



# COACHING CLINICS WINTER 2007

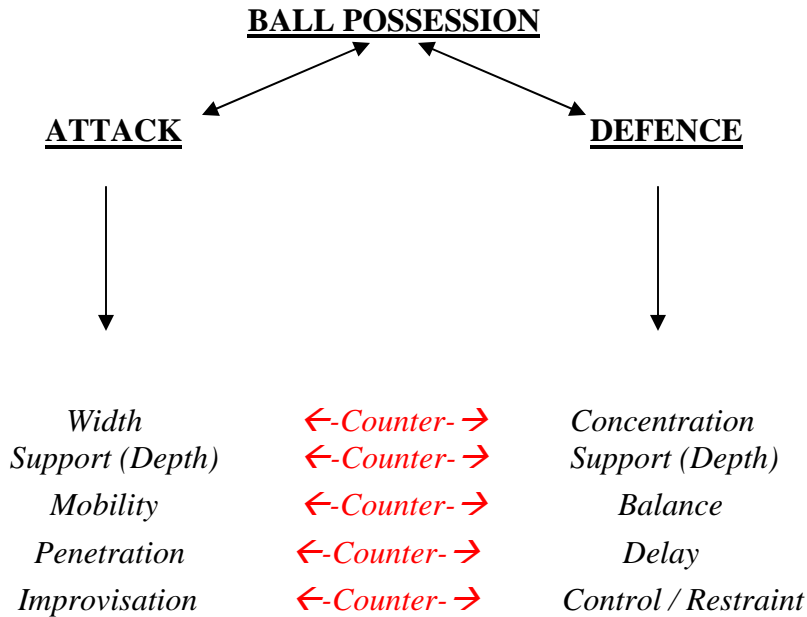
## SESSION 13

### TEACHING PRINCIPLES OF ATTACKING THROUGH SMALL SIDED GAMES

## Session 13: TEACHING PRINCIPLES OF ATTACKING THROUGH SMALL SIDED GAMES

Three Principle Phases of the Game:

1. Attack
2. Defence
3. Transition



### DEPTH IN ATTACK

- Allows the player with the ball all-round passing opportunities (support)
- Minimum number of players to produce depth in attack must be three, so they can form some sort of triangular shape. The nature of this triangle will often change and change rapidly. Triangle may point in any direction, but the flatter it becomes the more the players become vulnerable to risk for the following reasons:
  - o Reducing passing possibilities
  - o Whatever possibilities exist in a flat attack, square passing or passing across the field must increase, therefore increasing the risk of a pass being intercepted.

## ATTACKING PRINCIPLES

### WIDTH

- Players need to create and recreate width on the field (overload on one side of the field and switch / overlaps)
- Tempt defenders away from concentrated defensive positions
- Question:
  - o How do we create width when starting an attack from the gk?
    - The defenders (outside backs) get **wide as quickly** as possible and open themselves up so they are facing **sideways on** to face field
  - o How can we recreate width with the inside midfielder and outside defender?
    - By having the outside defender make an **overlapping run**

### DEPTH

- Creating space up and down the field by pushing up and dropping back
- Critical for giving a player time, space and options on the ball
- QUESTION:
  - o Which players are we looking for to create depth when our outside defender has the ball?
    - Central Defender, Central Midfielder, and forward
    - Central Defender should drop back 5 – 10 yards back on an angle to give the outside defender **support**
    - Central Midfielder should **check towards** the ball to give an option to go forward
    - The Forward should push up and get open to provide an opportunity to make a **penetrating pass**

### MOBILITY

- One of the means employed to disturb a defence is to continually change the positions of the attacking players.
- Defenders faced with different opponents interchanging their positions intelligently are often puzzled.
- **Diagonal running** and **overlap running** by an attacking side is very effective in disturbing a well organized and concentrated defense.
- QUESTION:
  - o How can we confuse the defense? How can we create space for our teammates?
    - We can confuse the defense by making a run and switching places with another teammate
    - We can create space for our teammates by **checking away** from where you want to go and then quickly **checking into** the space.

