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Tactical-Patterns of Play

BASICS

Session – Attacking 2v1 Session 1

Attacking 2v1

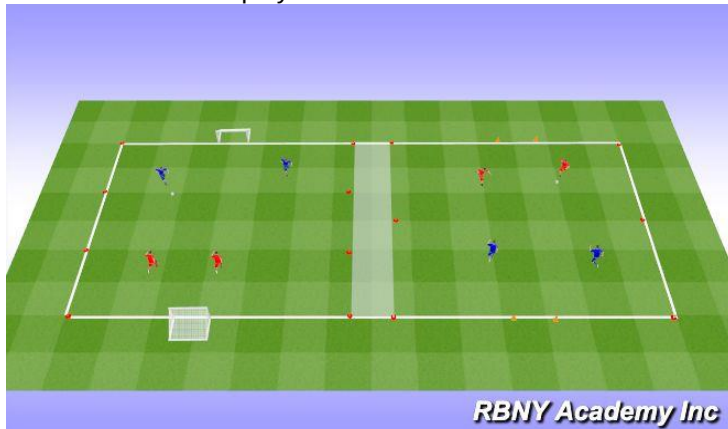
Description

Primary Learning Outcomes:

- Attackers Recognizing and Exploit Space

Secondary Learning Outcomes:

- 2nd attacker communication.
- Pass-combination play.



Drop-In Games (Picture Above)

Organization:

- Divide space into 2 small fields.
- 2v2 or 3v3 depending on amount of players

Instructions:

Laws of the game with Kick-Ins

Coaching Points/Questions:

How to find and exploit space?



Session – Attacking 2v1 Session 1 (Continued)

1v1 Attack (Picture Above)

Organization:

1v1 (P: 2v2 option) on small field

Instructions:

Server plays into attacker as per diagram. Defender starts on halfway line and is live as the pass is made.

Defender - win possession and score in opponent's goal.

Attacker - score in opponents' goal (must be in attacking half of field)

Coaching Points/Questions:

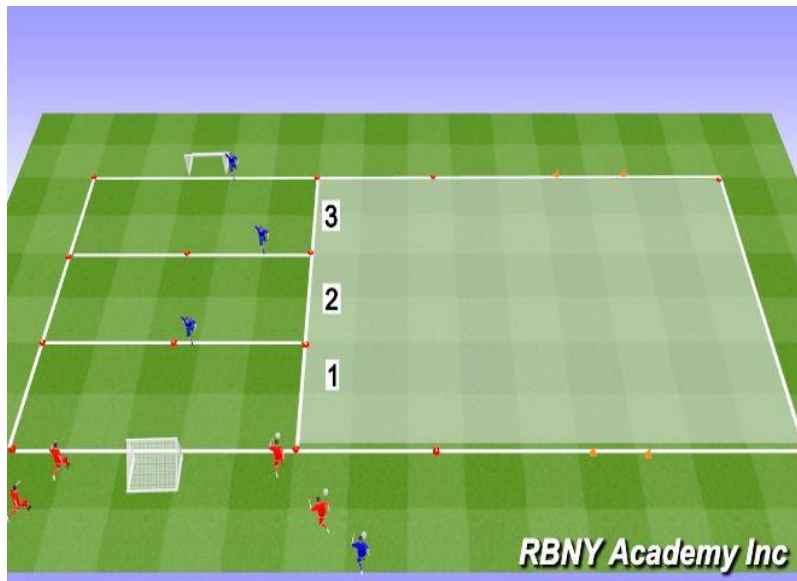
How can you be aware of space and pressure?

What ways can you unbalance your opponent?

How can you create opportunities to score goals?

Regressions/Progressions:

Allow 2nd attacker to join in (optional) which also triggers 2nd defender to join in.



Gauntlet (Picture Above)

Organization:

3 Zones on one small field.

2v1v1v1

Instructions:

2 attackers start in Zone 1 and try to advance with the ball into Zone 2, and then into Zone 3. Once the ball is in Zone 3, the 2 attacking players go to goal.

3 Defending players are designated in 3 different zones. Defending players must start on the back line of their zone. Once the ball enters their zone, they are allowed to move about their zone. Defending players are not allowed to leave their respective zone. If defending players win the ball, they try to advance the ball by passing forward & into their opponent's goal in zone 1

When ball goes out of play, one of the two attacking players goes to defend in zone 3. Zone 3 defender becomes zone 2 defender. Zone 2 defender becomes Zone 1 defender. Zone one defender joins the attacking player line.

Coaching Points/Questions:

Attacking: When to pass vs when to dribble?

Session – Attacking 2v1 Session 1 (Continued)

How to create & exploit space?

Regressions/Progressions:

R: Widen playing space.

R: remove defender in zone 2.

R: Add 3rd attacker.

P: Tighten playing space.

P: Add 2nd defender to zone 3



The Match (Picture Above)

Organization:

4v4 (or matching # of players)

Largest field ratio to available space

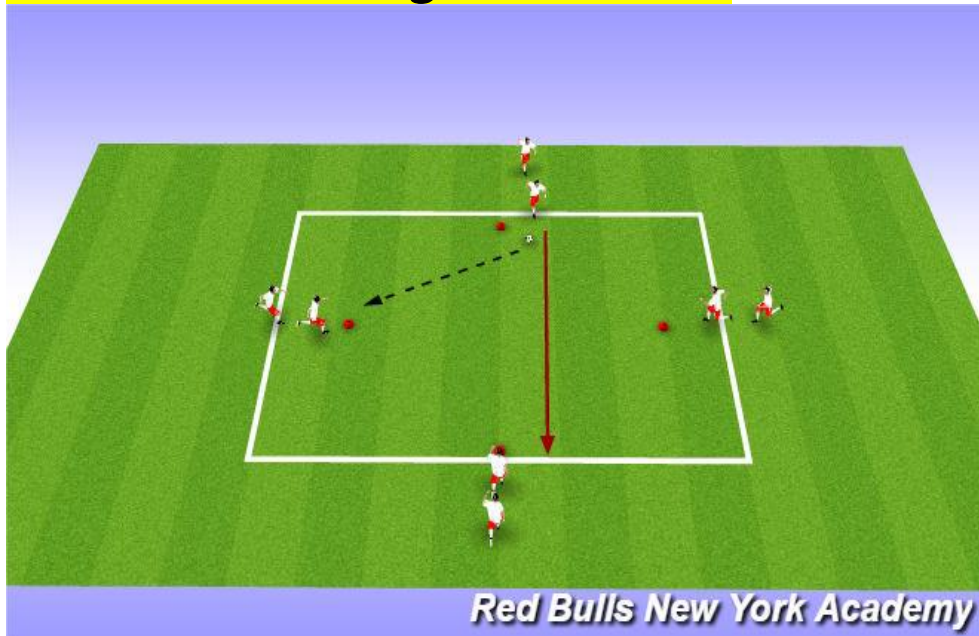
Instructions:

Laws of the game. Throw-Ins.

