



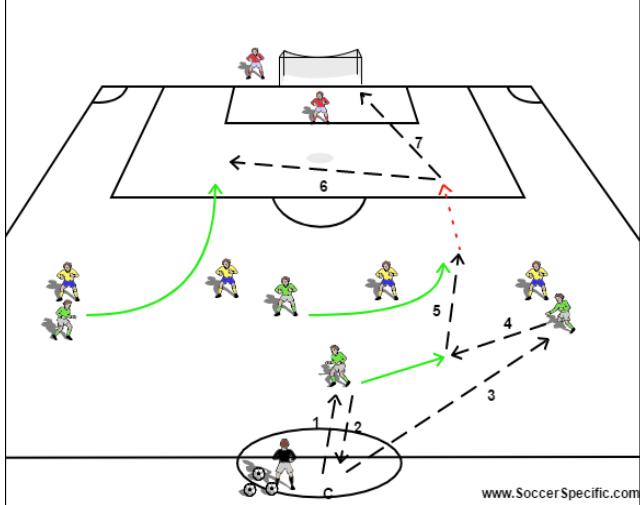
Attacking Patterns to Goal

Date: Apr 30, 2019

Duration: 20 min

Team: SoccerSpecific

Intensity: ⚽ (6/10)

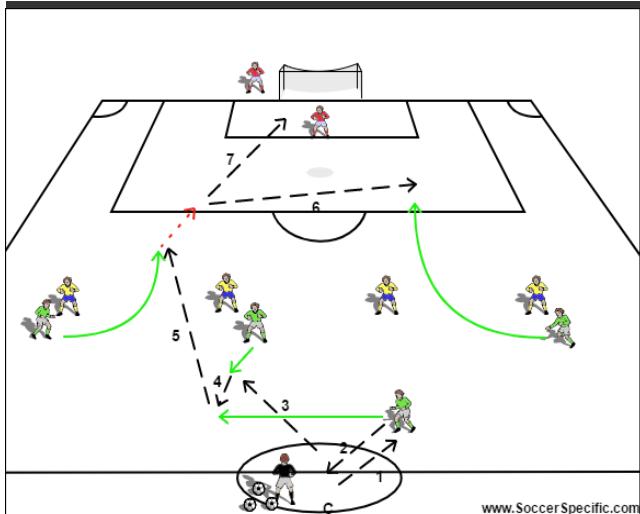


1

Setup: Attacking pattern to goal variation #1 with the front 4. A back four vs. the three forwards and the #10. Coach has a group of balls between half field and the bottom of the circle and dictates the point and frequency of the attack. An additional group of 4 attacking players are waiting on deck and alternate reps.

Instructions: As shown in the diagram, the coach plays the ACM who lays it back to the coach. The ball is then played to the #7 who lays it back to the #10 who slips the #9 thru to goal. The #9 dribbles at pace and can either shoot it or slip it across to the #11 for a first time finish.

Coaching Points: Basic movement on and off the ball by the front 4 attacking players in a 4-3-3 formation. Timing of runs, visual cues, weight of the pass, quality of the pass, movement off the ball, staying on side, sealing off the defenders, shaping your shot and quality of the finish.



2

Setup: Attacking pattern to goal variation #2 with the front 4. A back four vs. the three forwards and the #10. Coach has a group of balls between half field and the bottom of the circle and dictates the point and frequency of the attack. An additional group of 4 attacking players are waiting on deck and alternate reps.

Instructions: As shown in the diagram, the coach plays the ACM who lays it back to the coach. As the play develops the #9 comes off the defender at an angle and receives the pass from the coach, the #10 has already started his run across in order to play the #11 thru to goal. #11 can either finish himself or slip it to #7.

Coaching Points: Basic movement on and off the ball by the front 4 attacking players in a 4-3-3 formation. Timing of runs, visual cues, weight of the pass, quality of the pass, movement off the ball, staying on side, sealing off the defenders, shaping your shot and quality of the finish.