### PENETRATION

- The aim of a team which has possession of the ball and is, therefore, in an attacking position is to move the ball as accurately and as quickly as possible into or through the opposing defense.
  - o This is assuming that they wish to score since, at times, a team may indulge in interpassing without intending an immediate threat to the opposing goal.
- Penetrative play can develop in all the phases of the game.
- QUESTION:
  - o Where and how do we create a penetrating pass?
    - Anywhere on the field where the player in possession passes the ball forward past another player from the other team.

### IMPROVISATION

- Ability to read the play and adjust according to the situation that the player is faced with
- One of the most important skills a player can possess is the ability to take on and beat an opponent with the ball
- Players need to be able to use the different principles of attacking in recreating an advantage for the player with the ball.
- Ex. Figure 1 / Figure 2
- In Figure 1, Ox has the ball and is trying to dribble the ball towards the goal, but the defence is too **concentrated**.
- In Figure 2, a number of the Os make runs into different areas so that they can open up the space for the dribbler to run into to shoot on goal.

Fig 1

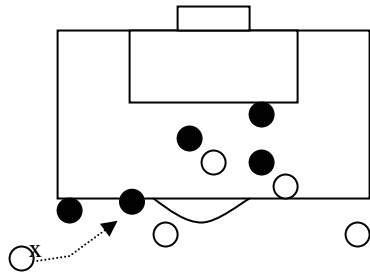
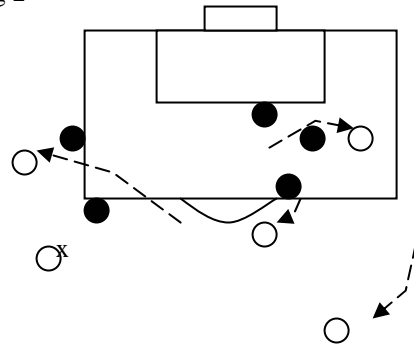


Fig 2



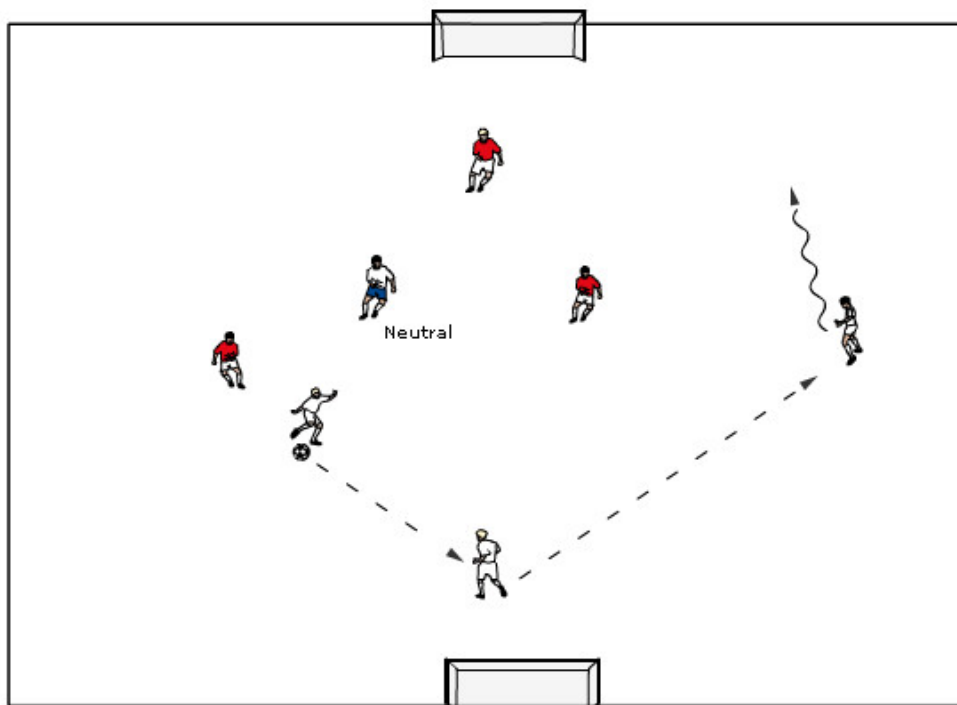
## BALL POSSESSION

Emphasis is on maintaining a decent shape while attempting to keep possession.  
Players have to get 3 - 6 consecutive passes (depending on level of play) to score

