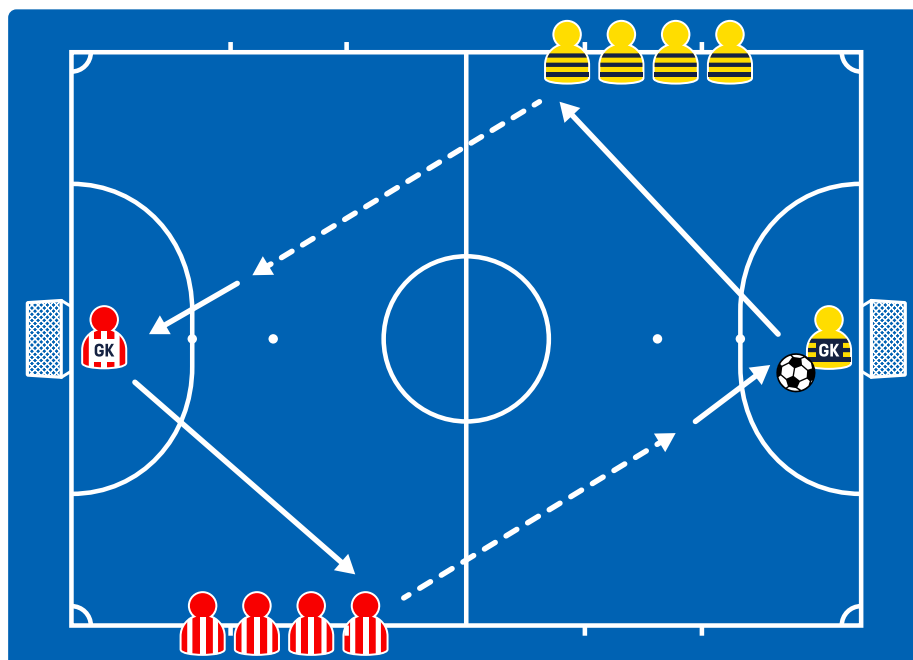


You attack, we attack



OBJECTIVES

Players will develop their understanding of:

- counter-attacking and finishing.

ORGANISATION

- Split your players into two teams
- Ask a player from each team to be the goalkeeper
- Place the goalkeepers in opposite goals
- Ask one team to form a line on the right touchline, around 15 metres away from their goal-line
- Ask the other team to form a line on the left touchline, around 15 metres away from their goal-line

HOW TO PLAY

- One goalkeeper starts the game by rolling the ball to the player at the front of their line
- This player dribbles towards the opposite goal and tries to score

- Once the attack is finished, the goalkeeper who's just been attacked throws the ball to the player at the front of their line
- This player dribbles towards the opposite goal and tries to score, while the player who just attacked recovers and tries to stop them
- Once the attack is finished, the goalkeeper who's just been attacked throws the ball to the player at the front of their line
- This player dribbles towards the opposite goal and tries to score, while the players already on court either help or try to stop them (depending on what team they're on)
- This continues until all the players are on court, then the game restarts with the team that didn't start last time

PROGRESSION

When you decide to progress the activity, think about using the STEP framework:

- Space: move the players up or down the touchline to change their starting position
- Task: challenge the players to try and score within five seconds or five touches

COACHING POINTS

General

- Attackers should travel at speed towards goal
- The attacking team should aim to make sure the ball crosses the end line (ideally with a goal)
- Defenders should delay the attackers and cut off passing lines if overloaded

Before

Players should:

- prepare their body to take a touch forward (open body shape)
- assess whether to travel, shoot or pass (head up).

During

Players should:

- use the sole of their foot to keep the ball close, even when travelling at speed
- lock the back post and finish high and hard or across the goal (laces, toe-poke, volley, first-time where possible).

After

Players should:

- react quickly to help their teammates
- make a forward run to get the ball back after they've passed it (always looking at the ball).

Supporting technical practice (for increased repetition)



Ball:



Players:



Goalkeeper:



Player movement:



Ball movement:



Goal:



Cone:



ORGANISATION

- Split your players into small groups (ideally no more than three)
- Set up four finishing stations, two in each half, and put a group on each one
 - Station one: strike first or second time from a setback
 - Station two: sole touch inside and shoot with power
 - Station three: dribble from the halfway line and finish past the goalkeeper (however they want)
 - Station four: run onto a diagonal pass and finish first time
- Adapt the stations to the type of finish you're trying to practise

HOW TO PLAY

- Players have a go, then join the back of the line
- After three minutes, rotate the groups around the stations
- Alternate between the stations in each half, so the goalkeeper is only facing one shot at a time

COACHING POINTS

Stations one and two

- Power shot – getting balanced and striking through the middle of the ball with the inside of the laces

Station three

- Round the keeper – engaging the keeper close before faking a shot and rolling it around them with the sole of the foot
- Lift shot – stabbing or scooping the ball to get it over the goalkeeper
- Toe poke – using a short backlift to surprise the goalkeeper

Station four

- Players should time their run, watch the ball and make contact first time
 - There shouldn't be any need to create power by swinging for the ball as it should be coming at speed from the pass
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