

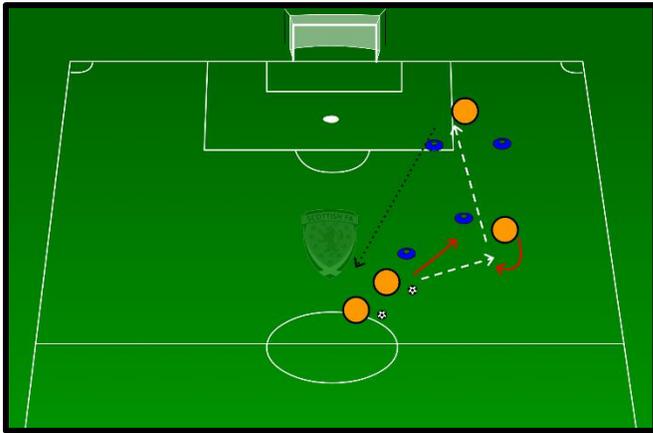
## WEEK 6: ATTACKING PLAY IN THE FINAL THIRD TO FINISH

ROSS PEBBLES-BROWN



### Introductory Activity: (15 mins)

*Important in initial activity to introduce theme and incorporate pressure and game related play*



- Players work in groups of 4, pile of balls per group
- Focus on body shape, controlling technique + weight of pass

#### *The Exercise:*

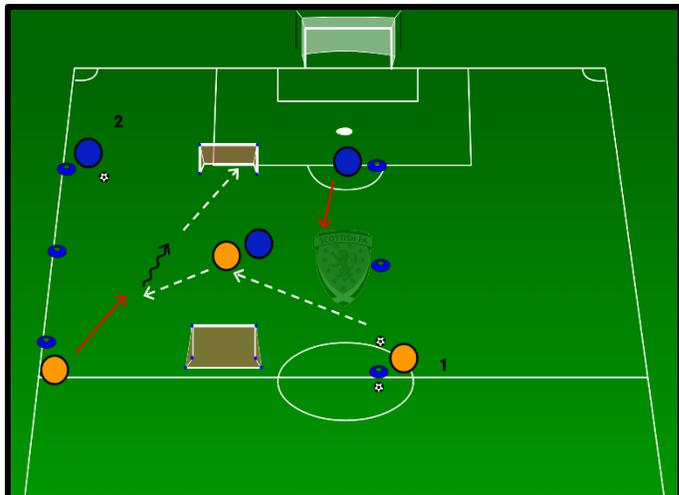
- Technical focused incorporating competition and purpose between the groups to bring out technique within the theme
- Receiving player spins off the center cone to receive and pass through the gate. Speed, technique, and weight of pass important
- Every time the ball goes through the gate it is a goal
- Play first group to 10 wins the others do a small core related forfeit
- Player receiving through the gate will drive and RWB back

#### *Progression:*

- Change the pattern where the first pass goes high, once receiving it the high player feeds center player and presses to create 1v1
- Winning player is the one who dribbles/passes through the gate first
- Create a 2v1 or 2v2 game

### Activity One: (20 minutes)

*Key is bringing the theme out in small numbers and small group play. Individual technique is vital and using the technique in situations which are translatable to the game*



- 2 Phase Game
- No more than 6 players per square, setup several
- Have balls split diagonally at corners of the area
- Ideally use two small goals, a small coned gate would suffice

#### *The Exercise:*

- Game starts with orange with blue initiated the 2<sup>nd</sup> phase
- Orange initiate 3v1 with focus on speed of attacking play to score
- As soon as a goal is scored, or the ball leaves the field phase 2 starts
- 2 blues join one with a ball to create a 3v3.
- Make competitive with first to 5, after 5 swap team who starts
- After each phase two, players rotate around a triangle
- Ensure variation and patterns do not become predictable

#### *Focus:*

- Effective technique with regards to body shape, first touch control, angle of support and passing/shooting technique
- Demonstrate opportunities to switch the play, create overlaps and overloads and methods of incorporating quick attacking play.

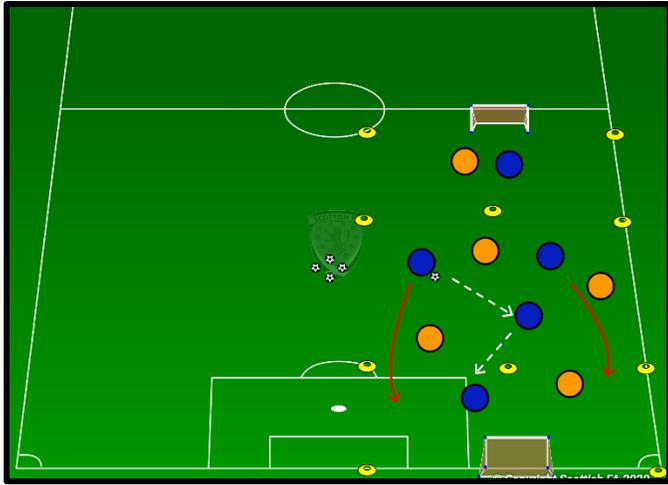
#### *Progression:*

- Start 3v2 to challenge the movement patterns and need for effective technique

## Activity Two: (20 mins)

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Key is bringing the theme out in a game related practice in a larger space and increased numbers. Input constraints and specific conditions to influence player learning. Attempt to provide a clear picture of a scenario player will face during the game.



### The Exercise:

- Focus is on forward play linking with a central striker
- 3v3 inside the square with 1v1 in each zone
- After the ball is fed in, target is to hit either end player
- On successful pass to the end play, the teams earn the right to attack that goal and look to score
- Opposite end player, i.e orange attack, the blue player will press, defend, and delay the attack
- After each goal play resumes in the square

### Focus:

- Transition and positive play
- Angles of support and technique to create opportunity
- Make triangles and diamonds to keep the ball moving

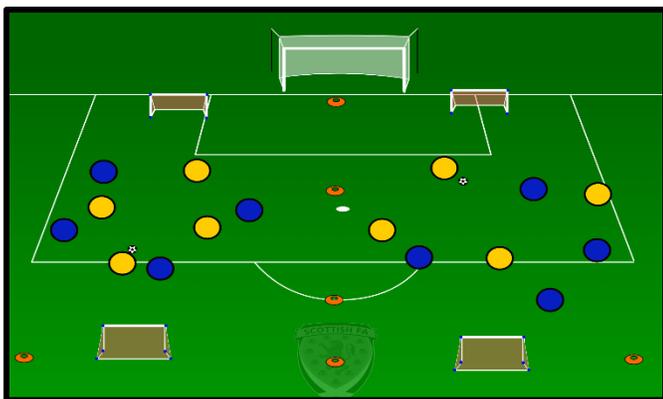
### Progressions:

- Change end players
- Demonstrate patterns after linking with striker
- 2 Touch finish

## Final Activity: (15 minutes)

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The final activity is small sided games. Maximum 7v7. Place theme-based conditions within the game.



- The Game
- Play first to 10
- Normal goal worth 1 points
- 2 touch finish worth 2 points
- Connecting the midfield, striker and scoring 3 points
- Volley wins game