

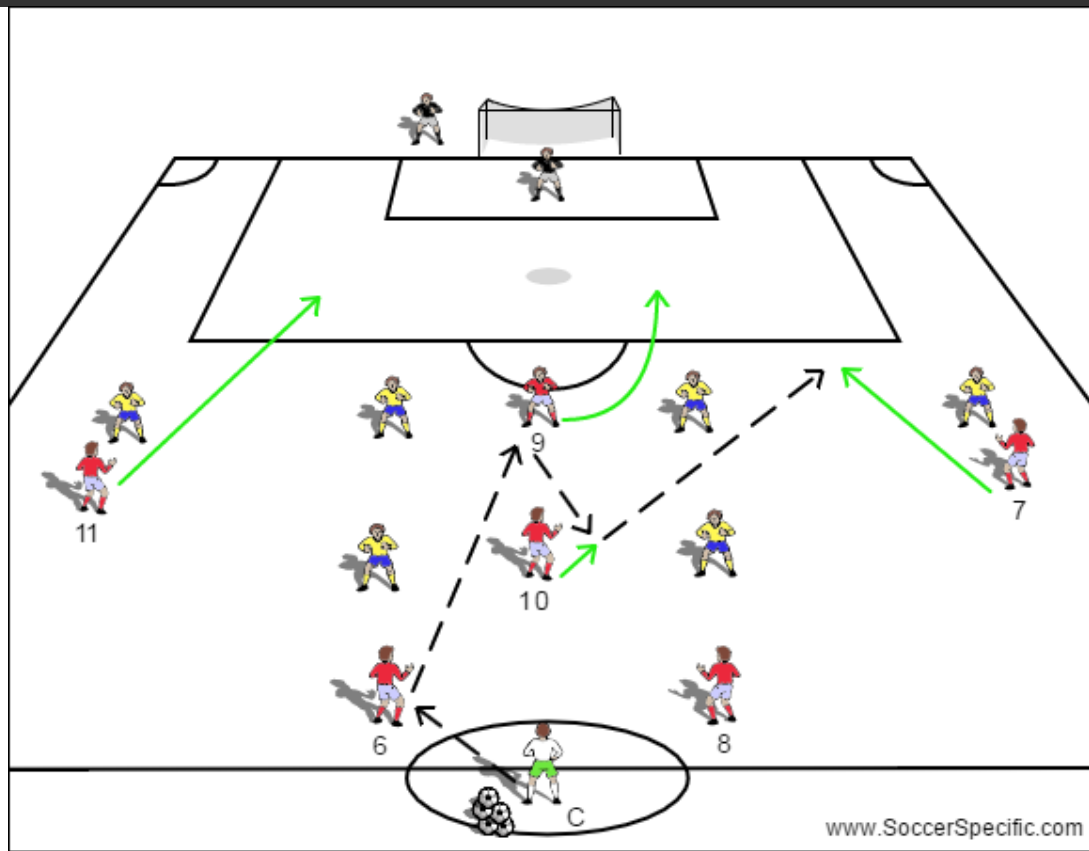


Stuart Sharp- 6V6 Attacking Patterns

Date: Jun 21, 2016

Team: United States Paralympic

Duration: 20 Min



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⌚ 20 Min ↗ Half Field

Setup: 6V6 Functional Finishing Patterns To Goal. 12 field players, 2 GKs and plenty of balls. Economical training of all 14 players, 2-3-1 attacking shape (red) vs 4-2 defensive shape (yellow).

Instructions: All patterns are initiated from the coach at midfield. Pattern shown is 6-9-10-7 focusing on either the #7 or #11 penetrating in behind for a shot or cross. The second pattern focuses on the #9 getting in behind, 6-7-10-9 or simply 6-7-9. Third sequence is providing a shot for the #10, 8-9-10 or 6-11-9-10. Fourth an final pattern focuses on simple layoffs for the #6 and #8 from the top of the box, 6-9-8 or 8-9-6. If the #9 stands next to the GK, utilize the #10 as the target player laying off the ball, 6-10-8 or 8-10-6.

Coaching Points: Run through these eight patterns to goal focusing on trying to find ways to break down a very compact 4-2 defense. If they drop on top of their goal mouth, utilize shots from distance and service from wide areas. If they maintain a defensive line higher up the field, look to utilize combination play getting the 9,7, and 11 in behind. Try using offside and then take it away and see how both sides of the ball adjust accordingly. In Paralympic soccer there is no offside!