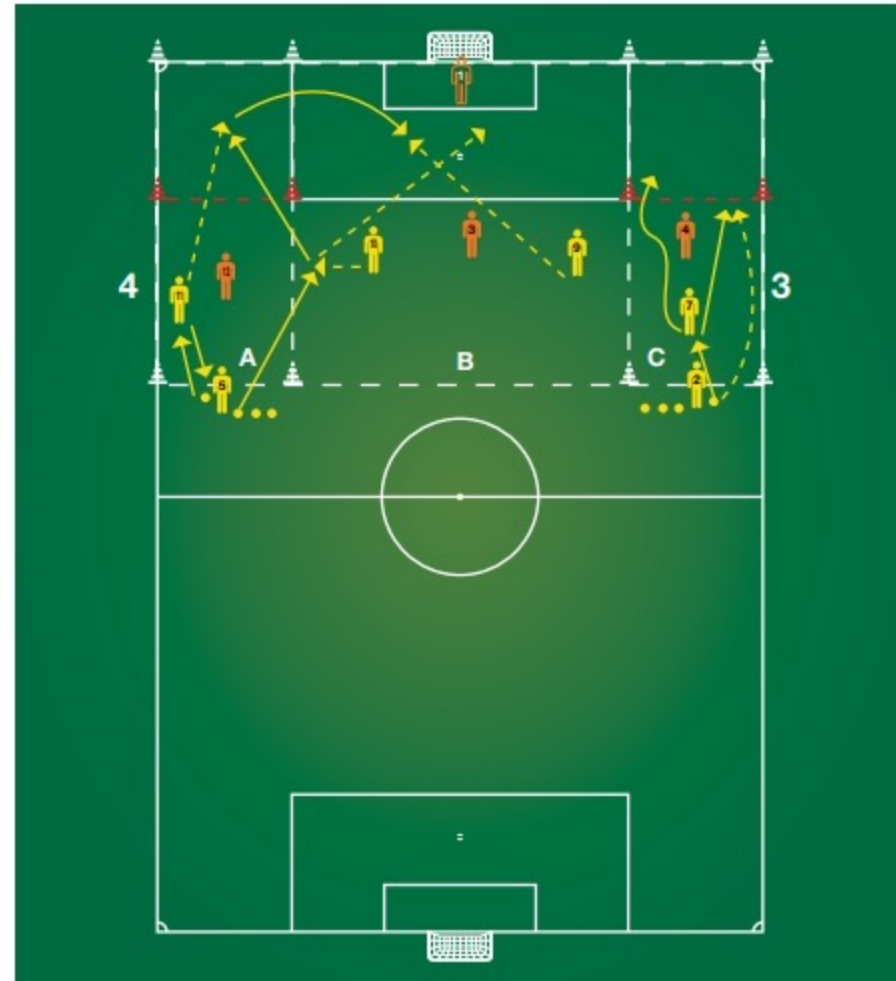
More wing play options:

- The full-back overlaps the winger to create a 2 v 1 (situation 3)
- The winger bounces with the full-back and becomes the 3rd man via a combination with #9 or #10 (situation 4)

The option selected by the attacking player often depends on the action of the defender. The coach may need to help the players develop their awareness and insight to select the most effective option.

Communication between the players is essential.

