



02/03G Lighting - Possession to Advance/Getting Unmarked-Open

Category: Tactical: Attacking principles

Difficulty: Beginner | Start Time: 10-Apr-2017 17:00h

Am-Club: Rio Rapids Soccer Club

Ray Nause, Albuquerque, NM, United States of America

Description

02/03G Lightning Training Session

Possession to Advance

Getting Unmarked/Open - Creating Separation from Defender

WARMUP: Romeo Jozak Passing Diamond (20 mins)

DESCRIPTION/ORGANIZATION:

*Pass and make run into space between mannequins to engage defender- play in both directions

*As ball is traveling to player you will receive ball from, player makes movement to get unmarked/create space from defender (mannequin) and with open body shape to receive ball across body - isolate/engage defender by getting tight to them to start

*Movement to get Unmarked/Create Space to Receive Ball

Variations: 1-nudge/drive into defenders body to create separation, 2-Move away from where you want to receive ball and then rapidly change direction/speed to exploit that space, 3-From defenders blind spot - move away from area to receive ball and then change direction/speed to get unmarked

*Passing Variations: 1-receive inside foot/pass inside same foot, 2-receive inside foot/pass inside opposite foot

COACHING POINTS:

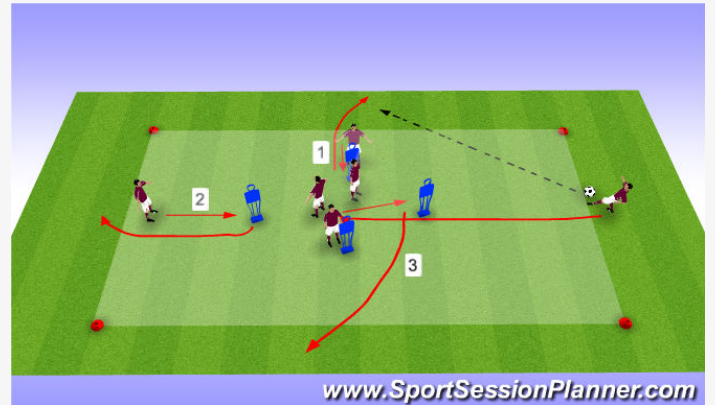
*Firmly hit and accurate passes that are smooth on the ground and to the proper foot

*Open body shape and receive across body - fading off cone/defender in support of ball

*Timing of run to create space off defender as teammate receives ball

*Use of change of speed/direction/blind spot to create space from defender

*Peeking to see both player you are receiving the ball from and will pass to as you fade



WHOLE: 7v7+2 Blackjack/21 (20 mins)

DESCRIPTION/ORGANIZATION:

Blackjack/21: 7v7+2 GK's

*Score goals by passing or dribbling through any of the 5 cone goals (no goal if the ball hits the cone). *If the ball remains in play the attacking team may maintain possession and continue to score.

*GKs/neutrals may play with hands or feet, but may only score if they play with feet.

*Defenders must man mark - may only leave mark to defend a player who has ball.

*First team to 21 wins.

COACHING POINTS:

*Aggressive attacking mentality - attack any open goal to score whenever possible

*Ball gets to goal faster with the pass than it does on the dribble

*Head always up and peeking to decide which goal is least defended - best to score on

*Engage/isolate your defender by getting tight to them to start

*Use sharp changes of direction and pace to gain space from your marker

*Create space by nudging/driving into defenders body, first moving away from space you want to receive ball/deceptively moving in a different direction from where you want to receive ball, playing from the defenders blind spot



PART: 2v2 + 8 (20 mins)

2v2+8 perimeter players

Field Size: 20Wx20L

Learning Outcomes: Use deceptive runs and changes of pace to gain space from (lose) the marking defender. Look to create space to receive the ball by checking in and out of spaces.

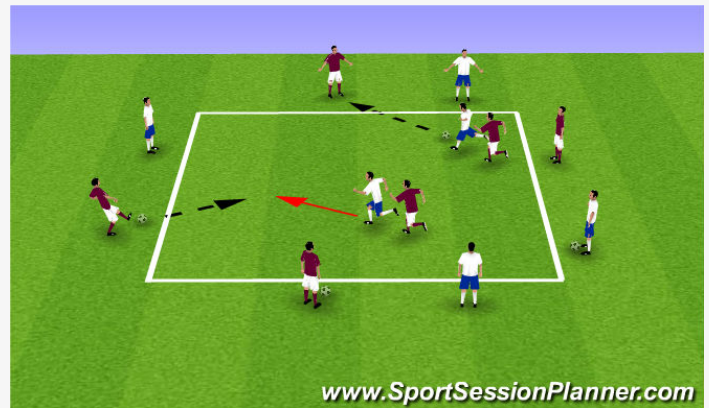
Two sets of 1v1 set up inside the area with 4 neutral players on each line outside the area. Each neutral has a ball. Players on the inside of the area match up 1v1 and score points by receiving the ball from and playing back to the neutral players on the outside. Attackers cannot return the ball to the neutral player who passed it to them. If defender wins the ball, they become the attacker. Each round lasts 90 seconds.

Note: It is very important that the defensive pressure is genuine. Make sure that the defending is proper so that an authentic picture can be painted for the attackers

Progression: Use only one soccer ball. Game on the inside becomes 2v2 and players work together in a possession game. When the attacking team receives from a neutral, they either have to combine with their partner before playing the ball back out, or they may immediately play a neutral other than the one that they just received from.

Coaching Points:

- use sharp changes of direction and pace to gain space from your marker
- encourage neutral players to move as well. create better angles for entry passes as well as return passes by sliding laterally up and down their line
- immediate movement after passes



WHOLE: 7v7 +GKs to Full-Size Goals (20 mins)

DESCRIPTION/ORGANIZATION:

7v7 to 2 full-size goals with GK's

Each team in 3-1-3 shape to set up 1v1 match-ups all over the field

COACHING POINTS:

All of the above

