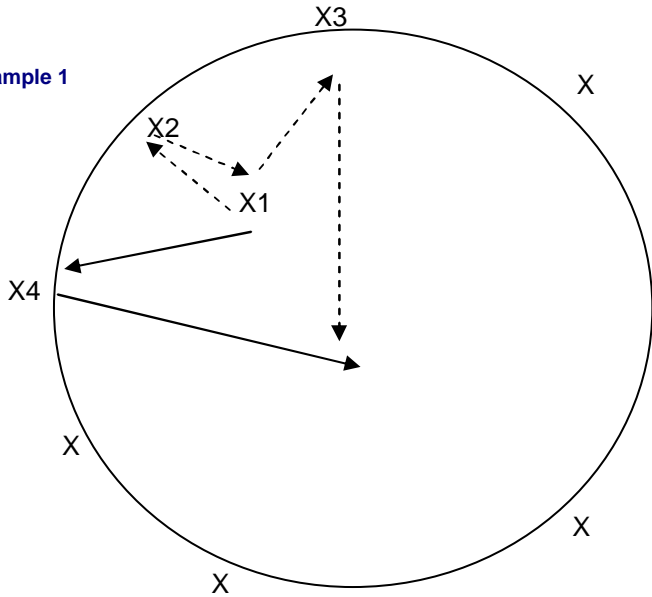




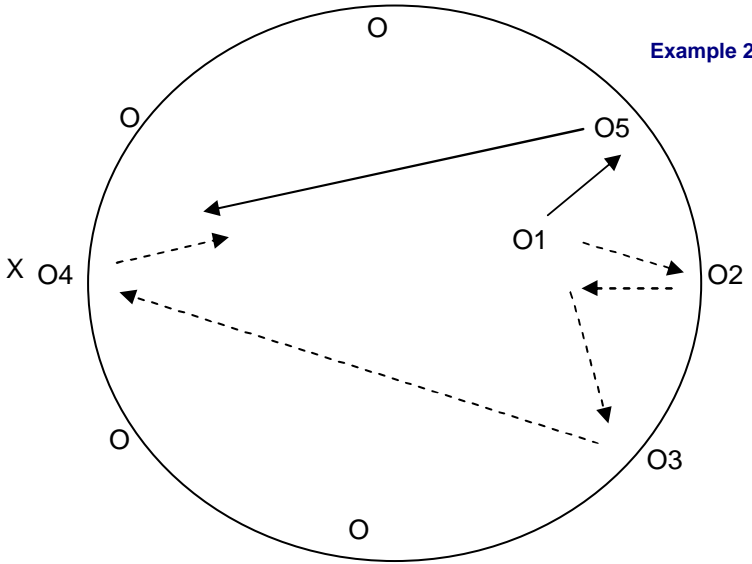
Movement Pattern Examples

Example 1



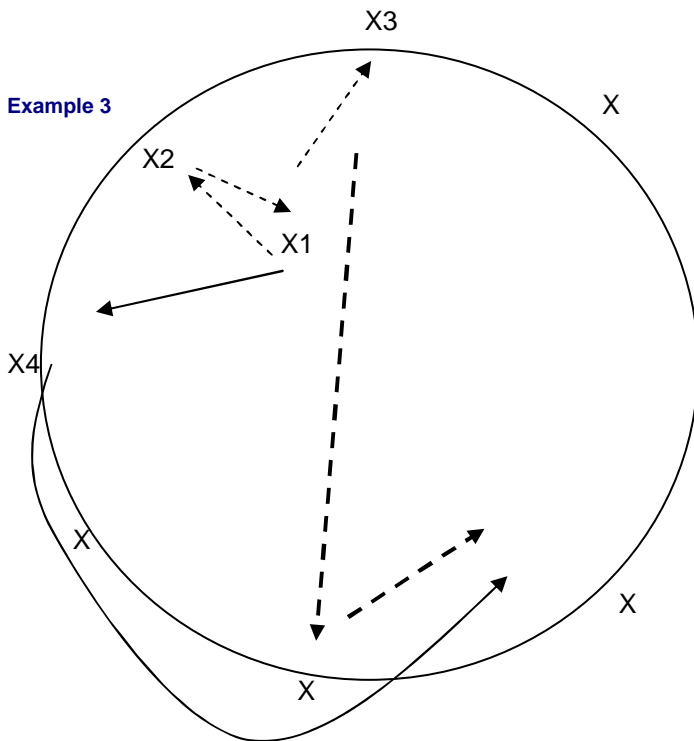
3rd man running

Example 2



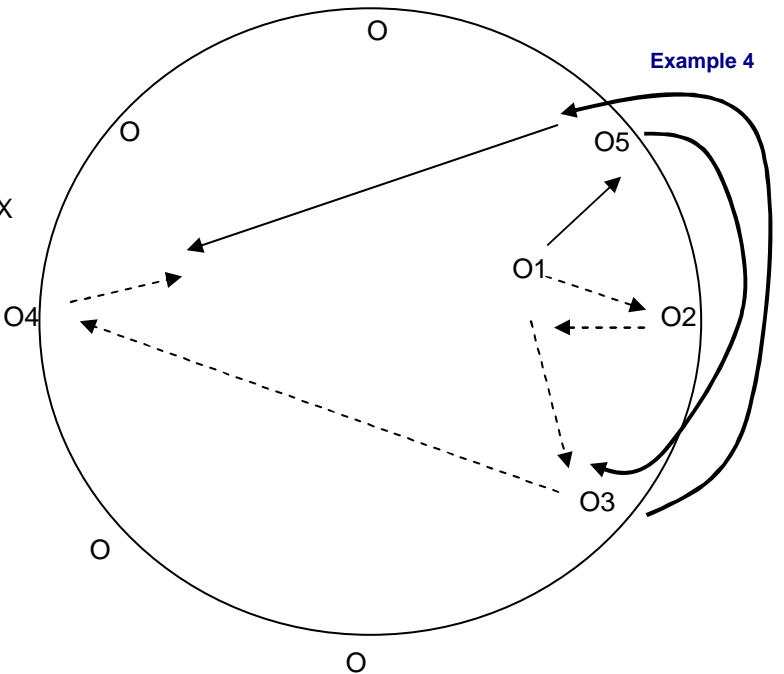
3rd man running off a target player

Example 3



3rd man running to overlap off a target