Coaching Points/Questions:

Check for understanding on finding & exploiting space.

Session – Attacking 2v1 Session 2



Warm up (Picture Above)

Organization:

As shown

Instructions:

Player's dribble or pass and move to a different side of the diamond.

Coaching Points:

Use of inside of foot to make passes

Speed at which players are making decisions



Main Activity (Picture Above)

Session – Attacking 2v1 Session 2 (Continued)

Organization:

As shown

Instructions:

The 1st attacker dribbles towards the middle of the field, the 2nd attacker makes a run behind the first attacker in support. The players go to goal.

The Defender is active on the 1st attacker's 1st touch

Coaching Points:

1st touch of the 1st attacker into space

Engaging the defender before passing or shooting

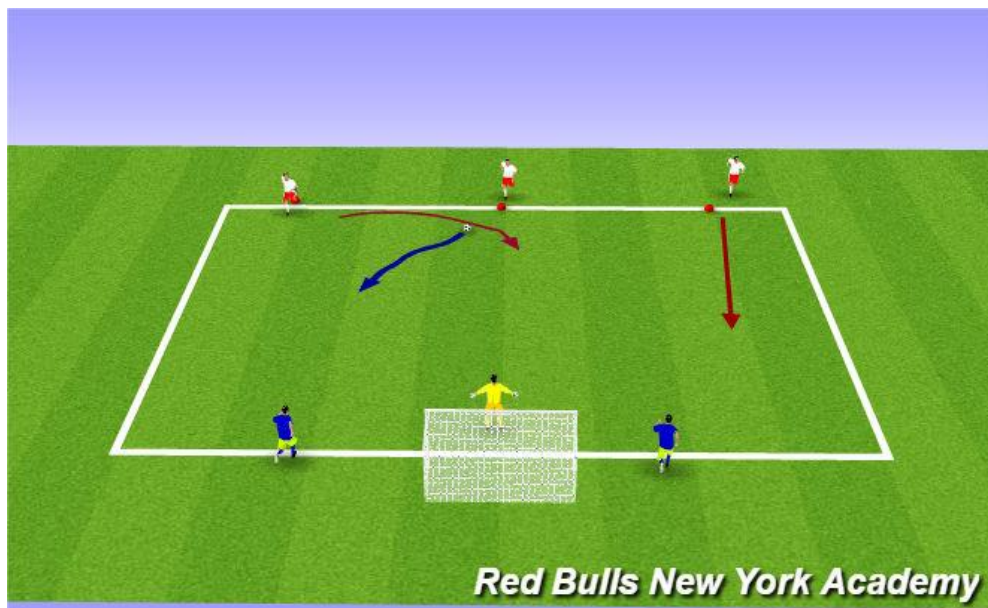
Spacing between the defender and ball carrier when making a pass

Supporting run in a good position to receive the ball.

Reading the body position of the defender

Progression:

The defender now starts on the field and still goes on the 1st touch of the 1st attacker



Screen 3 (Picture Above)

Organization:

As shown above 30x20

Instructions:

3v2 to goal

Defenders are active on 1st attacker's 1st touch

Coaching Points:

1st touch of the 1st attacker into space

Engaging the defender before passing or shooting

Spacing between the defender and ball carrier when making a pass

Supporting runs in a good position to receive the ball.

Reading the body position of the defender

Session – Attacking 2v1 Session 2 (Continued)



Unrestricted Game (Picture Above)

Organization:

30x20

Instructions:

3v3 to goals

Coaching Points:

Game like coaching points with more focus on decision players supporting the 1st attacker

Session – Switching Play

Switching Play

Description

- Recognizing moments to switch play
- Timing of supporting runs
- Speed of play to open up passing channels
- Supporting player to easily switch the play
- Width in possession

When to switch? Who can switch the play?



On Arrival - 3v3s (Picture Above)

Organization: - (30x20) area

- 2 small goals - two fields if needed, play pro/reg

Instructions: - 3v3s

Coaching Points: - Recognizing moments to switch play

Progressions: - first to one

Regression: - add neutral(s)



Session – Switching Play (Continued)

Main - 4 Gate Goals (Picture Above)

Organization: - (40x25) field

- 4 wide gate goals

Instructions: - 4v4 or similar

- players dribble through wide gates under control for point

Coaching Points/Questions: - Recognizing moments to switch play

- Timing of supporting runs

- Speed of play to open up passing channels

- Width in possession

Who can switch the play?

Regressions: - add wide neutrals

- add target/supporting GK on end lines

Progressions: - add goals



Condition - 4 Goal Game (Picture Above)

Organization: - (60x45) field

- 4 wide small goals

Instructions: - 4v4 plus supporting CB/GK on defensive end line

- two wide neutrals on outside, in the field, neutrals can score

Coaching Points/Questions: - Recognizing moments to switch play

- Timing of supporting runs

- Speed of play to open up passing channels

- Width in possession

Who can switch the play?

Regressions: - add positional zones

Session – Switching Play (Continued)

Progressions: - remove supporting CB/GK
- remove wide neutrals



Game - 6v6 (Picture Above)

Organization: - (60x40) area
- two big goals + Goalkeepers

Instructions: - 6v6 game

Coaching Points: - Recognizing moments to switch play

- Speed, timing of supporting runs
 - Speed of play to open up passing channels
 - Supporting play to easily switch play
 - Using width to open up center area v Using center to open up wide areas
- When to switch?*

