



# ATTACKING + TRANSITION IN A 1-4-2-3-1 SYSTEM

Date: **Sep 29, 2016** | Team: **SoccerSpecific**

Duration: **45min**

Intensity: **None** | Category: **None**



**Setup:** Two teams consist of Goalkeeper, 2 Central Defenders (4,5), 2 Central Midfielders (6,8), Right + Left wide players (7,11), withdrawn Forward (10) and a target Striker (9), \*\*Fullbacks are not included at this stage.

**Instructions:** Play begins with a pass from the Coach (C) to either team in the central area - this is a 5v5 situation. The team in possession must look to play forward to the #9 as quickly as possible; after the pass to #9 three players (7,11,10) from the central zone must break forward to the attacking zone - this creates an advantage for the attacking team (5v2+Gk).

After a shot / attempt at goal the Coach starts the next ball to the opponent team in the central zone - this creates a 5v2 centrally; the emphasis now is a quick counter-attack before the opponent can transition back.

Play is continuous.

**Coaching Points:** Attacking Team:

Look to play forward quickly

Supporting runs from central area - 7,11,10 and possibly 6 or 8 can join the attack.

Counter-Attacking:

Movement of #9 to offer a sufficient target.

Explosive runs from central area to support.

1



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**Instructions:** In the Diagram #9 has received a pass to feet; #11,7,10 have sprinted forward to create an attacking overload; #6 has also moved forward to offer support. The attacking team must attempt to score within 6-10 seconds (no long passing sequences within the attacking zone!)

**Coaching Points:** Attacking Team:

Look to play forward quickly

Supporting runs from central area - 7,11,10 and possibly 6 or 8 can join the attack.

Counter-Attacking:

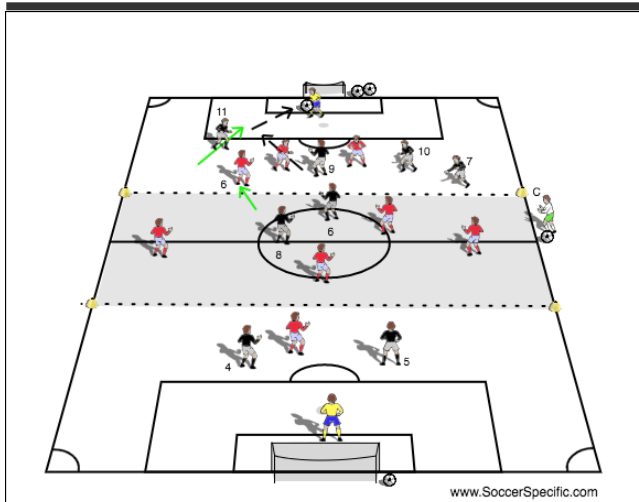
Movement of #9 to offer a sufficient target.

Explosive runs from central area to support.

Defensive Transitions:

Think 'next action' - on a loss of possession retreat as soon as possible.

2



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**Instructions:** Progression (1):

Allow one of the C. Mid players for the Defending team track back - this creates a 5v3+Gk. Now we have 2 options to re-start the next ball - (1) Coach introduces the next ball to immediately start the Counter-Attack in the opposite direction, (2) if the Goalkeeper gains possession he can throw to #6 or #8 who can receive un-opposed - now the Counter-Attack starts from the time #6 or #8 gets possession; this allows the transition team extra time to get back to defend.

**Coaching Points:** Attacking Team:

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Supporting runs from central area - 7,11,10 and possibly 6 or 8 can join the attack.

Counter-Attacking:

Movement of #9 to offer a sufficient target.

Explosive runs from central area to support.

3





Duration: **45min**

4



Think 'next action' - on a loss of possession retreat as soon as possible.