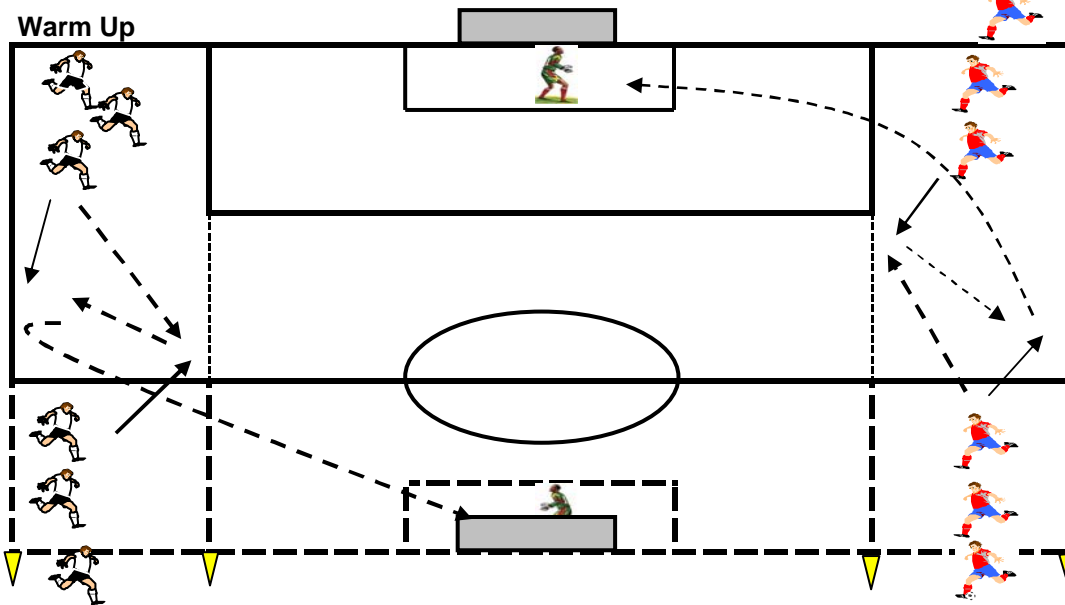
Example 4



Double overlap to play off a target player

Crossing and Finishing

Warm Up



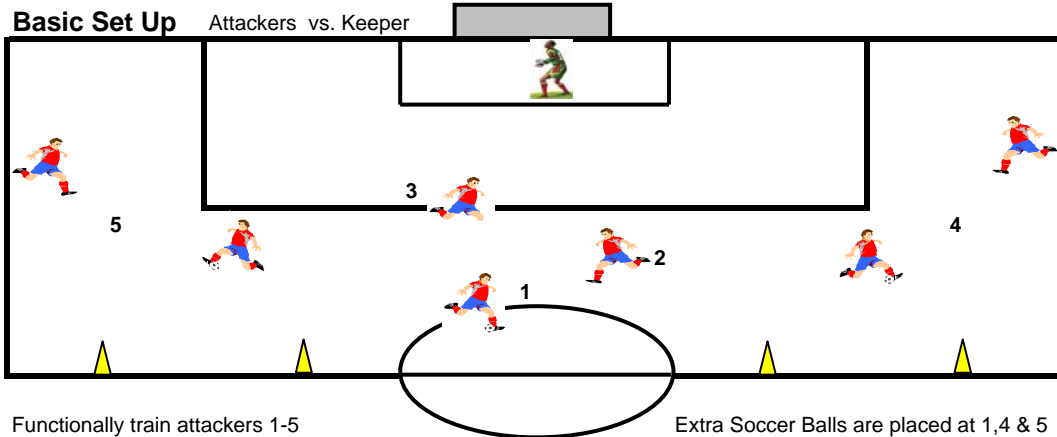
Organization:

Player plays the ball to opposite line and get it back to serve into the GK

Player joins the opposite line

