



Attacking With Numbers

Category: Technical: Attacking skills
Difficulty: Moderate

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Individual-Adult Member

Description

Attacking with numbers - overloads

Warm Up (15 mins)

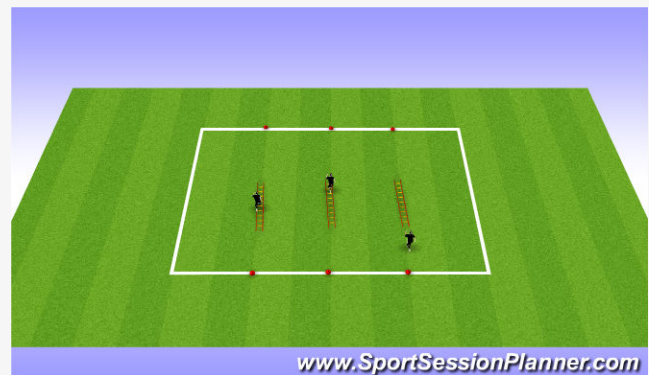
Organization

Create 4 square of 10 x 10 each.
have players play 2v1 in these areas.
Encourage creativity, flicks and tricks, 1-2s and quick movement.
Add Dyanmic stretches skipping,heel flicks, high knees,open the gate kick through and windmills.



SAQ (15 mins)

1. fast feet.
2. side to side in ladder
- 3.bunny hops
4. two forward one back



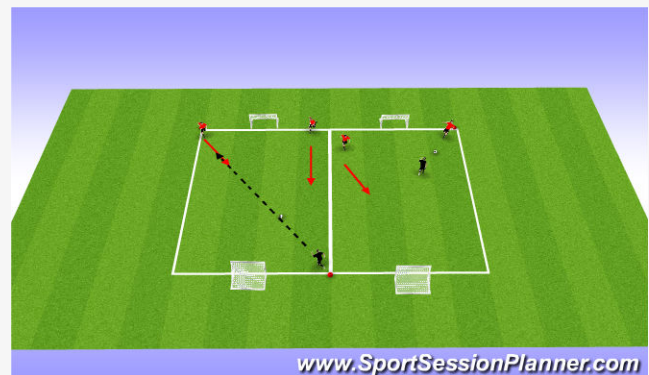
Technical (15 mins)

Organization

Create a 20 x 20 area. with a goal at each end
2v1 to goal.

Coaching Points

- 1.quick decision - where is the defender is he coming to me? middle?or teammate?
- 2.Pass or dribble?
- 3.Decision making - if defender comes to me i should pass?, if not dribble. be aggressive
- 4.be creativite 1-2s. footskills.
- 5.can teammate help by creating space, width overlapping run?
6. killer instict finish!



4v2 (15 mins)

4v2 to goal.

Organization 35x30 must start with a pass to the forward player.

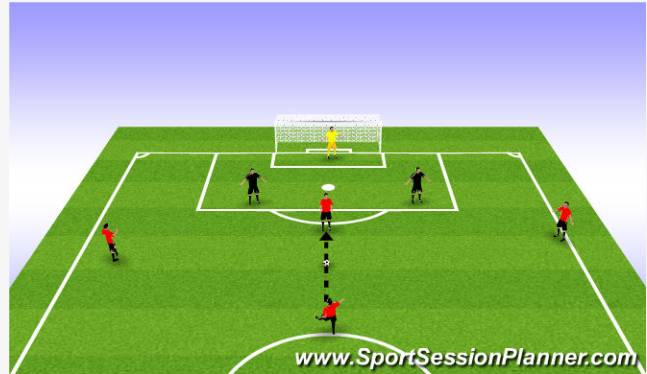
Coaching points

Width - make sure players keep wide to help drag defenders out of position.

attack defender

can we be creative-1-2s.

quick finishing



6v4 (20 mins)

Same set up but 6v4

we added two defenders who are attacking from the defense.

Coaching Points

Overlap - can we get defenders forward quick, to help create overloads.keeping the width

As the defenders get forward we can see that its actually 3v3 (forwards v defenders)

correct choice of pass?penetration or cross?



Game (20 mins)

Regular game

can we get defenders forward quick?