1. Forming a triangle
2. Depth in behind
3. Width
4. Mobility off the ball

Progressions:

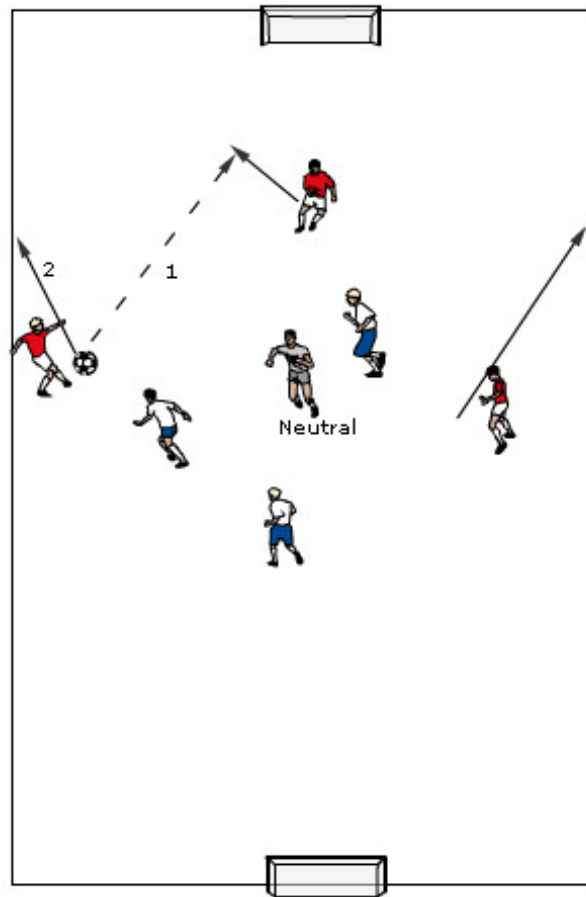
- Each team has to maintain the ball for a specific period of time before they can score.
  - o Time limit depends on talent level of players



## PRINCIPLE OF SUPPORT (DEPTH)

### THE AJAX SYSTEM OF PLAY "THROUGH THE BACK DOOR"

The Ajax system is based on always trying to play on the opposition's half of the pitch. This means that space is restricted, and each player has to create his own space. The player in possession of the ball must always look for opportunities to pass backwards if a forward pass is impossible. The youngest players learn this tactical principle in a fun way from the start. The 8 to 10 year-olds are given the following problem to solve: "I came to a house and I wanted to go in through the front door. That was not possible. It was locked and nobody wanted to open it. Yet I still got inside. How did I do that? Most of the youngsters want to solve the problem by breaking open a window. "No", says the coach, "I went round to the side and found the side door open. But last time I went there, the side door was locked too. How did I get in that time? Most of the youngsters know the answer by now. "Through the back door". Subsequently the link to the Ajax system is made. The result is that Ajax's under 10 players can be heard to say: "If we can't play forward, we will have to try the flanks, and if that is not possible, we will have to play backwards, but a defender will have to be in position so that we can play the ball back.