Coach has players reverse direction of cross to practice with left foot

Basic Set Up Attackers vs. Keeper



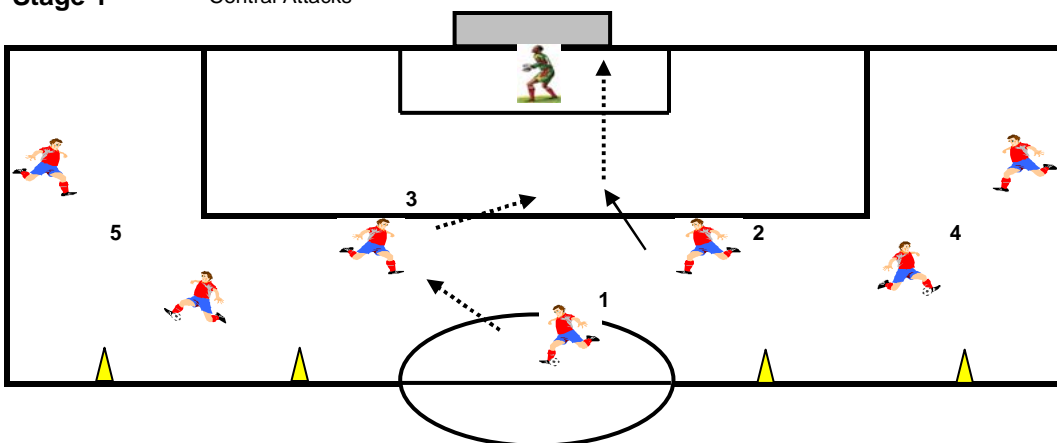
Functionally train attackers 1-5

Extra Soccer Balls are placed at 1, 4 & 5

Organization:

- 2 Central Attackers
- 1 Center Midfield
- 2 Flank Players on each side

Stage 1 Central Attacks



Organization:

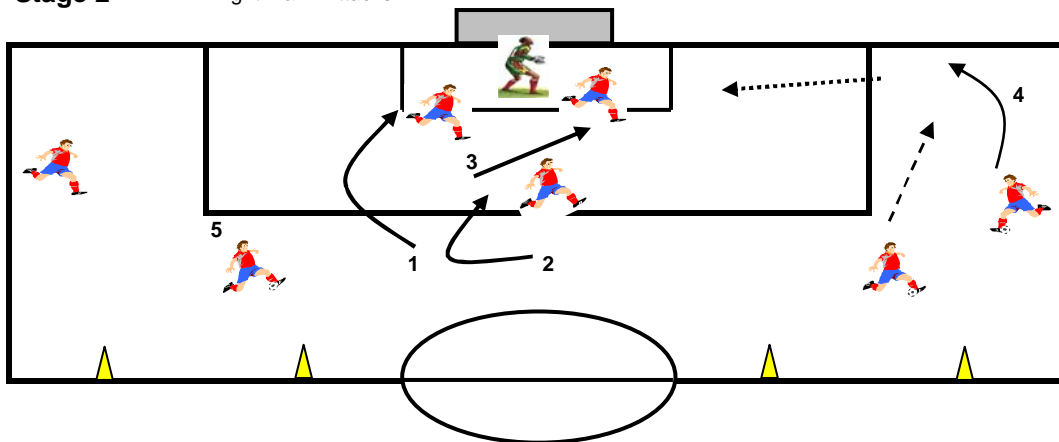
Combination Possibilities:

- Wall Pass
- Double Pass
- Take Overs
- Overlaps
- 3rd man running
- Double Post



Crossing and Finishing

Stage 2 Right Flank Attacks



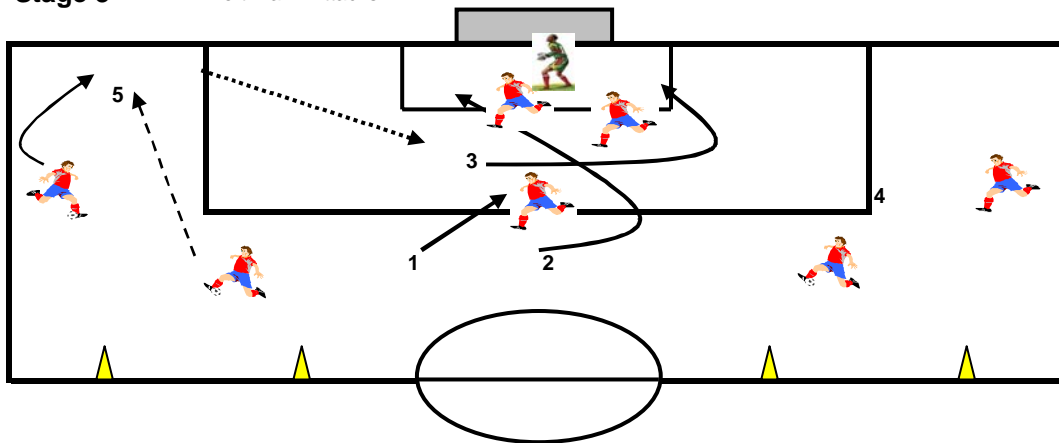
Organization:

- Crossing w / right foot
- Driven serve
- Pull Backs
- Chip to back post
- Bending early crosses

