

THUSC Summer Camp

Team Attacking Shape – Mike Smith

Objectives:

Create width and depth in order to stretch defenses, combine to go forward, change point of attack and make play unpredictable (Using 15 x U14 girls)

Warm-up Phase:

Dribble in a small area 20x30. Give players a couple of moves to change direction; simple body fake, then ball fake – roll cleats over ball to one side then take away in opposite direction with outside of foot.

Split into groups of 3 (each player has a ball). In a 10x10 grid, play 1 attacker (with ball) v 2 defenders (each dribbling a ball also). The objective is for the attacker to dribble to a cone (scores 1 point). The defenders (keeping their ball under control also) dribble their ball and try and get in the way of attacking player. Rotate roles.

Coaching Points:

Vision

Incorporate moves/fakes from warm-up phase.

Phase 2:

Split players into two teams. Play one field (20x30) of 3v2 (so some players are always resting). Attacking team plays ball into defense and follows ball to introduce attacking triangle. Introduce combinations; overlap, take-over and wall pass turn.

Introduce some simple patterns (crossovers, clearing space and checking). Go to 3v3.

Phase 3:

Show 4v0 and 4v1 for team shape. Then play 4v2 to targets, and build to 4v4 to targets.

Coaching Points:

Team shape when attacking

Attacker with ball just has to look in other direction to deceive defenders!

This can open up passing lanes and scoring opportunities.

Phase 4:

8v8 to large goals in ½-field. Play 3 zones (thirds of field) and both teams with restricted formation 2-3-2 (+ keeper). Pass to Target (in goal) to score.

Emphasize: Combinations, stretching defense, switching point, making play unpredictable

Finish with unrestricted 8v8 game!

Cool Down ☺