Also pay attention to the positioning and finishing of #9 & #10

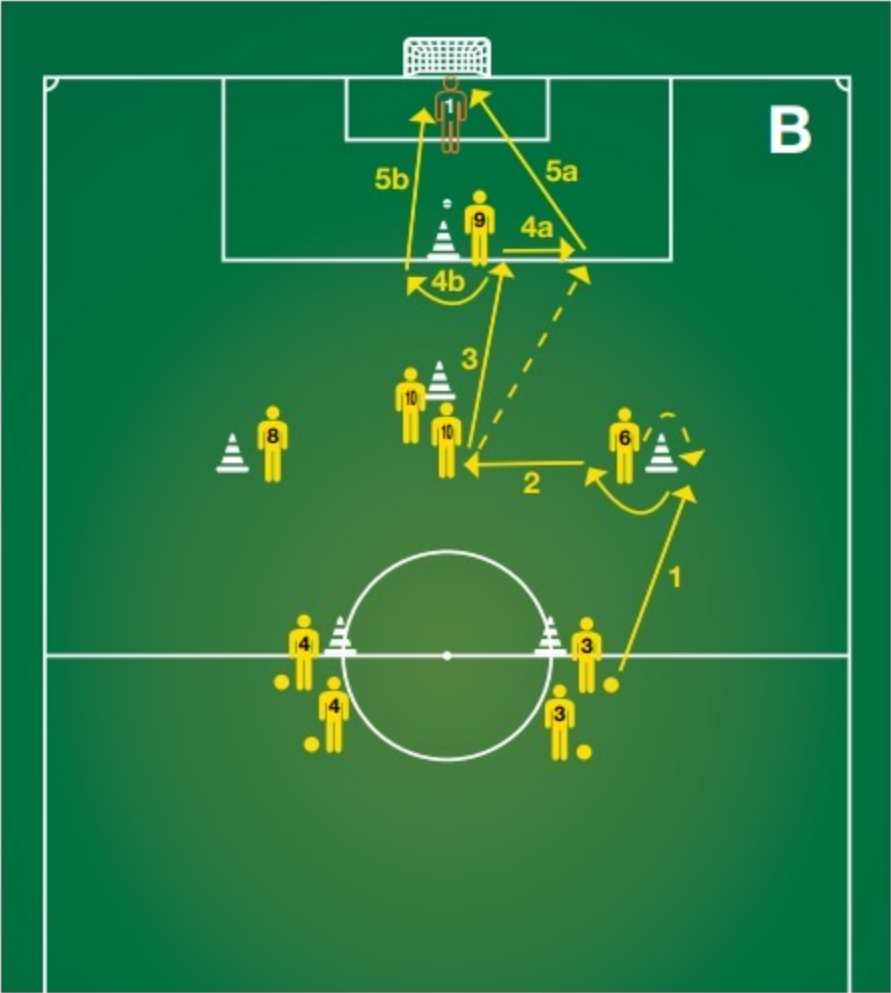


Attacking Model Session 1 (central areas)

- 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



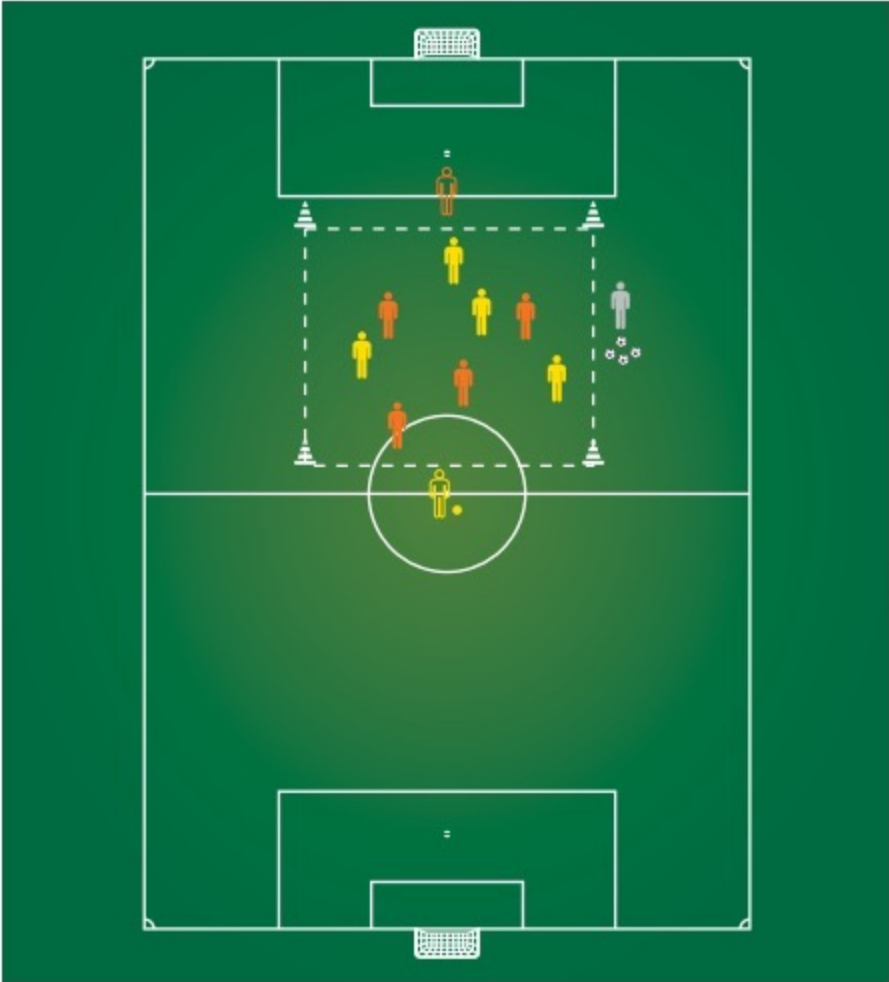
Attacking Model Session 1 (central areas)

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)



Game Training Phase Model Sessions

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'