- Near, Far Post Runs
- PK spot run

Key: Pass Run — Dribble ~

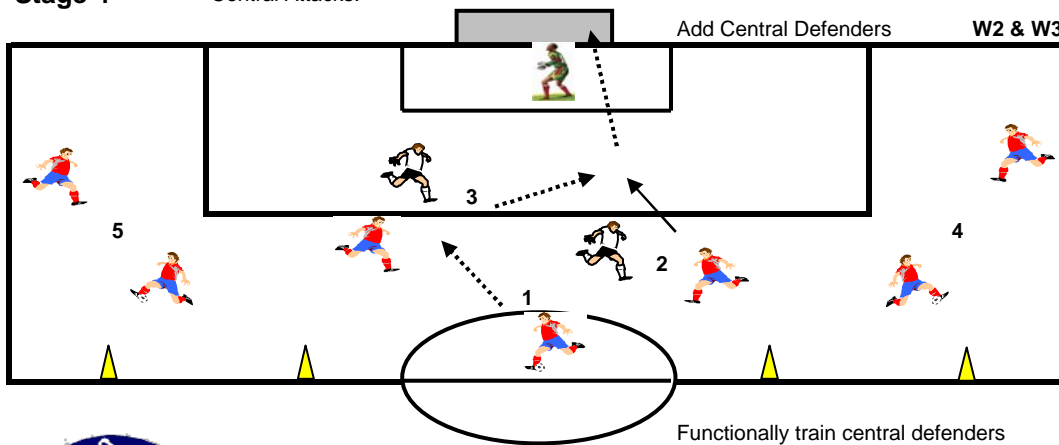
Stage 3 Left Flank Attacks



Organization:

- As above
- Left footed crosses
- Runs in Box
- Angle of:
- Speed of:
- Who & when
- Timing

Stage 4 Central Attacks.



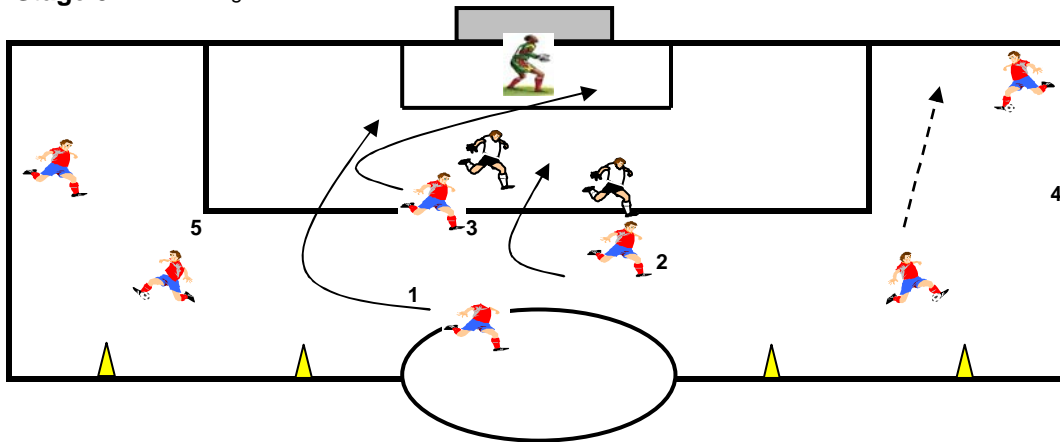
Organization:

- Beating opponents
- Losing markers
- Checking away & to the ball
- Front foot passes
- Back to goal play
- Spins & Rolls
- Finishing
- Marking / Tracking
- Cover.
- Communication
- Gk & Back unit



Crossing and Finishing

Stage 5 Right Flank Attack.

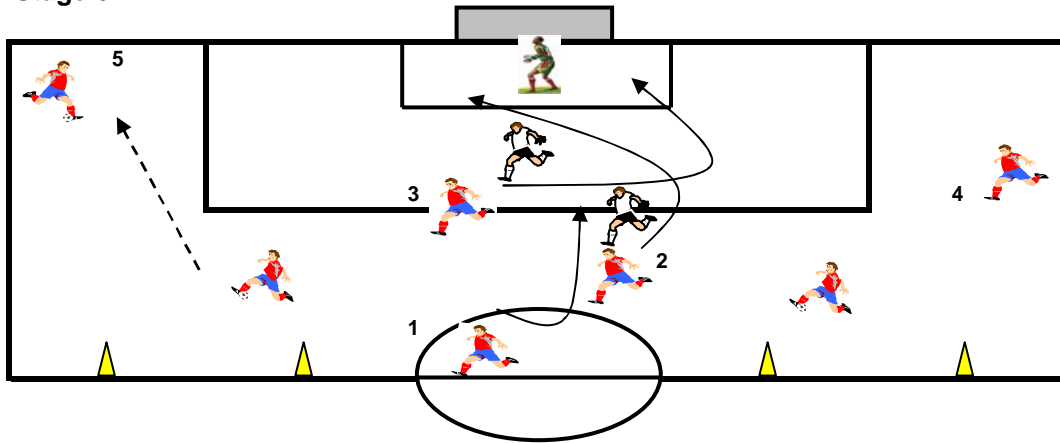


Organization:

