



## Creating/finding overload - Attack with speed

Category: Tactical: Attacking principles  
Difficulty: Moderate

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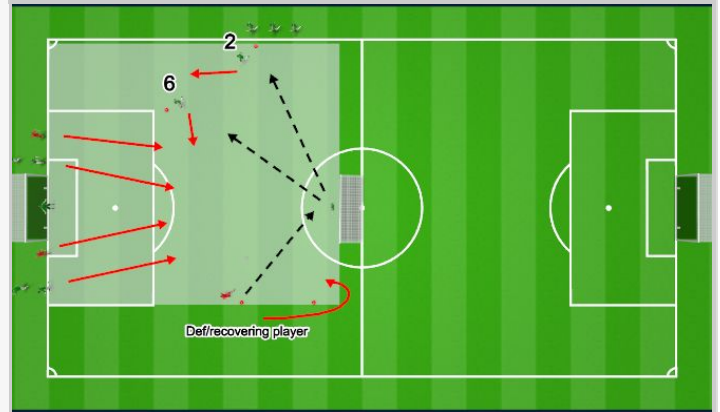
### 4 vs 2 +1 recovering player (20 mins)

#### Organization:

Edge of the box to the side line

#### Instructions:

- Def/recovering player passes to Goalkeeper who then finds either #2 or #6.
- After the pass the Def/recovering player runs around the cone before joining in the press.
- Attacker play 4 vs 2 quickly before the recovering defender gets involved.
- If the defenders win the ball they try to score on the opposite goal.
- The attacking team plays with offside, the defending team does not have offside.



#### Coaching Points:

- Finding the most dangerous pass (#2 or #6)
- #2 and #6 to make a movement that is opposite of each other, one up the line, one checks inside.
- Drive to attract pressure, create 2 vs 1 and 2 vs 2 moments.
- When in 2 vs 1 moments play/attack the space.
- In 2 vs 2 moments 3rd man decides when to get involved, 1 player attacks the space, 1 gives an option central.
- Recognition of making runs in behind/attacking the space.
- Depending on the pressure play: through ball, give and go, 3rd man lay off or dribble + shot.

#### Duration:

- 5 min each team on right side and 5 min each on left side = 20 min total.

#### Progressions:

- Push def. higher and eliminate the run around the cone
- Add a 5th attacker and a 4th defender.

### 5 vs 3 - 10 vs 10 (30 mins)

#### Organization:

#### Instructions:

- Red plays 5 vs 3 in the box.
- 2 green defenders are defending on the line to intercept.
- If defenders win the ball they can score on the big goal.
- After 3 passes the 5 are trying to find any of their outside the box teammates, which then turns into a 10 vs 10.

#### Coaching Points:

- Finding the most dangerous offensive pass
- #7/11 and #6 making movements opposite of each other.
- Drive to attract pressure, create 2 vs 1 and 2 vs 2 moments.
- When in a 2 vs 1 moment play/attack the space.
- In a 2 vs 2 moment, look for a 3rd man run and 1 player attack the space, 1 give an option central.
- Recognition of making runs in behind/attacking the space.
- Depending on the pressure play: through ball, give and go, 3rd man lay off, dribble + shot.



#### Progressions:

Switch after 15 min

## Scrimmage (30 mins)

