



Connecting and Supporting Play

Category: Tactical: Attacking principles

Difficulty: Moderate

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Description

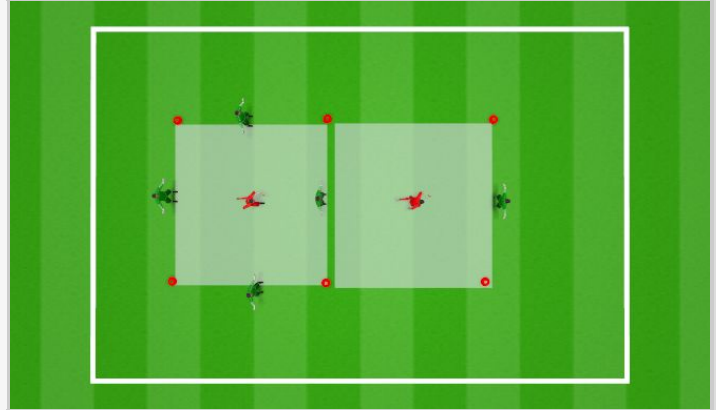
Screen 1

Set Up:

- 2 grids next to each other (10x10) x 2 groups
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How to Play:

- 3 blues (attacks) in one grid with 1 blue in the end of the other grid. Red (defence) will be in one grid to start a 3v1 rondo.
- Blues try to play around red without red gets the ball and red tries to win the ball
- As soon as blues makes 5 passes, they then can pass the ball to the blue on the other grid, 2 of the blues will need to move and create another 3v1 rondo there.
- If red wins the ball, pass back to coach and they can then be blues. Whoever loses the ball will become defender.
- They don't need to transit the ball if they want to, they can wait for the right moment to progress
- Progression - a) one touch; b) 3v2 *could be 4v1 progress to 4v2



Coaching Points:

In possession:

- Make the pitch big
- Be an option - when you don't have ball you need to move and be on passing line
- Passing quality - soft or hard pass / angle of the passes
- First touch
- Patient

Out of possession :

Anticipation

Patient

Screen 2

' Set Up:

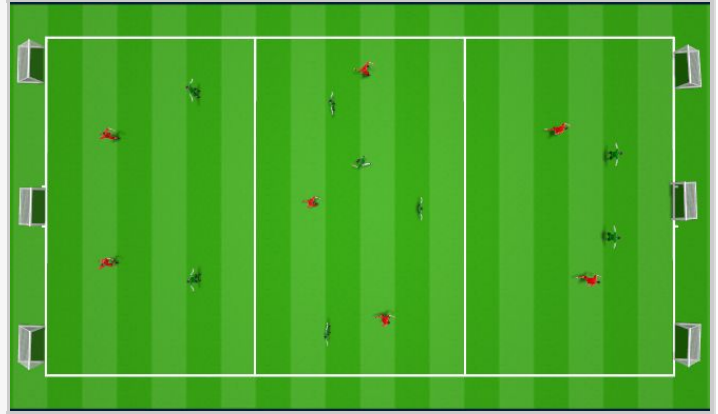
- Set a pitch with 3 grids, the middle grid is bigger than the 2 end grids.
- 3 mini goals in both end grids

How to Play:

- 2 teams of 7 + 1 neutral player OR 2 teams of 5/6 + 1 neutral player (depending on the numbers)
- 2v2 or 1v1 in both end grids (striker vs defender), middle grid will be 3v3+1 or 2v2 +1 (midfielders)
- One team (defender) starts with the ball to build up play.
- Ball has to arrive to all of the grids before scoring (ideally).
- When the ball arrives to the middle grid will become 4v3 with the neutral player, can we take advantage to try to create chance to play forward.
- Once we play the ball to striker - striker can then decide to turn (if space allows) or hold the ball and wait for support, one of the midfielders from the middle grid can join the last grid to create 3v2 to score in one of the 3 mini goals. Repeat.
- If the defending team gets the ball, they will do the same thing.

Coaching Points:

- Patient
- Positive first touch
- Off ball movement and support
- Can we connect (passing quality)
- Make the pitch big
- Be available (passing line)
- Out of possession - make pitch small and stay compact
- Out of possession - how fast can you attack after transition



Screen 3

Set Up:

- 8v8 small sided game

How to Play:

- Can we apply what we learn into SSG

Coaching Points:

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