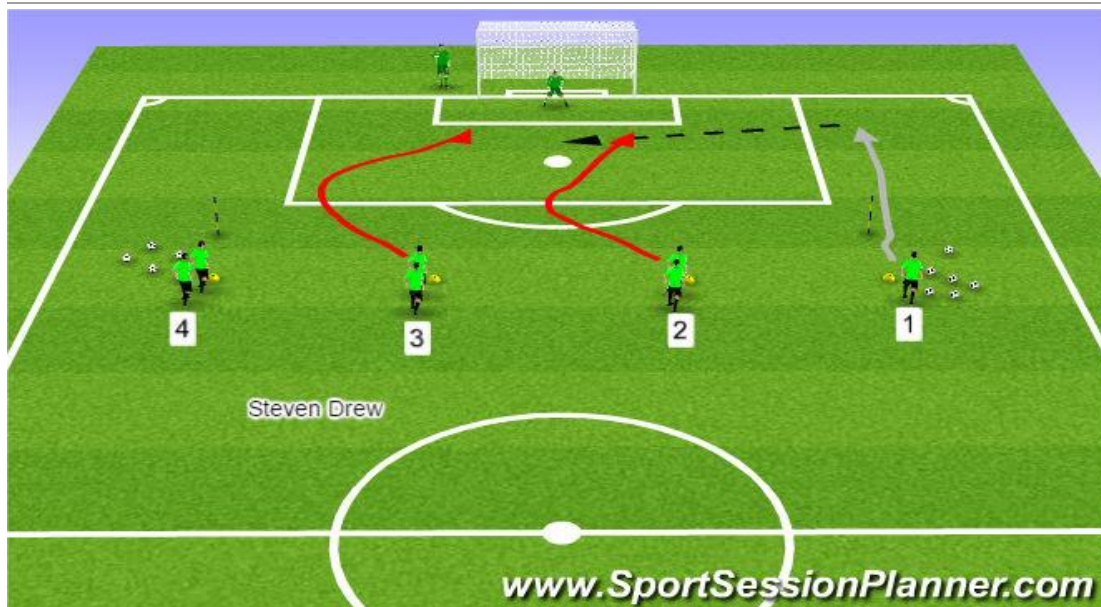
Regressions: - two channels on outside
- 2 wide neutral players in channels

Session – Attacking in the Final Third



4 Square (Picture Above)

- Four groups of players 1 group in each grid
- Players perform ball work in each grid and dynamic movements to the next grid on coach signal
- Grid ball work:
juggle, head juggle, 2 touch pass, 1 touch pass, toss and play to feet, tag, pass and sprint around cone, pass and back pedal around cone, last one in possession



Attacking 1/3 from Wide (Picture Above)

- Player 1 dribbles to pole and beats it with a move. Dribbles to end line for cross
- Players 2 & 3 make diagonal runs to 1st and 2nd post
- After a run through they return to the end of their line and new play starts from Player 4

Emphasis:

Session – Attacking in the Final Third (Continued)

- Timing of runs in box
- Create space before the ball is served
- On visual cue (prep touch and look up) from server, start diagonal run towards ball
- Quality of runs
- Flat vs diagonal
- Players at 1st and 2nd post



Attacking 1/3 from Wide Progression (Picture Above)

- 1-Coach play ball into wide player. Four defenders come in. One presses ball and the other three-mark players in box
 - 2-Outside back performs overlap and forward can either layoff or bring it inside
 - 3-Players make runs towards goal while staying outside
- If defense or GK win ball they go to counter goals
 - Once play is done repeat from opposite side

Emphasis:

- Use of Overlapping player (managing the 2v1)
- Use player and join runners in box
- Use player as a "dummy" run and bring ball inside
- Timing of runs in box
- Create space before the ball is served
- On visual cue (prep touch and look up) from server, start diagonal run towards ball
- Quality of runs
- Flat vs diagonal
- Players at 1st and 2nd post
- Progress to adding an Attacking Mid

Session – Attacking in the Final Third (Continued)



7v7 to goal w/fitness (Picture Above)

- 4v3
- 2x10mins
- In order for goal to count you must have your entire team over the halfway line

Emphasis:

- Width in attack
- Use overlapping Outside back when possible
- Timing of runs
- Spacing of players in final 1/3

Session – Building out of the Back Session 1

Activity 1 – Rondo (Picture Below)



Rondo – When 1 team has numeric superiority over another team

4v1 is simplest form with a slow defender (hoping on 1 foot until they get the hang of ball movement)

Players in a Diamond shape (North, South, West, East) lined up on the square

3 rules of diamond rondo

Support

Cones in a square. Player on south side has ball in between bottom left and bottom right cones. 2 players closest (east and west) must run down and touch the cone to support the player. This teaches them to stay in their lane and move off the ball. The support is now a square support. If player on south side passed to player on east side, then the ball goes into the middle lane and the east player can run onto the ball. Players on south and north side stay in their lane but go to top right cone and bottom right cone for square support. Whoever are the 2 closest players to the ball must go to a cone and support. Focus on square passing. Try to avoid the long ball through the middle of the grid.

Receive with back foot (furthest foot). It creates space and allows the player to open up into space. Open your hips. Pass to the furthest foot of the other player.

If you do not open your hips, then you cannot one touch pass

Communication – player with the ball gives advice

Switch it or play the ball backwards

Progress to 4v2 by adding a second defender. The pattern of play is the same, except now the player furthest away must move to space to try to split the defenders. If the defenders take away the square passes, the correct play will be to split the defenders by playing the ball between them to the furthest player.

Progress to 5v2 (may need to make the playing area bigger depending on skill level) by adding an attacking player in the middle of the grid. This attacking player is now a target player. The goal of the attacking player is to always support the ball and look to play the ball out of the square as soon as possible (one touch if possible). This helps create space for the other players.

The Players represent the following: (in the 5v2 format)

Player in the back (this is the switch player) Could be goalie or anyone (CB). Their role is to switch play side to side

Player in the Middle – Bridge Player – bridge between last player back and top player (usually holding mid or center mid). Create a bridge between every single player.

Player up top – Goal Scorer

Players on the outside – Wing players (outside backs or outside Mids. Used for support and opening up the field

The purpose of Rondo is to move the ball from the player in the back to the player up top, and then back down without losing possession. Outside players should constantly use the back player to switch fields (swinging the ball from one side to the other. Avoid passing the pass across the middle of the grid.

Session – Building out of the Back Session 1 (Continued)



Activity 2 - Building Out of The Back (Picture Above)

One end line-goal

Other end line-3 goals

These goals will split field into thirds. First third is left side, second third it middle and last third is right side. Mark with cones

Work on left channel first, a blue player and orange player. They play 1v1. One player defends the lone goal, and the other player defends the side with 3 goals (left goal). They are restricted to left side.

