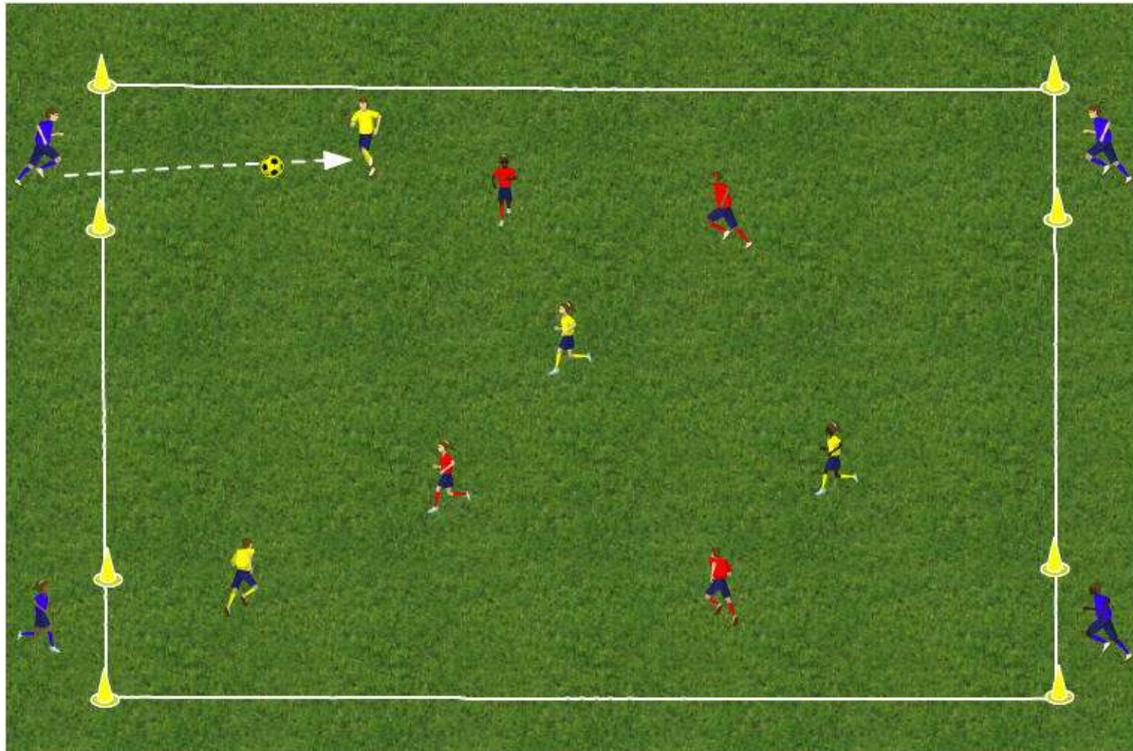


A GAME TO IMPROVE CHANGING THE POINT OF THE ATTACK

The following game has been designed using www.grassrootscoaching.com Coaches Chalkboard.



ORGANISATION

Mark out an area of 40 x 30 with two goals of approximately 3 yards wide at either end. The area and the size of the goals can be adjusted to suit the age and ability of the players. Play 4 v 4 in the area and position a target player behind each goal. The teams can be rotated regularly. The size of the teams can also be adjusted to suit the size of the squad available.

The game is directional and once a team has scored through either of the goals, they immediately attack the opposite end. Objective of the game is for the team in possession to pass the ball through one of the goals to a target player. The target player then passes the ball back to one of the players in the team who have just scored and they try and score in either of the opposite goals. If possession is lost, then the opposition attack in a normal directional game manner.