## CREATING WIDTH AND DEPTH THROUGH CONSTANT MOBILITY

4 v 4 + 2 Neutral Players

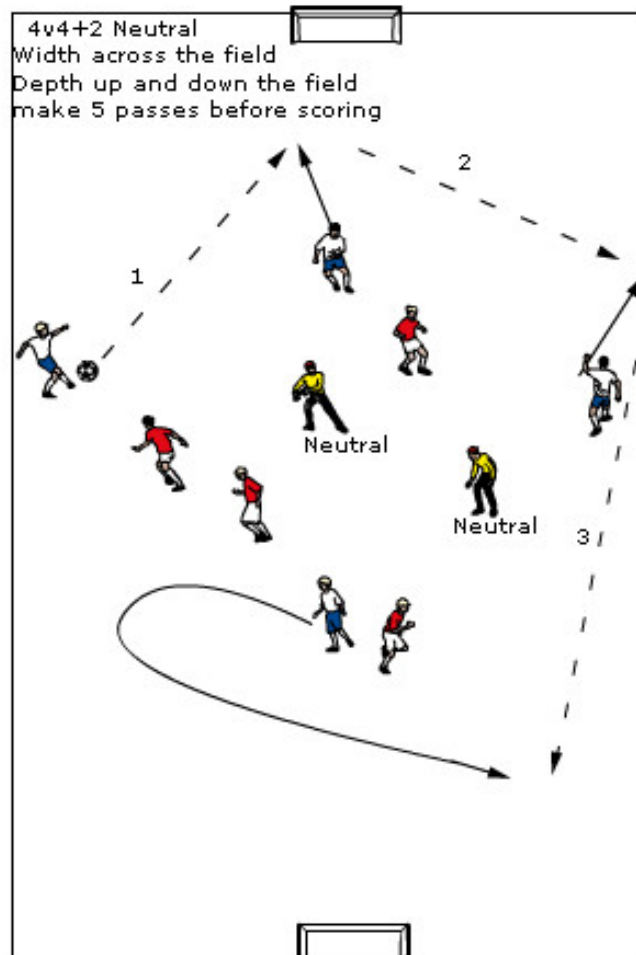
Focus of the game is on creating shape through the principle of :

1. Mobility
  - a. Width
  - b. Depth

To score a goal, the team must make 5 consecutive passes

PROGRESSION:

1. Have to look to play it into both neutral players before scoring. This forces the neutral players to become the main link players (Central midfield players) in creating an attack.
2. Have to make a minimum of 5 passes including both neutral players.



## SWITCHING THE POINT OF ATTACK BY COMBINING PRINCIPLES OF MOBILITY, WIDTH AND SUPPORT (DEPTH)

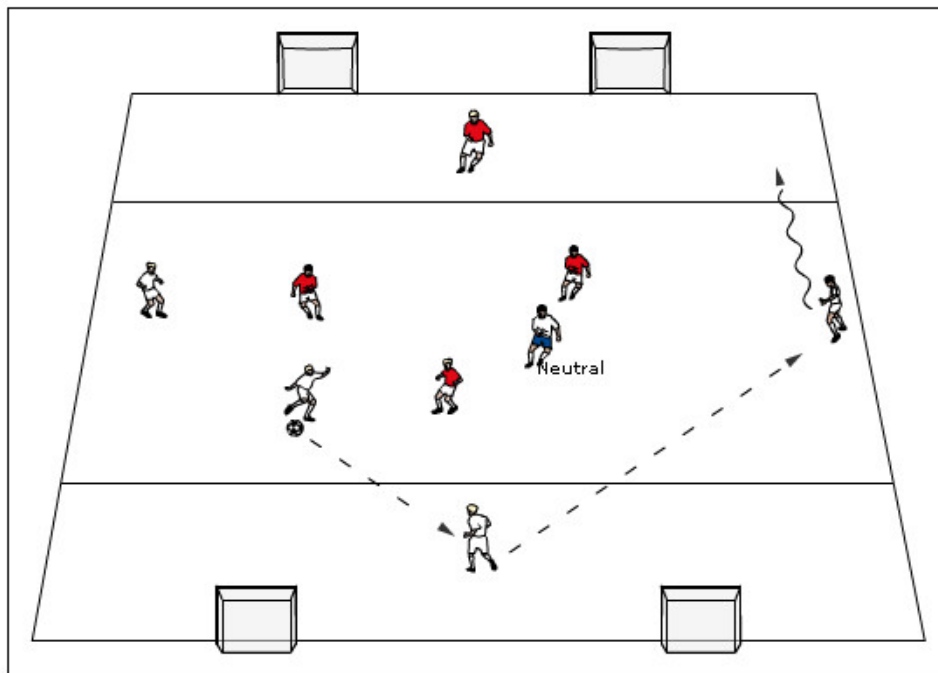
Emphasis is on switching the play around the back of the field.