Then do the same on the other side. (mirror)

Then have central middle in the middle third for each side. It is now a 2v1 on each side. Players now need to identify when they should use give and go and when to go 1v1

Put in a GK on the 1 net for restarts

You now have 2 balls going at same time

Add 1 orange player as a forward so it is now 3v1. That player plays in middle and has to decide whether to press left side CM or right-side CM. can interchange at any time (change mind)

Balls played into both sides. Orange player in middle has to make a decision. Therefore, one side will have a 2v1 while the other side will have 2v2.

They can reset with the GK or go 1v1

Other side should execute 2v1

Can add players if you want but keep numbers so that there is an odd man situation on one side. Can add extra forward on the sides but need to add another defender in middle.

Coaching points

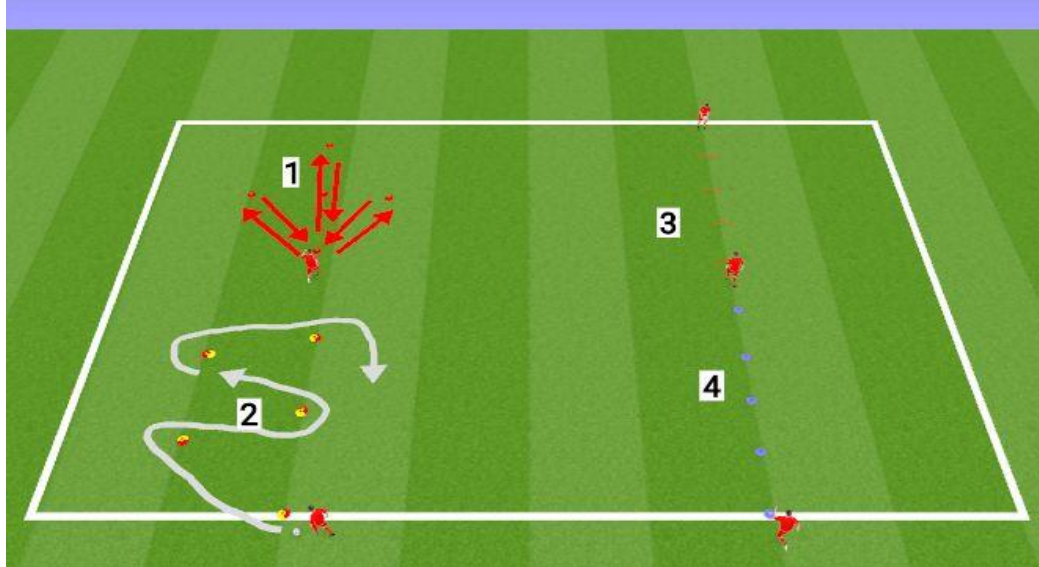
When GK passes the ball, if you have space then dribble. Need to get defender to commit before you make the 2v1 pass. It will open up space behind defender.

When defender commits, you will have 2 options. Pass or do a move around the player. Even if you want to shoot you need to make a move to open up space. Losing ball in 2v1 trying to make a move is ok because you have the support from another player.

If you are in a 2v2 situation you still have the same 2 options. If pass, they cannot pass to the midfielder, they have to pass to the GK so they can switch fields. Do not pass into the middle when not open.

Players have to make decisions based on environment

Session – Building out of the Back Session 2



Warm Up (Picture Above)

Station 1 - Star Runs

Players can start at any outside cone & must run to all the other cones & back but must stay facing the direction he set off in (forward and backwards running).

Station 2 - Dribbles

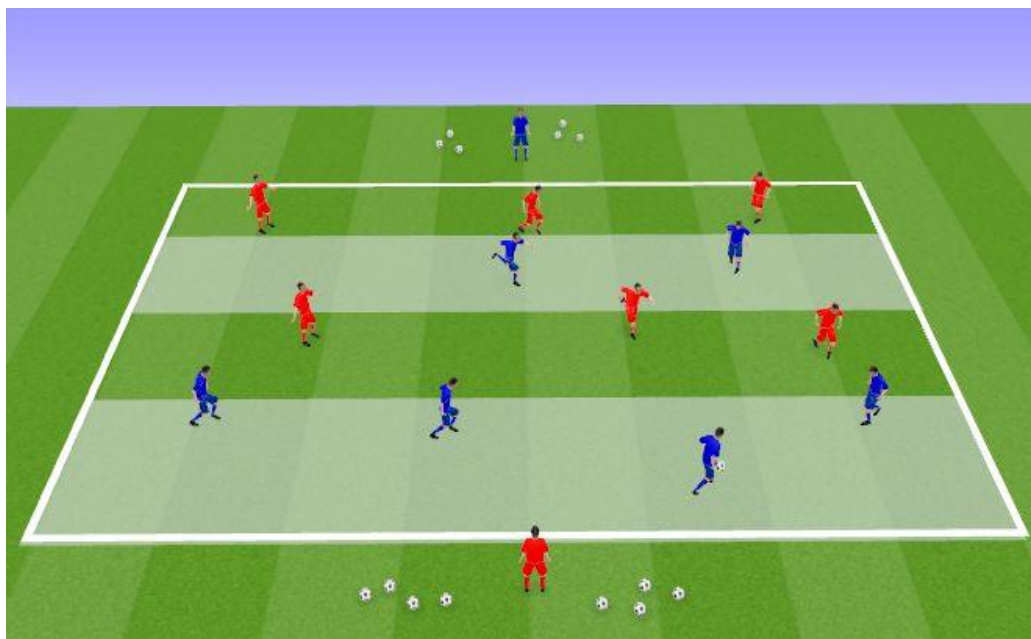
Players start with a ball and must dribble and turn around the outside of each cone before sprinting back to the start line at the end.

Station 3 - Hurdles

Players run through the hurdles to a partner who has a ball. As the player clears the last hurdle, The partner serves a ball for a return pass.

Station 4 - Shuttles

Players start in different positions (standing, sitting, facing away) then turn and sprint out and back.



Session – Building out of the Back Session 2 (Continued)

Positional (Picture Above)

Organization

Simulated Formations Throughout

Team B 1-4-2-3-1

Team A 1-3-5-2

Area is 30x30.

Team B (Black) consists of 4 defenders and 2 defensive MF players.

Team A (Red/White) will be 3 forwards and 3 MF players.

Each team has a target player on the end line (rotate periodically).

Both teams should try to play in their lines (mark with flat discs).

15 minutes.

How to Play

Team B start with the ball and try to play, through their forward players, to the target player on the end line.

If Team A recover the ball, they try to do the same.

Play always restarts with the team that reaches the target player, getting a new ball from behind their end line.