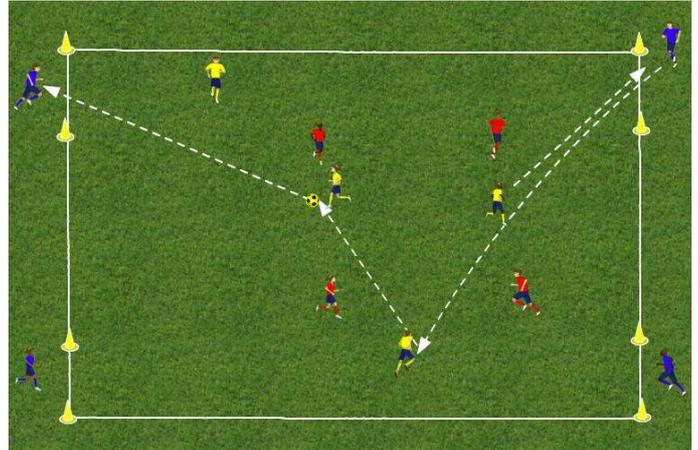
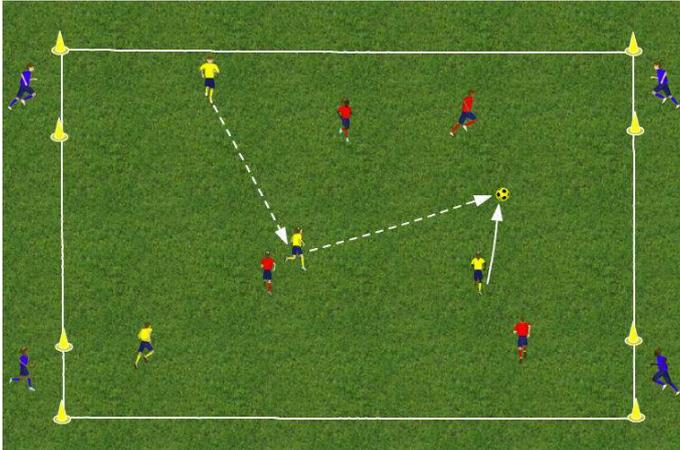
To start the game one of the target players passes the ball into one of the attacking players, who must try and score in one of the opposite goals.

KEY TECHNICAL ASPECTS

Team in possession to create space as individuals and as a team *Players play with their head up *Good passing, control and movement *Accurate passing through the goals *Once a goal has been scored, team in possession immediately look to find space to receive the ball and attack the opposite goals *Recognition of being patient and switching play if one of the goals is being defended *Running with the ball and dribbling skills *Good communication between players.

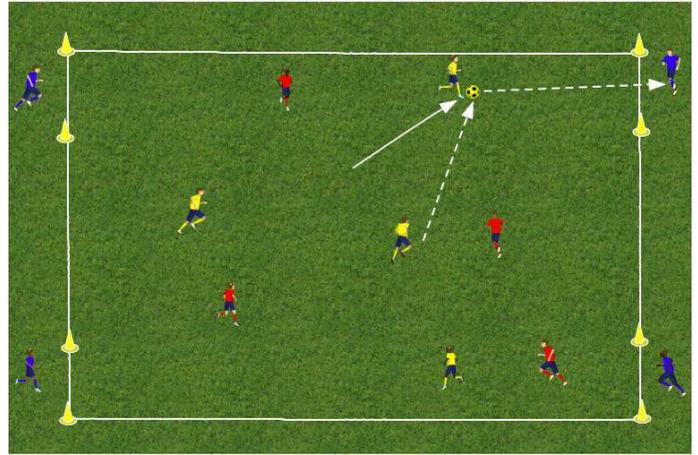
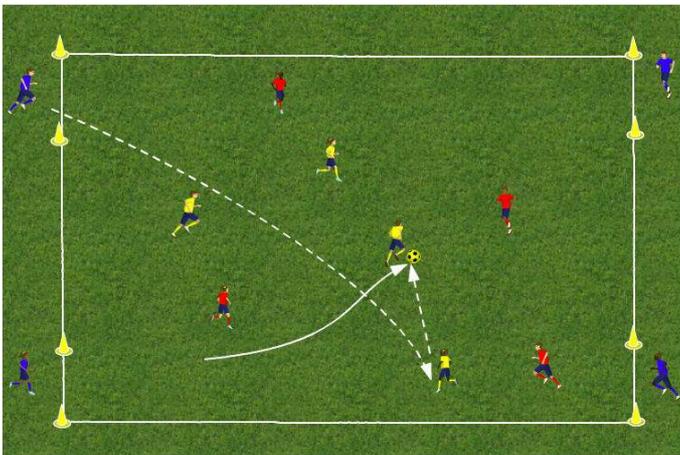
Progression # 1 – The attacking team must look to provide clever movement and support play to get into an area where they can try and score through one of the opposite goals.

Progression # 2 – Once the ball has been passed through one of the goals to a target player, then the target player should look to pass to one of the attacking team. The attacking team should look to find and create space as individuals and as a team



Progression # 3 – Again, once a goal has been scored, the target player should pass to one of the attacking players. The attacking team should look to support the player on the ball

Progression # 4 – There will be times when the attacking team are unable to score in one of the goals, in this case they should be patient and look to keep possession of the ball by switching play and try and score in the other goal.



PROGRESSIONS

Introduce a floating player who plays for whatever team is in possession, this creates an attacking overload situation *For younger players, make the goals bigger *Coach the defending team on recovery runs, getting organized quickly as individuals and as a team

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