



ATTACKING PRINCIPLES- PART 1

Category: Tactical: Attacking principles
Skill: Mixed age

Pro-Club: Colorado Rapids Soccer Club
Jamie Smith, Commerce, United States of America

Description

7v5 WITH KEEPER TO TARGETS.

POSSESSION TO PROGRESS

-BURGUNDY SCORE POINT WHEN PASS IS COMPLETED INTO TARGET PLAYER BETWEEN POLES.-BLUE SCORE INTO GOAL.- COACH INSTIGATES PLAY.

-TOUCH RESTRICTIONS MAY VARY DEPENDING ON DESIRED OUTCOME.

ATTACKING PRINCIPLES:

-FAST TRANSITION FROM DEFENSE INTO ATTACK:

EXPLOIT OPPONENTS POSSESSION LOSS AND TRANSITION INTO ATTACK EFFECTIVELY.

-QUICKLY MAXIMIZE SPACE:

FULL BACKS GIVE WIDTH QUICKLY. MIDFIELDERS CAN'T BE TOO DEEP AND CAN'T BE IN A STRAIGHT LINE.

-EFFECTIVE PLAYER MOVEMENT OFF THE BALL:

PLAYERS NEED TO THINK ABOUT SPACING. HOW CAN PLAYERS POSITIVELY EFFECT FLOW OF PLAY WITH CLEVER MOVEMENT?

-NON-VERBAL COMMUNICATION:

EYE CONTACT WITH TEAM MATE. 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 TEAM MATE WHERE BALL SHOULD BE PLAYED?).

-TECHNIQUE AND EFFICIENCY IN PASSING AND RECEIVING:

CLEAN AND CONFIDENT PASSING. DETERMINE WHETHER PASS IS INTO SPACE OR INTO FEET. HEAD UP/CHEST UP. IN BASE POSITION. VISUALIZE PUSHING THE BALL ACROSS THE FIELD. CLEAN CONNECTION THROUGH MIDDLE OF BALL. PROTECT THE BALL.

-PLAYER TACTICAL AWARENESS AND DECISION MAKING:

PLAYER MUST QUICKLY ASSESS AND UNDERSTAND THE SITUATION (DETERMINE WHERE TEAM MATES AND OPPONENTS ARE), ESTABLISH THE MOST EFFICIENT OUTCOME AND CONFIDENTLY EXECUTE THE NECESSARY PLAY. GET BALL FORWARD EFFICIENTLY (QUICKLY). SUPPORT FOR TARGETS PLAYERS WHEN PLAYED FORWARD.

-UNDERSTANDING OF PERIOD WITHIN THE GAME:

PLAYERS MUST DETERMINE WHAT PART OF THE FIELD THEY ARE IN AND WHAT RISKS CAN BE TAKEN AND WHAT CAN'T. WHAT IS AT STAKE?