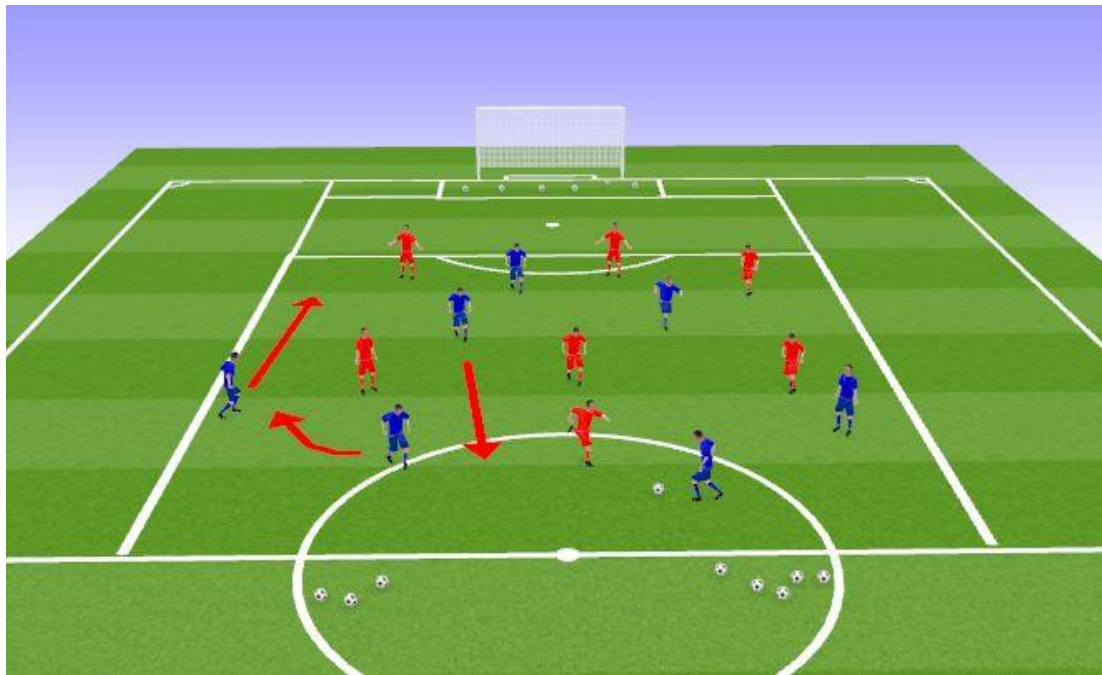
Possible Coaching Points

Quality of passing and receiving.

Angles and distances of support.

Creating and exploiting space.

Recognizing the forward passing opportunity.



Line Ball Game (Picture Above)

Organization

Increase the area size as shown.

The 6-yard line and halfway line are now Target Lines (take the ball over, under control, to score).

How to Play

Team B starts in possession and try to score over Team A's 6-yard line.

Session – Building out of the Back Session 2 (Continued)

If Team A recover the ball, they try to score over the halfway line. If a team scores, they start the next play from their back line.

Players can now move around the pitch more freely but **MUST** retain their basic formations.

Possible Coaching Points

Team B rotation in outside areas (if LB advances the LCB can go to the touchline and one of the 2 CDM drop in to fill the space).

If CB drives out with the ball, a CDM drops in to cover.



Scrimmage (Picture Above)

Organization

Half a pitch.

Introduce goalkeepers.

How to Play

Normal rules, including offsides.

Possible Coaching Points

All from previous exercises.

INTERMEDIATE-ADVANCED

Session – Focus on Possession



Half Field Possession Game (Picture Above)

Setup

Two 20x15 areas

Organization

5/6 players in each area, coach plays ball in to one team, the other team must send a defender across to try and win the ball. X number of passes for a point. If it breaks down coach plays a new ball to other team and whoever loses the ball defends the other box. *Bonus point if defender wins the ball and can pass to teammates.

Progressions

- 1) After a point is scored send a new defender
- 2) May restrict number of touches

Coaching Points

Look to take a positive touch at all times

Body shape when showing for and receiving the ball as well as angles of support off the ball



Session – Focus on Possession (Continued)

Passing & Receiving Timed Movement (Picture Above)

Setup

25x25 area, 2 balls each on opposite corners

Organization

- A1) Center players check to the opposite side of the central area to receive the ball
 - 2) Outside player passes to center play and receive the ball back
 - 3) Ball is passed to other corner
- Center players stay in the middle, outside players follow their pass

Progressions

- Change direction - center player's swap
- B1) As above, center players check to receive the ball
 - 2) Outside player passes to center play and receive the ball back
 - 3) Center player checks at an angle to receive the ball
 - 4) Center player then passes to outside player
- Include an overlap with the outside player

Coaching Points

Counter movement before checking to the ball
Timing of movement to the ball
Speed of play - 1 & 2 touches
Firm accurate passing
Body shape when showing for and receiving the ball
Communication & recognizing triggers



Target Possession Game (Picture Above)

Setup

25x35 area, 5v5 + neutral player

Organization

Possession team must score by playing from one target/outside player to another.

Session – Focus on Possession (Continued)

