



INSTRUCTOR: DAVE CHESLER

COURSE: National B

DATE:



TOPIC: ATTACKING MIDDLE THIRD TO FINAL THIRD

A MOMENT IN THE MATCH:

The training plan begins with a real moment in the game.



ANALYSIS:

The skillful coach is able to replicate; the situation, the cues, and the variables surrounding this moment...



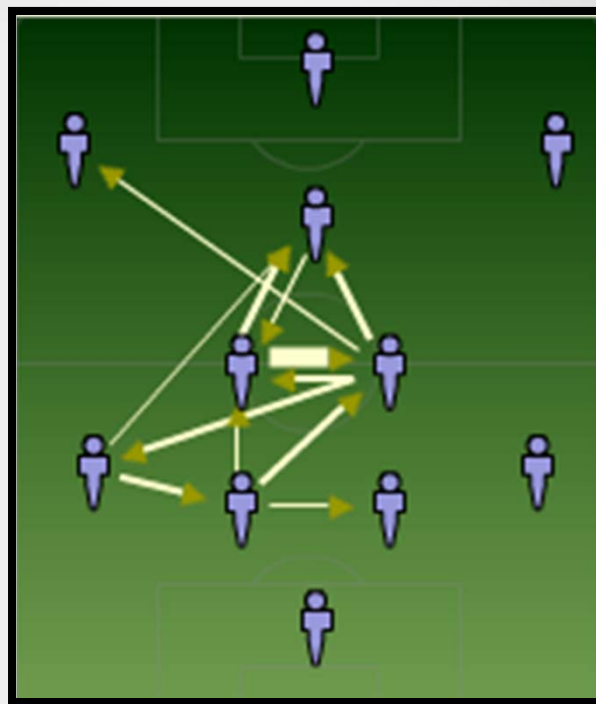
SPECIFIC OBJECTIVE:

In the middle and final 3rds of the field, improve the attacking roles and interactions of the fullbacks and the front 3 forwards.

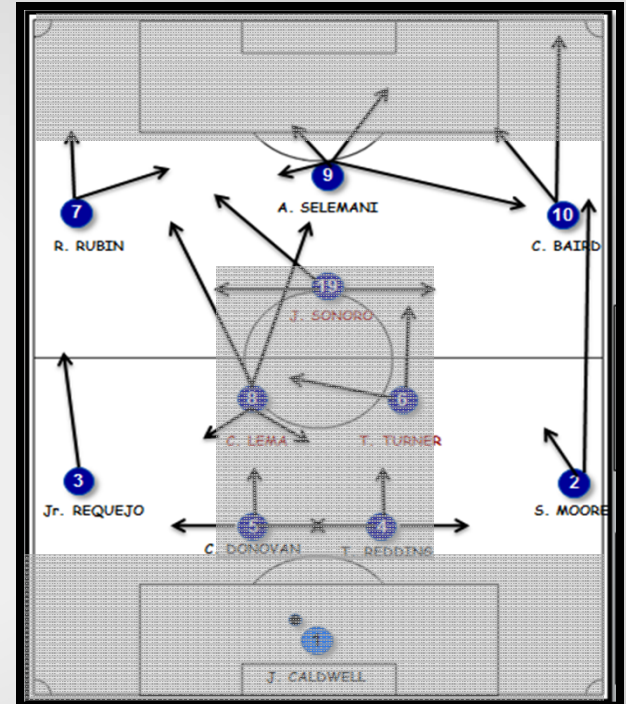
USA- U17 MNT v. HONDURAS



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STAGE / SET-UP	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES / COACHING POINTS
<p><u>TECHNICAL WARM-UP</u></p> <p>A. (All players in the center circle)</p> <ul style="list-style-type: none"> • 1 Ball per player- dribbling at will. • On coaches command “change”, stop your ball and quickly find a new ball • Resume dribbling with new ball. <hr/> <p>B. Pairs - linked at elbows</p> <ul style="list-style-type: none"> • 1 Ball per player • ½ group on perimeter as servers • Pairs are challenged with a variety of juggling/passing exercises while remaining linked at elbows. 		<p><u>OBJECTIVE: SPEED PRODUCTION</u></p> <p>(Refer to top exercise in diagram)</p> <ul style="list-style-type: none"> • 2 facing lines of 5-6 players each. (15-20m) • 1st player dribbles at high pace and stops the ball on the halfway line- then finishes their sprint at the back of the opposite line. • Facing player assesses the run, picks up the ball and dribbles (pace) to opposite line. <hr/> <p>(Refer to lower exercise in diagram)</p> <ul style="list-style-type: none"> • 1 coach / server at each end. • Divide into 2 teams for competition. • Coach serves ball down the channel. • 2 players compete to arrive at the ball and serve a first time pass to the opposite coach.
<p><u>SMALL-SIDED ACTIVITY</u></p> <p>(Refer to diagram)</p> <p>Place two mannequins or corner flags as obstacles or reference points to represent a #3 and a #4 defender position at the entry point to the final 3rd.</p> <ul style="list-style-type: none"> • Add a defender who may be restricted to the circle around each flag. • Add active defenders <p>Tactical Progression:</p> <ul style="list-style-type: none"> • Two player combination • Three Player combinations- all 3 players combine to penetrate in the same direction. 		<p><u>OBJECTIVE: PENETRATING COMBINATIONS</u></p> <p><u>TECHNICAL ASPECTS:</u></p> <ul style="list-style-type: none"> • Quality mechanics- running with the ball. • Quality mechanics- striking the ball (intermediate passing) • Quality mechanics- preparing the ball to turn, to run, to pass, to protect from opponent. • To disguise intent of next action. <p><u>TACTICAL ASPECTS:</u></p> <ul style="list-style-type: none"> • Service pace and angle. • Movement to support and to create passing angles. • Timing and angles of supporting runs. • Visual cues from teammates and environment.

