



ATTACKING PRINCIPLES- PART 4

Category: Tactical: Attacking principles
Skill: Mixed age

Pro-Club: Colorado Rapids Soccer Club
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Description

FUNCTIONAL COMBINATION PLAY IN FINAL 3RD TO GOAL.

COMBINATIONS IN FINAL 3RD

COMBINATIONS MAY VARY. NO TOUCH RESTRICTIONS BUT ENCOURAGE FAST PLAY.

ATTACKING PRINCIPLES:

-BODY SHAPE AND TECHNIQUE WHEN FINISHING:

HEAD UP/CHEST UP. CORE ENGAGED. BASE POSITION ALLOWING EXPLOSIVE MOVEMENT. BASE POSITION IS ESSENTIAL FOR PROTECTING THE BALL FROM OPPONENTS. FOCUS ON CLEAN CONNECTION WITH BALL. EYES ON THE BALL WHEN HEADING OR VOLLEYING. CONFIDENT WHEN STRIKING BALL. ONCE BALL HAS BEEN STRUCK, ADJUST FOOTWORK QUICKLY TO ALLOW FAST REACTION TO POSSIBLE REBOUND.

-MAXIMIZED CONCENTRATION:

FULLY ENGAGED AT ALL TIMES. CONCENTRATE ON EVERY TOUCH, EVERY MOVEMENT AND EVERY METHOD OF COMMUNICATION. (PLAYERS AND TEAMS WORK SO HARD TO GET THE BALL INTO DANGEROUS AREAS IN FINAL 3RD, THAT NO PLAYER CAN AFFORD TO SWITCH OFF FOR A SECOND. I COULD BE THE DIFFERENCE BETWEEN WINNING AND LOSING!).

-NON-VERBAL COMMUNICATION:

EYE CONTACT WITH TEAMMATE. HAND SIGNALS (POINTING, SHOWING WHERE BALL SHOULD BE, ETC). BODY SHAPE WHEN SHOWING FOR BALL (CAN PLAYER SHAPE HIS/HER BODY IN A FASHION THAT TELLS TEAMMATE WHERE BALL SHOULD BE PLAYED?).

-MOVEMENT:

FAST, AGGRESSIVE AND DYNAMIC MOVEMENT IS ESSENTIAL. BE BOLD WITH MOVEMENT AND PLAY WITH CONVICTION IN FINAL 3RD.