The opposing team can not come into the sweeper's zone to steal the ball when it is being switched around the back.

Once the ball has been switched around the back and the team has made 3 - 6 consecutive passes (depending on talent level), they can score by dribbling into the oppositions end-zone and shooting on one of the pug nets. Any attacker can enter the end-zone, but no defenders can track back accept for the sweeper who is in that zone already.

Progression:

1. If you pass to your sweeper, the sweeper dribbles out of the end zone while the player who passed it goes into the end zone.
2. take-over with sweeper. The player on the field dribbles back towards the end-zone and does a take-over with the sweeper and interchanges positions.



## PRINCIPLE OF IMPROVISATION

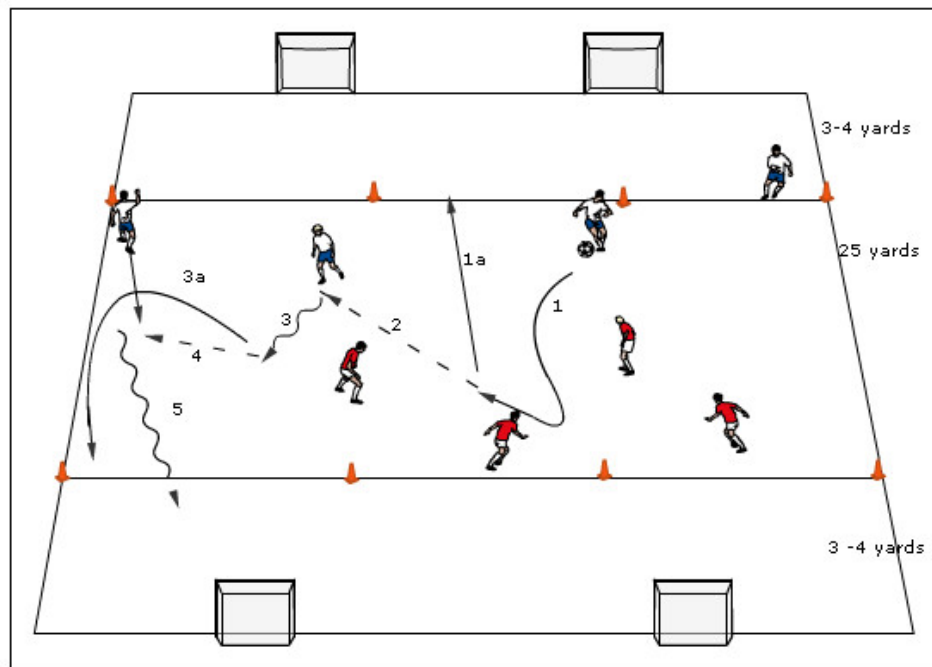
### PRINCIPLES OF ATTACKING - IMPROVISATION

BASIC SETUP: 3 v 3 or 4 v 4

OBJECTIVE: To work on the ability to dribble and beat players. Team in possession can only pass the ball backwards or dribble the ball. The player in possession of the ball is not allowed to play it forward or square (straight across the field). In order to score you must dribble the ball over the end line. Once you score your team must get back behind half before stepping up to defend. This game will encourage players to dribble and take players on, as well as teaching players to give proper supporting options in behind.

PROGRESSION:

1. Once you score you maintain possession and attack the opposite way.



## PRINCIPLE OF PENETRATION

### PRINCIPLE OF ATTACKING – PENETRATION

**BASIC SETUP:** Size of pitch is determined by the number of kids playing the game. If the game is 4 v 4 + goalkeeper, the field will be about 35 yards long by 30 yards wide.

**OBJECTIVE:** When the coach says YO, the team in possession attempts to keep the ball and move it around the field until the coach yells YO-YO, at which point the team in possession has to attempt to penetrate the oppositions defense and get a shot on goal. If the opposition steals the ball, they can immediately score a goal if the command by the coach is still YO-YO.

**Progression:**

When the coach yells YO-YO, the team in possession only has 10 seconds (vary the time depending on talent level. to score a goal.