- Lose opponents
- Penetrating runs
- Pressure finishing
- Serve to open man
- Defending # down
- Defensive clearing

Key: Pass Run — Dribble ~

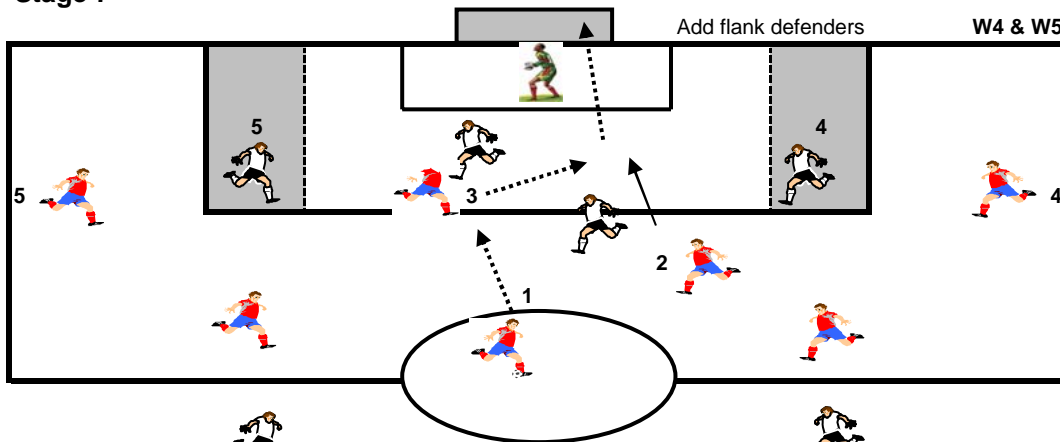
Stage 6 Left Flank Attacks.



Organization:

- As above
- Serves from left
- Back door play


Stage 7 Game Like Conditions




Organization:

- Flank combinations
- Outside Back defending restricted to zone area
- Serve to feet / aerial

Add 2 Counter Targets who can attack an opposite goal

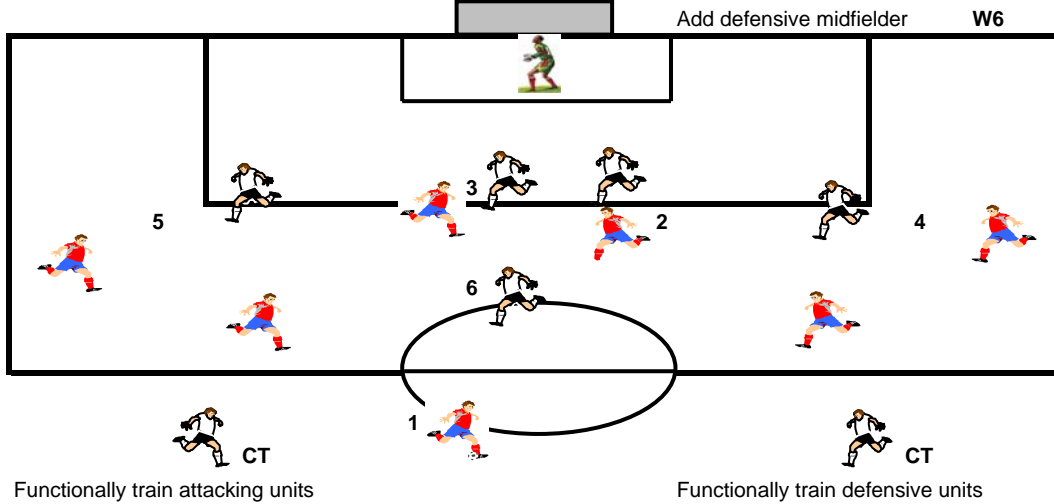
CT  Functionally train flank attackers

CT  Functionally train flank defenders



Stage 8

Game Like Conditions



Organization:

