



Building An Attack - Changing the Tempo

Category: Tactical: Possession
Difficulty: Moderate

Continental FC, Philadelphia, United States of America
Individual-Adult Member

Warm-up (10 mins)

Set up

Two 20 X 35 fields with mini-goals/pugs as shown

Organization

As players arrive for practice get them moving into small sided games early. Build up to two 3v3 games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions

Rotate opponents every 3-4 minutes

Coaching Points

Free play warm up with limited coaching. Enforce no one touch rule



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Passing Combinations (20 mins)

Set up:

20 x 20 Yard grid with a smaller 10 X 10 yard square in the middle.

Organization

Ball Starts in opposite corners. Multiple progressions - coaches should adjust progressions based upon the level of their team. Players follow passing exercises shown.

Progressions:

1 - Pass to furthest player in middle who lays off inside for player to support underneath. Player then passes to the opposite corner as shown. Receiving player then dribbles to opposite side of the square to repeat.

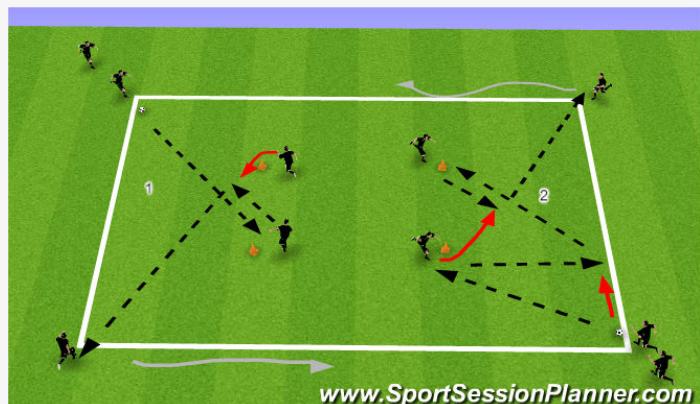
2 - Play to first player before connecting back. Find top player before player in middle supports underneath. Connect to opposite corner as in previous.

Rotation is to follow the initial pass to rotate around the grid.

Multiple progressions possible in this sequence.

Coaching Points

Quality of pass, movement to support, speed of play, fine details - receive with correct foot, play away from pressure of the cone.



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Possession in a 2-4-1 (20 mins)

Set-Up

25X25 yard grid as shown

Organization

5 players in Black on outside - position them to replicate 2 center backs, two wide players and a forward. Two players in black replicate the two CM's. Black team plays 7 vs 4 with outside players staying on outside. 5 passes is one point. If the white team wins the ball they can play 4v2 in the middle - after 5 passes the two outside midfielders can come into the middle to make it 4v4. When blacks win the ball back these two players must quickly get back to the outside.

Progressions

Limit touches of team in black, Allow more players on black team to enter the middle to win the ball back. Give white teams incentive for connecting through balls in behind the two black defenders. Make sure to rotate players in the middle.

Coaching Points

Speed of play, angles of support, movement out wide to create space for through balls. Patience when in possession.



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Possession to Goal (20 mins)

Set-up

Add a regular goal for the black team to attack towards, Add two counter attacking goals for the white to score in

Organization

Progression from previous drill. team now works toward s a goal after connecting a certain number of passes. Grid is now a rough outline for players to work within and should provide an outline for wide players to pinch inside when losing possession.

Progressions

Team in black must play quickly - Give them a time limit after getting 5 passes in which they must score/shoot by.

Rotate Players in White.

Coaching Points

Speed of play, angles of support, shape in offence, shape in defense. passing quality, working through the lines.



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Game (20 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 6 v 6 including Goalkeepers. Regular scrimmage game with emphasis on the topic. Allow game to be free play but enforce coaching points of the day.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation.



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