

The Role of the 2nd Attacker Functional Training

Equipment

Cones, Bibs and Balls

Warm Up

Players in pairs passing the ball and moving. Short to long passing with stretching in between.

Unrestricted

Passing and support in pairs. Supporting player creating angles to support player with the ball.

Restricted

Area 20x10 - 2v2 game

x x Score by dribbling or passing ball over end line and putting foot on ball.

x x Identify 2nd attackers role.

1 Goal

3v2 to one big goal. Goalkeeper rolls ball to one of the 3 forwards to begin play; looking to create a 2v1 situation with extra player.

2 Goals

5v5 game. Looking to spread field. Trying to get as many offensive players at different angles to support the player on the ball.

Coaching Points

The coach needs to recognize who the 2nd attacker is every time the ball moves from player to player. Look for correct angles, distance between player on ball and support player. Communicate by talking and body movement. Support players making runs at correct time.

Summary

We are trying to be successful going forward by having players take up good positions in relation to the player on the ball.

Mike Smith
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