

Attacking at Speed



Topic: Attacking

Practice type: Phase of Play

No. of Players: 7 - 22

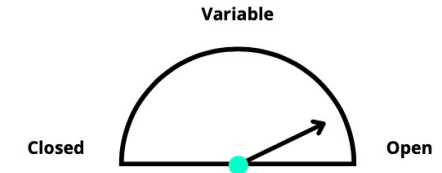
Offsides: Optional

Timing: 15 mins

Goalkeepers: Yes

Pitch size: 60 x 44

Age group: U12+



Objective:

This practice is designed to help attackers finish at speed and defenders to work on recovery runs. The session allows for physical outcomes that will help players speed.

Organisation:

Set up pitch in central areas that allows plenty of space to run in to. At the top of the pitch is a small box for a 3v2 rondo. Attackers must make 5 passes before playing in behind for wide attackers who are stationed outside the box and ready to attack. Two defenders mark and track these players. When the 5 passes are made, attackers can play forward and support the forward pass. If the defenders win the ball, they can score in the target goals and the game restarts. Divide your squad into 2-3 groups to manage work and rest. Defenders and wide attackers should rotate each bout or set. Rotate players across positions so they get a consistent number of sprints in. Players not participating can rest outside the area before their round commences.

What you might see

- Players unable to connect 5 passes
- Players not playing forward quickly

Actions you might take

- Reduce pass requirement according to ability of your players
- Reward attackers with a bonus point if they score in under 3 passes

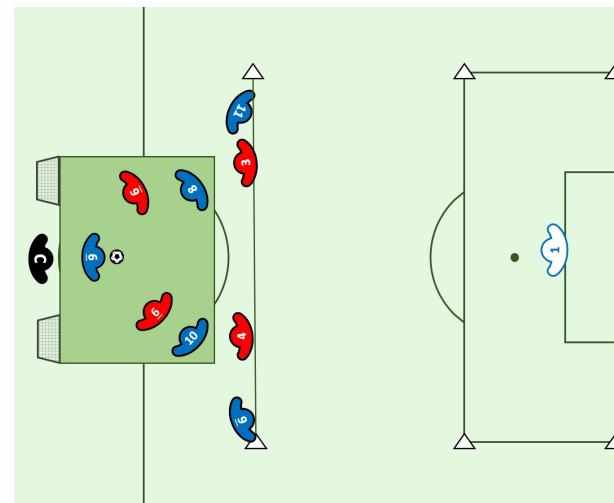
Adaptations:

Is the session too easy?

- Add an extra defender against the attackers
- Make the space narrower

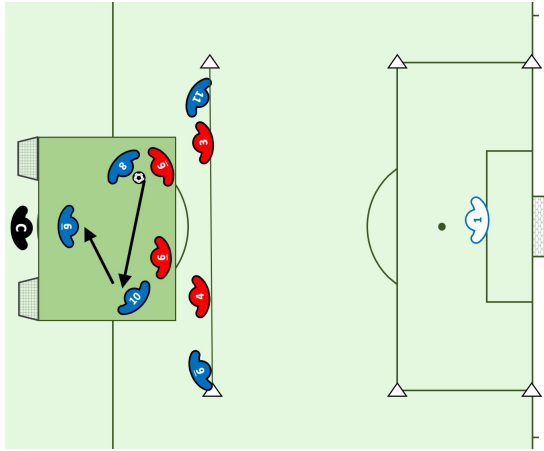
Is the session too hard?

- Remove a defender to create a 2v1/3v2 in attack
- Reduce the number of passes in order to play forward

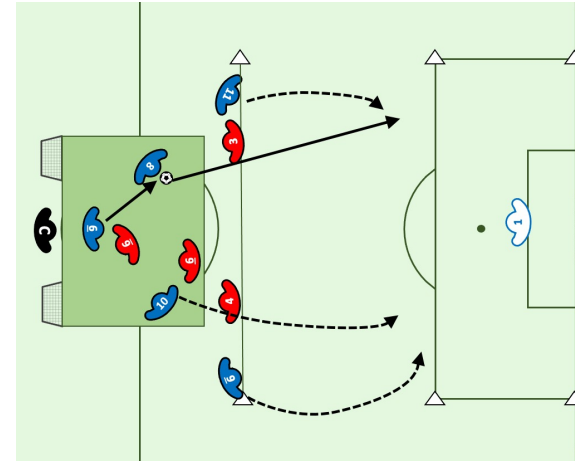


Practice set up in the central part of the pitch in a 5v4 scenario in favour of the attacking team. Notice where the rondo box is set up and the line that defenders/attackers start on. This creates space in behind for the attacking team to exploit. Players not partaking in this 'bout' would wait outside the area and step in for the next set. Ensure midfield players get a chance to play in attacking roles to get their speed work in.

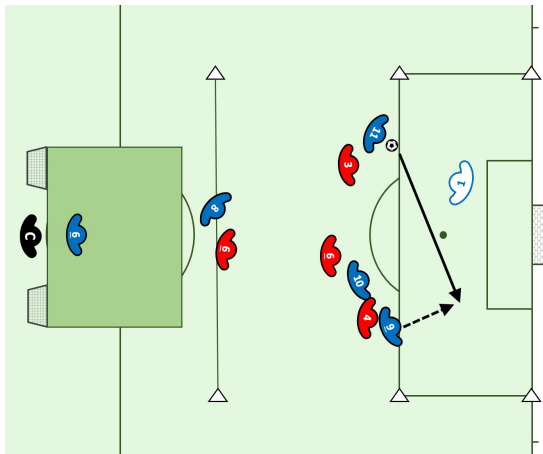
Technical	Psychological
Releasing Receiving RWTB	Persistence Determination
Speed Acceleration Deceleration	Collaboration Communication
Physical	Social



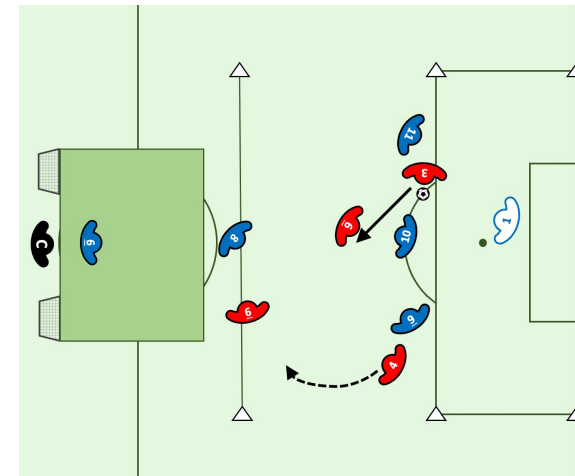
Blues shift the ball in their 3v2 attempting to make 5 passes before they can pass forward to their attackers. This could be adapted to be a 4v3 or more. Attackers and defenders could also be in groups of 3 if you have larger numbers at training. Adapt the number of passes relative to the ability of players.



Blues successfully make 5 passes and play forward. Blue midfielders can support the front players. Encourage forward supporting runs and quick finishing. When a goal is scored or the ball goes out, the next set of attackers/defenders get in possession.



Blues successfully retain possession and create a scoring opportunity. Red defenders pursue the attackers to try and deny them a scoring chance.



This image demonstrates reds successfully winning possession and stopping the attack. From here, you could limit reds to score in X number of passes or score in X number of seconds. Use your discretion to decide, but quick counter-attack from red is the goal. Encourage blues to counter press and allow them to score if they regain the ball to retain realism and motivation.