



# Training Session Attacking

## Legend

.....> Direction of Player movement with or without the ball

→ Pass or Shot

--- Additional Cones

▲ Cone

× Player

○ Player

■ Neutral Player

## Key Coaching Points

### Technical Warm-Up

- 1V0 Attack the open space (Player attacks left or right)
- 3V0 box and go (5 Passes and 3 players Attack)

### Key Coaching Points

1. Attack the open space. Go straight to goal.
2. Big touches to little touches.
3. Create width by spreading out.
4. Have runs finish toward the goal.

### Small-Sided Activity

1. Same as Warm-up (B), but adding pressure. 3V1. 5 short passes and then attack.

### Progression

Move to 3 V 1 with Keeper

### Key Coaching Points

1. Play the ball wide to draw the defender out EARLY.
2. Play the ball back to the middle to attack the goal.

### Expanded Small-Sided Activity

2 v 2 plus 2 wide neutrals. Limit neutral touches if necessary.

### Key Coaching Points

1. Play ball wide early.
2. Create depth and width.
3. Find player in the middle to attack goal.

### 6v6 to Big Goals

Coach Attacking by creating depth and width.

### Key Coaching Points

1. Play ball wide early.
2. Create depth and width in the attack.
3. Find player in the middle to attack goal.

## Organization

