



Attacking Play - PCSL Coach Training

Category: Tactical: Attacking principles

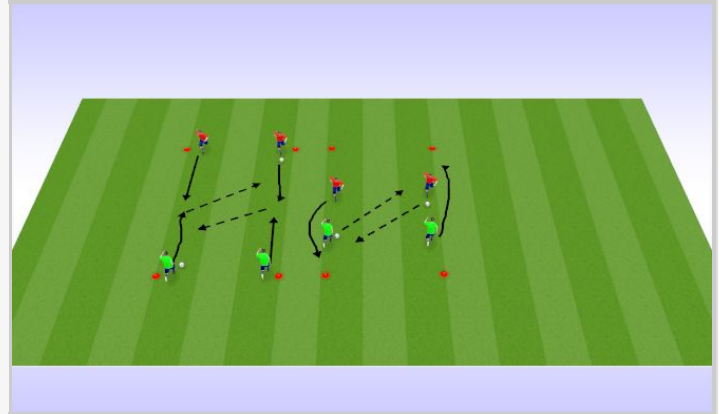
Difficulty: Beginner

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Dribble-Pass races

Partners start on cones next to each other with one ball across from another pair. Partners are racing to the cones across from them against the pair across from them. Each partner must touch the ball, and cannot dribble past the other pair. When you get to the cones with your ball call your names. Advance: Race down and back

- +Dribble with head up
- +Pass the ball behind the other pair as they approach
- +Runner should go outside the oncoming player

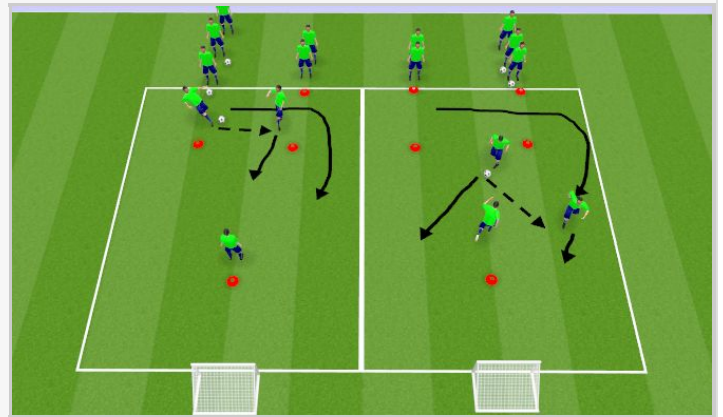


10-Jail Game

Set up: Players are in two lines at the top of the field behind a square (jail). A cone 6-8 yds away, and small goal behind.

Description: Two players start in the jail and begin bypassing and breaking out of jail—one with an overlap, the other with a dribble. A defender starts on the cone and can move when they leave the jail. The defender cannot defend behind the cone. If the attackers score, they return to the lines. If the attackers do not score, the last person to touch the ball becomes the defender.

Coaching points: Receive the ball facing the goal with back foot, overlap and support even with the defender, dribble directly at the defender, pass in front of teammate to run onto it



3v1 Transition

Set up: Two teams line up in three lines on each end with two goals for each to score on. A cone set up in the middle of field

Description: One team defender starts at cone to defend other team's three attackers. When the ball is dead, the last attacking player to touch the ball transitions to become the defender. The defender must run to the cone before defending, the other teammates return to the lines.

Coaching points: Dribblers should go directly at defender and pass into space behind the defender to get teammate into space to score.

Progressions: attack starts with a pass to wide player and then overlaps; Instead of 3v1 play 3v2 -- the last player to touch the ball doesn't defend so other two players transition

