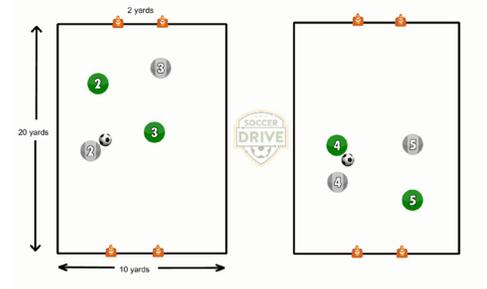




# ATTACKING PRINCIPLES

AGE LEVEL: U8      TIME: 60 MINUTES



### 20 X 10 2VS. 2

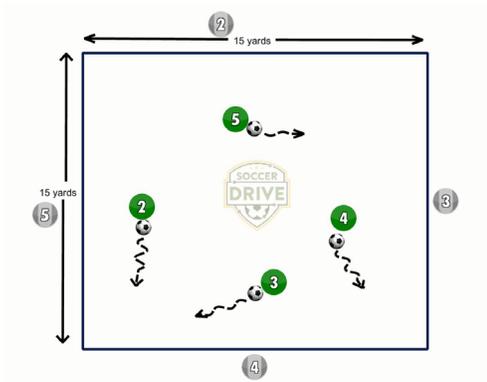
**TIME** 10 minutes

**SETUP**

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

**COACHING POINTS**

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



### FREE DRIBBLING

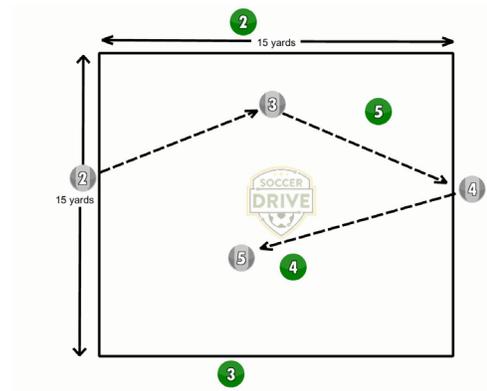
**TIME** 10 minutes

**SETUP**

- » In a 15x15 yard area, 4 Players positioned inside the grid and 4 players outside.
- » The 4 players inside the grid perform dribbling techniques using various surfaces out the foot, changes of direction, changes of speed. Repeat for 15-20 seconds before passing to player on the perimeter of the grid. The sequence is repeated by alternating each group for 15-20 seconds.

**COACHING POINTS**

- » Encourage creativity with the ball – allow players to attempt new ‘moves’
- » Eyes / Head ‘up’ to scan the playing area and move into space after performing a move.
- » Changes of pace / direction after performing a move.



### 2 VS. 2 PLUS 2

**TIME** 10 minutes

**SETUP**

- » Make a 15x15yd grid, and two teams of four players.
- » The teams play 2v2 in the center while each team's remaining two players are opposite each other on the outside of the grid.
- » One team tries to score points by passing the ball to one of their team's outside players, who then has two or three touches (depending on ability) to pass it back to a teammate inside the grid. That team then has to go the other direction to score their next point.
- » If opposing team wins the ball, they try and go perpendicular to the opponents to one of their players outside the grid.
- » If possession is lost, and then regained by the same team, then they can go to any of their outside players regardless of who they went to last.
- » Ball cannot be played from a player on the outside to the other player on the outside
- » Play for 1.5 minutes and then switch inside and outside players.

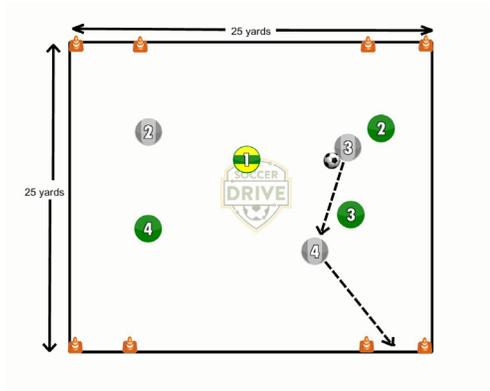
**COACHING POINTS**

- » Teammates on the outside and inside need to be constantly moving in order to provide a better options of support for the player with the ball.
- » Communication so the person with the ball can find you faster
- » High work rate!
- » Once ball is played to outside person, both players on the inside need to look for space to move into. If they stand in the same spot, they are easier to defend
- » Look over shoulder before receiving the ball in the inside to know if you can turn quickly.



# ATTACKING PRINCIPLES

## PRACTICE PLAN



### 3 VS. 3 PLUS 1

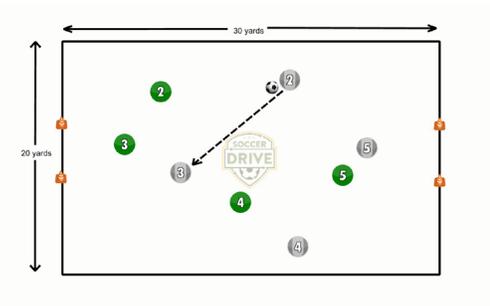
**TIME** 10 minutes

**SETUP**

- » Make field 25x25yds (depending on ability), and place two goals on each endline.
- » Play 3v3 with one team attacking the two goals on one endline, while the other team attacks the other two.
- » Add a +1 player to the field. This neutral player is always on the team with the ball, creating a 4v3 advantage always to the attacking team.
- » Once a goal is scored, restart with a goalkick. There are no corners.

**COACHING POINTS**

- » Encourage team with the ball to get wide and create depth. The further spread from each other, the more likely they are to spread out the defenders who need to cover that space.
- » Try to create 1v1 and 2v1 situations on the field and attack the space behind that defender quickly.
- » Communication and mobility are key!
- » Shoot quickly. If you can get a look at goal, its important to take a shot before that gap closes.



### 4 VS. 4 SCRIMMAGE

**TIME** 15 minutes

**SETUP**

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Cones for goals are 2yds wide (same as for a game).
- » There are no goalkeepers.

**COACHING POINTS**

- » None! Just sit back and let them play! Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.

### END OF PRACTICE QUESTIONS:

- » Bring your players in for the last five minutes of practice and recap your session using open-ended questions:
- » Why is creating depth and width on the field important? (it spreads the defending team out, allowing you more space to play through them).
- » Why is mobility important when we have the ball? (moving into new space gives more options to the person with the ball, while also forces the defending team to constantly adjust and get off balance).
- » Why do we shoot quickly when we have the opportunity to do so? (shooting is how we score goals! If we don't shoot when the chance exists, then that gap will disappear quickly. We must play fast and make decisions quickly around the opponent's goal!)