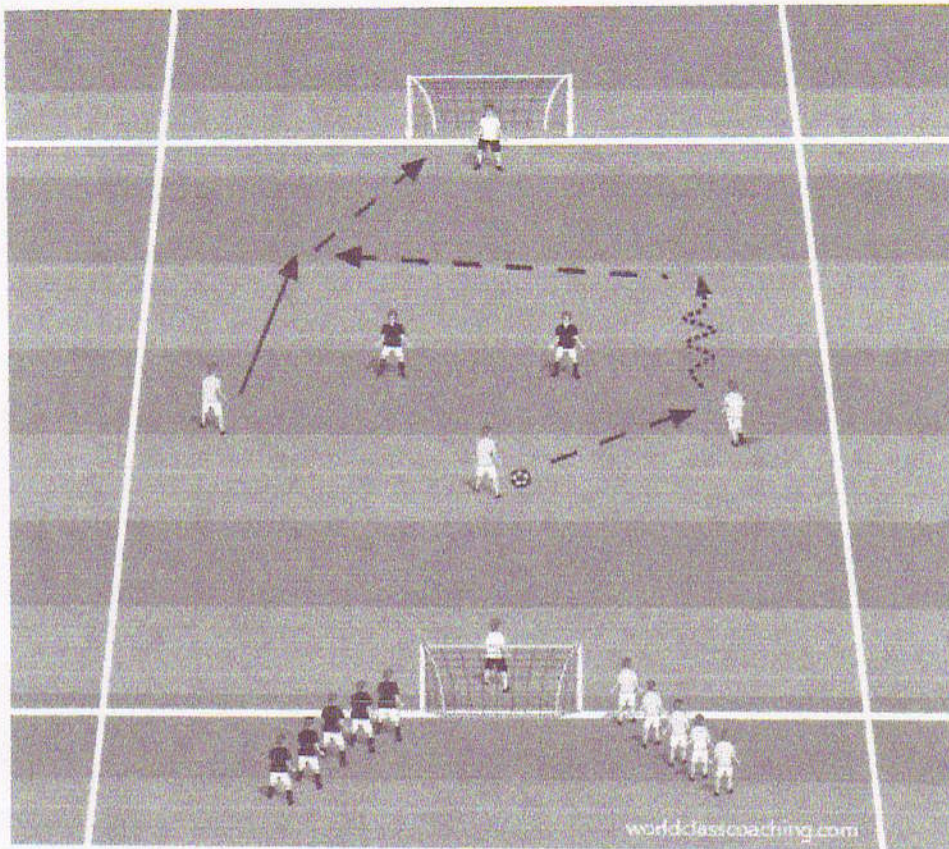


#5 ATTACKING

This exercise is from our latest DVDs, *the Tactics and Drills for Training Forwards*.

TACTICS AND DRILLS FOR TRAINING FORWARDS

Exercise - Play takes place within a 30 yard wide by 35-yard long drill with two large goals and goalkeepers. One team in black vests lines up on one post and one team in yellow vests lines up on the other post of the same goal. The drill begins with three yellow players attacking two black players on the far goal. Once the play is dead the two black players attack one yellow player. The yellow defender is the last yellow player to touch the ball. The black players attack to the other goal. Once the play is dead the two yellow players taking a knee step up to defend against three new black players who have come off of their post to receive the ball and attack the far goal. Drill is continuous.



The players are reminded that this is an advantage that has a time limit in the game and they need to attack the goal as quickly as possible. There is less concern for maintaining possession and more concern for creating the chance at goal. Give the team with possession 4 seconds to attack the goal. Also, give them 3 points for a goal and 1 point for a shot on goal.

Progression - Same as above, except the team that will be possessing (either the two attackers or the three attackers) push towards the goal they will be attacking. The goalkeeper throws the ball out to them. This way, they begin deep in the attacking third with their backs to goal and must win the ball quickly and look to turn to attack.