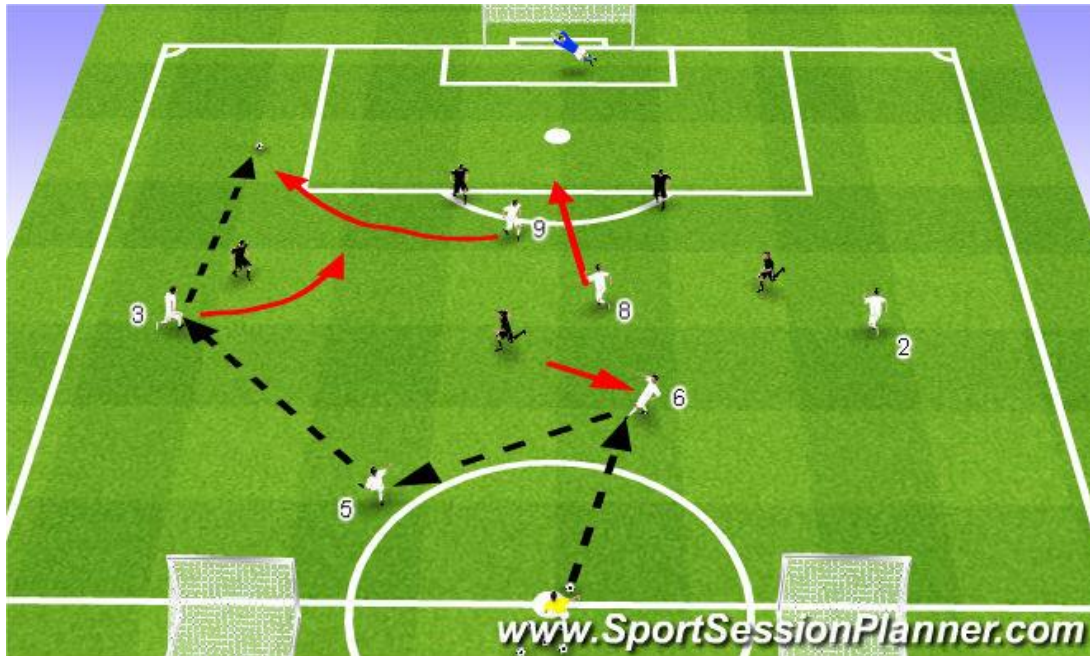
Progressions

Outside players can enter the game but must be replaced with a player on the inside.

Coaching Points

Firm accurate passing

Body shape when showing for and receiving the ball



6v5 End Game (Picture Above)

Setup

3/4 Field Area, 1 full size & 2 small goals

Organization

6v5 Game + keeper. Defending team plays to small goals. Yellow player is a neutral player.

Progressions

- Lift conditions and play unrestricted 6v6 game

Coaching Points

* Coach various scenarios within the 3-2-1/3-2-3 system of play

* Focus on the movement of #9 and support runs

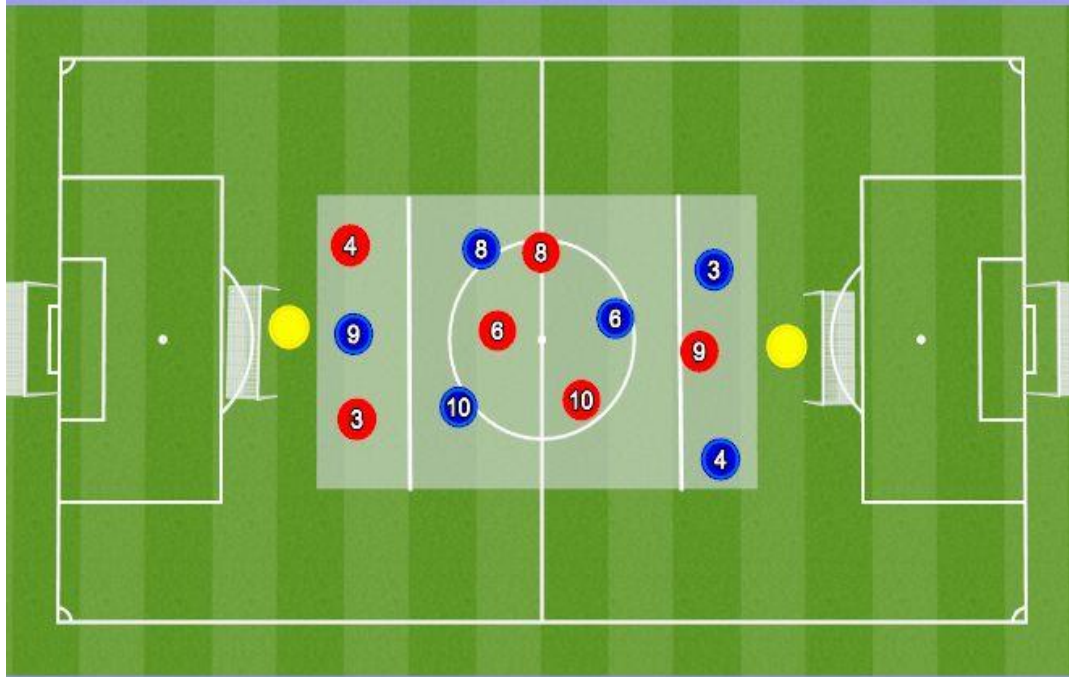
- Timing and correct angles of passes and runs

- Accuracy and weight of passes are vital

- Changing pace with and without the ball

- Understanding between the players

Session – Possession In Middle Third



Positioning Game (Picture Above)

Rules:

Players are restricted to their zones defensively.

The #3 & #4 can step into the middle zone.

2 midfielders can go into the final third.

The 9 can drop into the middle zone, however if they chose to do so, the CB may follow.

Team Task:

Can we keep controlled and effective possession in the middle third to create a goal scoring opportunity?

Player tasks:

#1

Can you act as an extra passing option to the team in buildup?

Can you play the most progressive pass available ensuring ball security?

#3 and #4

Can you break the line beyond the 9 by either driving into the space or making a forward pass into midfielder facing forward?

#6 #8 #10

Can you receive forward through intelligent movement and quick passing?

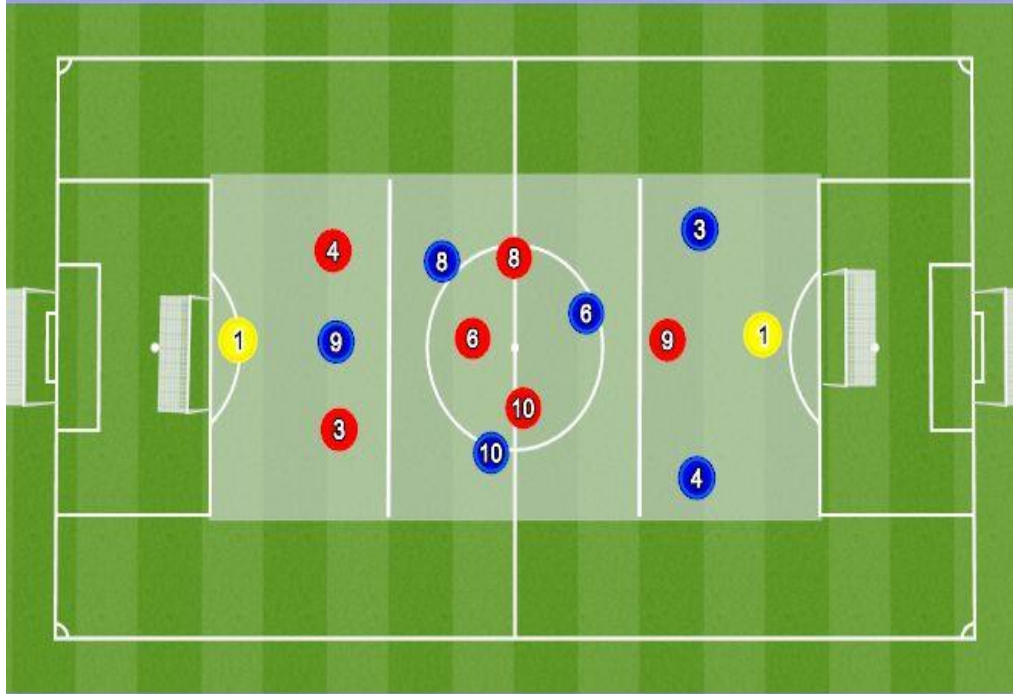
Can you give the CB's space to drive into midfield and options to play to if/when they are pressed?