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TOPIC: ATTACKING- MIDDLE THIRD TO FINAL THIRD (supported by the #2, and #3)

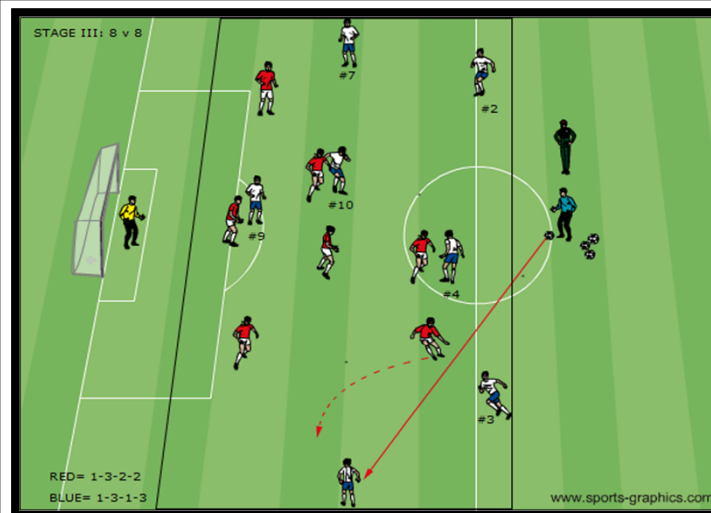
STAGE / SET-UP

ORGANIZATION (DIAGRAM + RULES)

OBJECTIVES / COACHING POINTS

III. EXPANDED ACTIVITY

- The training takes place in half-a-field with an additional 6-8 yards across the half line.
- A restraining line at the edge of the final 3rd may be used to restrict the movement of the defending team ONLY. This will present possibilities to manipulate the quantity and location of the opponent's pressure.
 - 2 teams of equal number (8). The focal team will be organized in a 3-1-3 System and will attack the full-size goal with a build-up area just behind the half-line.
 - The opposition will be in a 3-2-2 formation.
 - A GK will serve as a target for the defending team to play out and to attack.

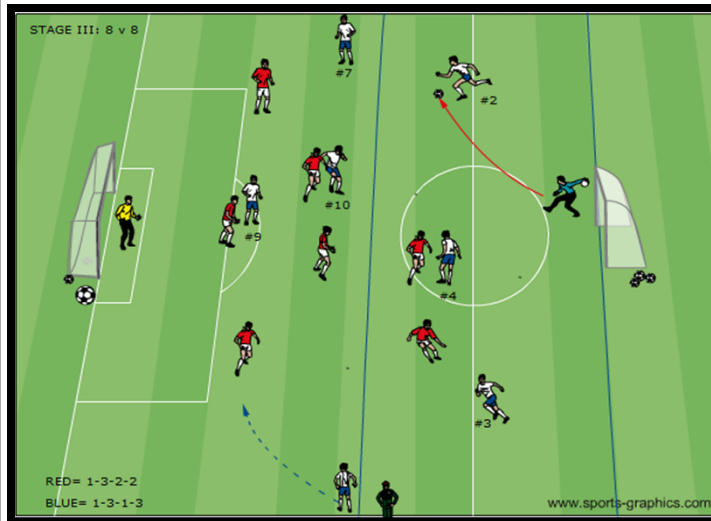


MIDDLE 1/3rd TO FINAL 1/3rd PENETRATION

- Specific emphasis on the attacking role of the fullbacks and wingers in coordination with the front four.
- Tactical roles and functions in the flank channel. All cues and decisions associated w/
 - +intentional movement of #7, #11
 - +overlapping runs by #2, #3
 - +end-line penetration by #2, #3
 - +central passing combinations by #7, #11
 - +connections (#2,#7) and (#3, #11)
 - Common technical functions;
 - +Crossing
 - +Running with the ball
 - +Passing and combining

IV. GAME

- Eight v Eight
- The progression to the final game stage is simply a matter of extending the length of the field and adding a 2nd full-size goal.
- Length = approx. 2/3rds field and full width
 - Use all FIFA rules during play.
 - Consider the intended physical load of this session (adjust the duration of each "bout")
 - Game intervals alternating with rest intervals is recommended.



MATCH: EIGHT v EIGHT

(Same as above)