WorldClassCoaching.com | info@WorldClassCoaching.com | 913.402.0030
©2009 WORLD CLASS COACHING

[Forward email](#)

 [SafeUnsubscribe®](#)

This email was sent to jgcoffee@ptd.net by wccbulk@worldclasscoaching.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

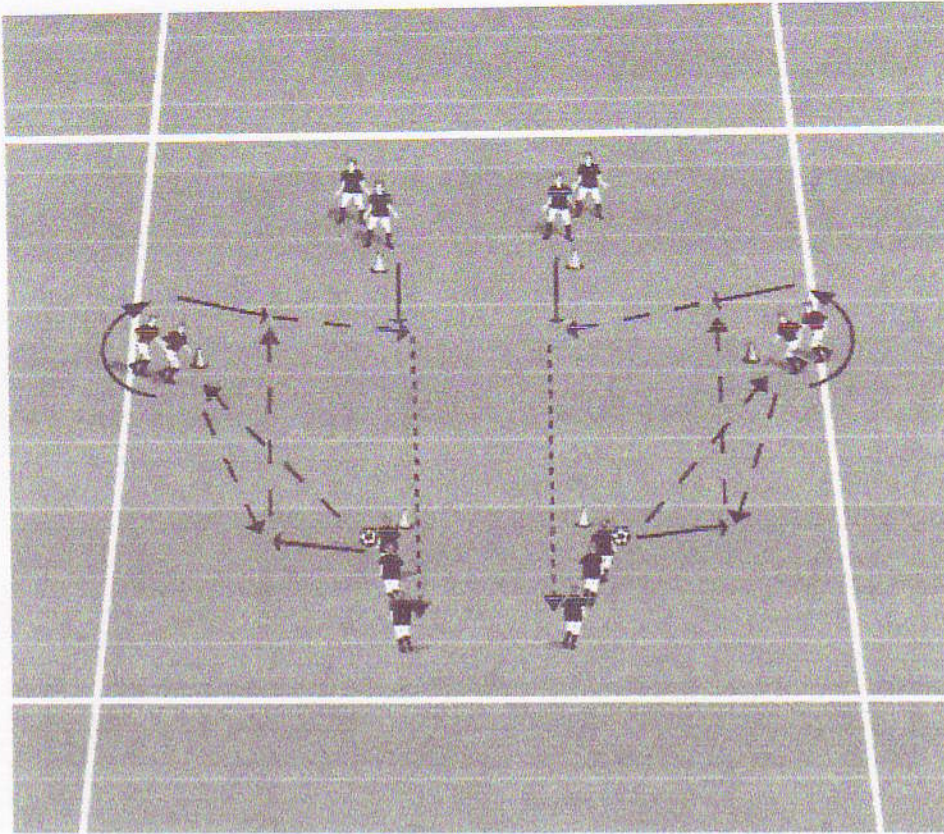
Email Marketing by


Constant Contact
TRY IT FREE

WORLD CLASS COACHING | 15004 Buena Vista Drive | Leawood | KS | 66224

6/8/2009

#5 ATTACHING



Description: Start the set up of this drill by placing two cones down five yards apart. From the first cone, walk twenty yards up and set a cone down. Go back to the second cone and walk twenty yards up again and place a cone down. You now will have an area set up that resembles a 5x20 grid. From the first cone, walk up twelve yards towards the top cone, then turn right and walk out fifteen yards and place a cone down. Do the same to the other cone. There should now be a cone at an angle on the outside right and outside left. You have now set up the grid. Place three players on each cone in the drill. At the bottom, the players are lined up facing the cone at an angle on their side. Each of the bottom three players has a ball. On the cones at an angle outside, they are lined up facing the bottom players. The players on the top cones are lined up facing the bottom cones.

The drill begins with the player with the ball passing to the player at an angle on the outside cone. The passing player then drops behind the ball to support the receiving player. The receiving player passes the ball back to the bottom player, then makes a bending run around their line so that they are above their original line. The bottom player receives the ball back and makes a pass back to the same player who has made the bending run. The outside player receives the ball and makes a pass to the space in front of the top player. The top player begins by checking away, then coming back as close to full speed to gain possession and dribble to the end of the starting line.

The drill should be continuous. Accuracy of passing is very important in this drill. Players on the right half of the drill are passing and receiving with their right foot, and players on the left side of the drill are passing and receiving with their left foot. The coach should interject to make technical and tactical corrections. Some points to observe would be the timing of the checks made by the outside players, the timing of passes, making sure the pass is played to the appropriate foot so that the drill can continue and flow, faking with the hips in the opposite direction so that the receiving player can get used to being deceptive in passing and receiving, and so on.

Equipment Needed: 6 Cones

Recommended Duration: Be sure to switch sides so players can work on their right foot and left foot equally.