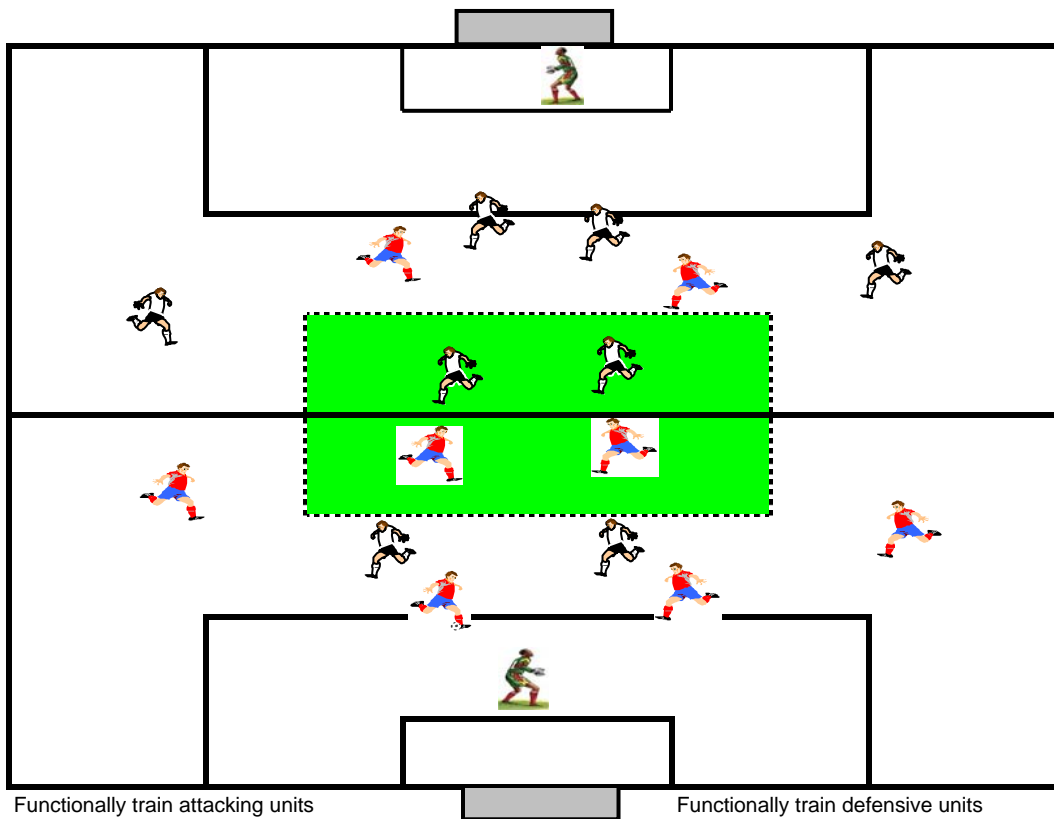
Attack:
 Train 2 Forwards
 Train 3 Midfielders
 Switch pt. of att.

Defense: 4-1
 Train 4 Defenders
 Train 1 Def. Midfielder
 2 Targets for transition

Key: Pass▶ Run —▶ Dribble ~▶

Stage 9

Sample Practice under match like conditions



Organization:

Overall area: 80 yds x 75 yds

In a central area of 30 yds x 20 yds play 2 vs. 2

Attack: 4-2-2
 Train 2 Forwards
 Train 2 Midfielders
 Train 4 Defenders
 Switch Point of Attack
 Team Shape / Transition

Defense: 4-2-2
 Train 4 Defenders
 Train 2 Midfielders
 Train 2 Forwards

Key: Pass▶ Run —▶ Dribble ~▶