#9

Can you get in to goal scoring positions as the ball progresses through the thirds.

Can you look to combine with the midfield to create goal scoring opportunities.

Session – Possession In Middle Third (Continued)



Game training (Picture Above)

Rules:

Both Teams can score by finishing on goal.
the lines are there more as a guide than a rule.

Team Task:

Can we keep controlled and effective possession in the middle third to create a goal scoring opportunity in the final third.

Player tasks:

#1

Can you act as an extra passing option to the team in buildup?

Can you play the most progressive pass available ensuring ball security?

#3 and #4

Can you break the line beyond the 9 by either driving into the space or making a forward pass into midfielder facing forward?

#6 #8 #10

Can you receive forward through intelligent movement and quick passing?

Can you give the CB's space to drive into midfield and options to play to if/when they are pressed?

#9

Can you get in to goal scoring positions as the ball progresses through the thirds.

Can you look to combine with the midfield to create goal scoring opportunities.

Player Cues:

#1 - if any of the midfield players are available to receive the ball either as a bounce player or facing forward, can you play into their feet.

#3 #4 -

Can you look to take your first touch beyond the first line.

If the red team don't come out to press you, can you carry the ball and draw a defender before playing

If there are no options available, can you keep possession.

Can you find a pass directly into the 9?

#6, #8, #10

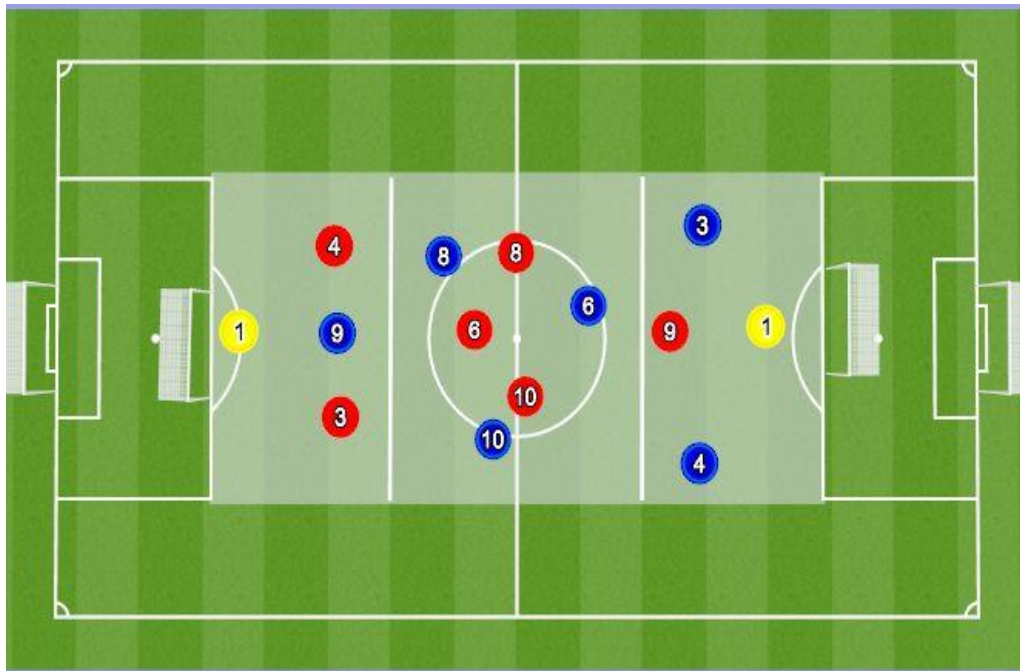
Session – Possession In Middle Third (Continued)

As the ball is being switched over to the #3 or #4, can you anticipate if they will drive into midfield and make movements accordingly.

As the #3 or #4 steps into midfield, can we look to keep possession and take advantage of the 4 v 3.

Can you look to play into the 9 and combine with them to create a goal scoring chance.

If the 9 drops in, can one of the 8 or 10 take up their position to occupy the CB's. Better yet, can you get in beyond the CB's to create a vertical opportunity.



Training Game (Picture Above)

7 v 7 Game

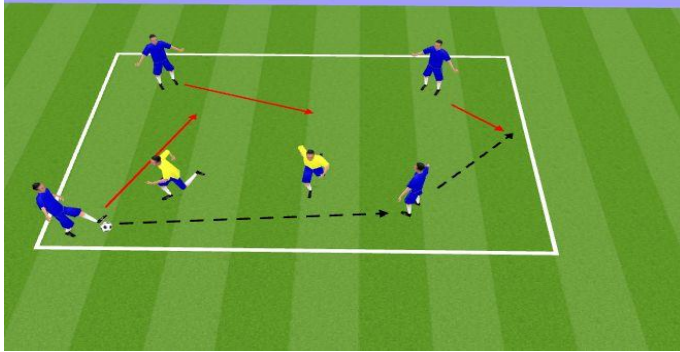
Normal Rules Apply

Session – Possession After Regains

Developing Effective Possession from Regains

Description:

This session has been designed to work on the ability to regain and maintain effective possession. It is working on the players to create space and passing lines, to receive the ball and pass quickly. Try and pass with 1 or 2 touches, when possible, especially if there is more than one player defending the player with the ball.



Rondo (Picture Above)

TECHNICAL WARM UP

1 and 2 touch play - creating and filling space - pass and move to create passing lines

Start with first arrived players 2v1, then 3v1, 4v1, 4v2, 5v2, 5v3, 6v3 - keep adding new arriving players

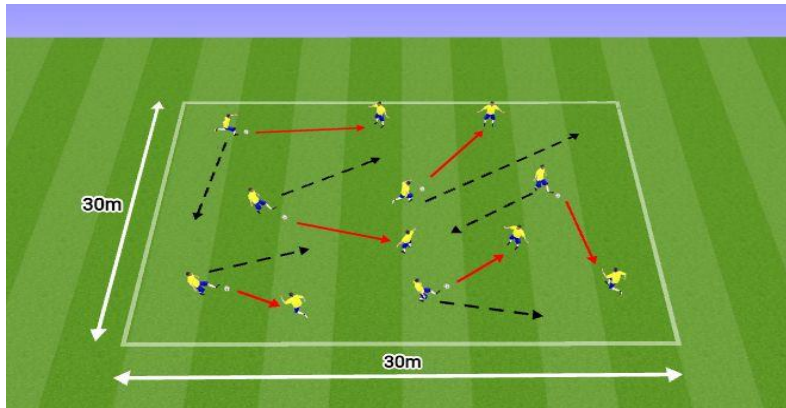
Coaching Points

Play off 1 or 2 touches, make good decisions

On 1st touch change the direction of the ball

Receive with an open body shape and outside foot

Speed of pass, don't let the middle players get close



Pass & Move (Picture Above)

Building on the work done in the last session. All players in 30m x 30m square

PROGRESSION 1

Pass and move to receive another ball. All players in 30m x 30m (depending on player numbers) area with half number of balls compared to number of players.

8 players / 4 balls

9 players / 5 balls

10 players / 5 balls

Session – Possession After Regains (Continued)

11 players / 6 balls

12 players / 6 balls

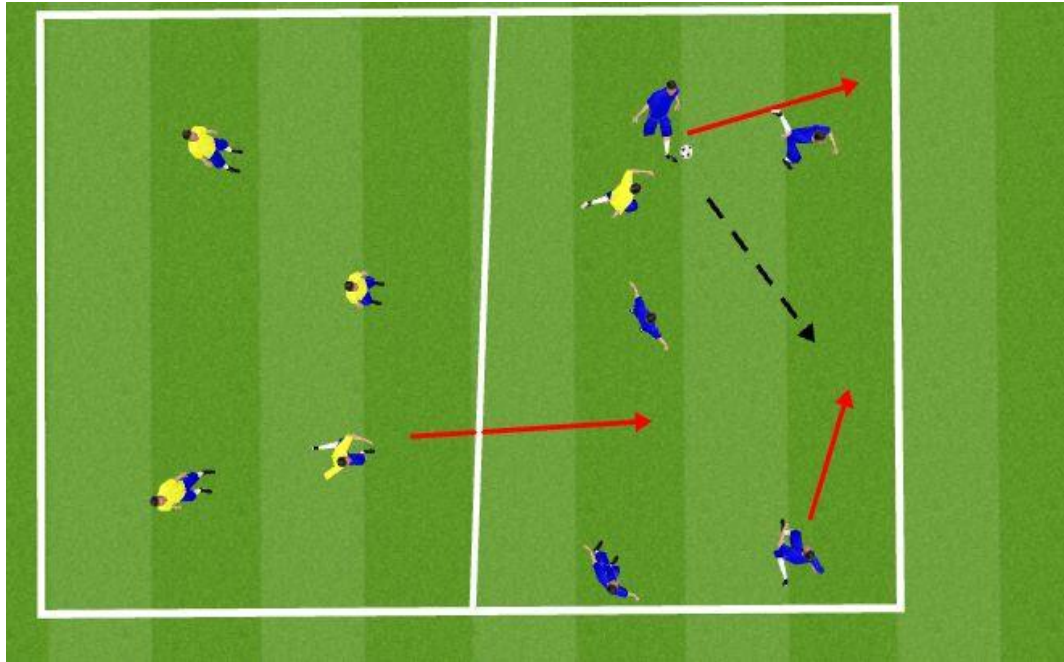
Coaching Points

Quick pass or ball retention decision

Body shape and direction of 1st touch

Empty and fill space

Be creative



Ball Possession (Picture Above)

PROGRESSION 2

As the ball is played into a team send across 1 defender, after 15seconds send another defender, then keep sending a defender every 15seconds. Retain possession. If the defenders regain possession manipulate the ball and transfer back to teammates in the other half and then start to add defenders every 15 seconds.

Coaching Points:

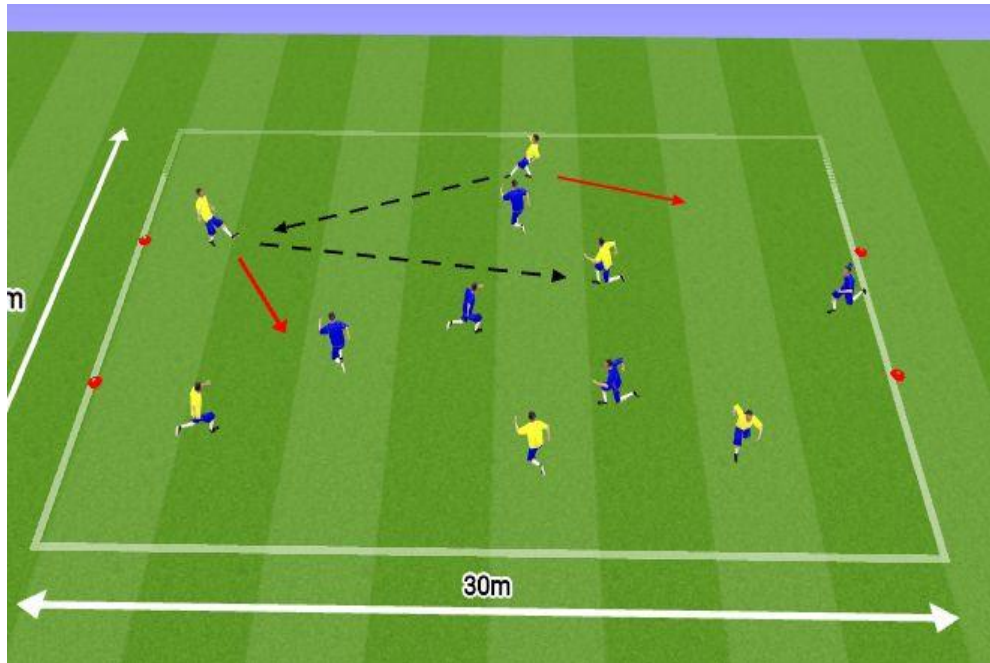
Work off the ball to create and fill spaces

Receive using an open body shape

Decision making of when to pass or retain possession

On the regain, tidy up possession by playing the easy ball

Session – Possession After Regains (Continued)



Match (Picture Above)

MATCH

2 team match

Play a match and apply all of the previous coaching points again