

Fast Break Attack

Activity #1: Warm Up

Set Up:

Circle set up to accommodate the whole squad. Half of the players situated at a cone and the other half in between the cones. Balls placed randomly around the circle. A large selection of cones are placed in the centre of the circle.

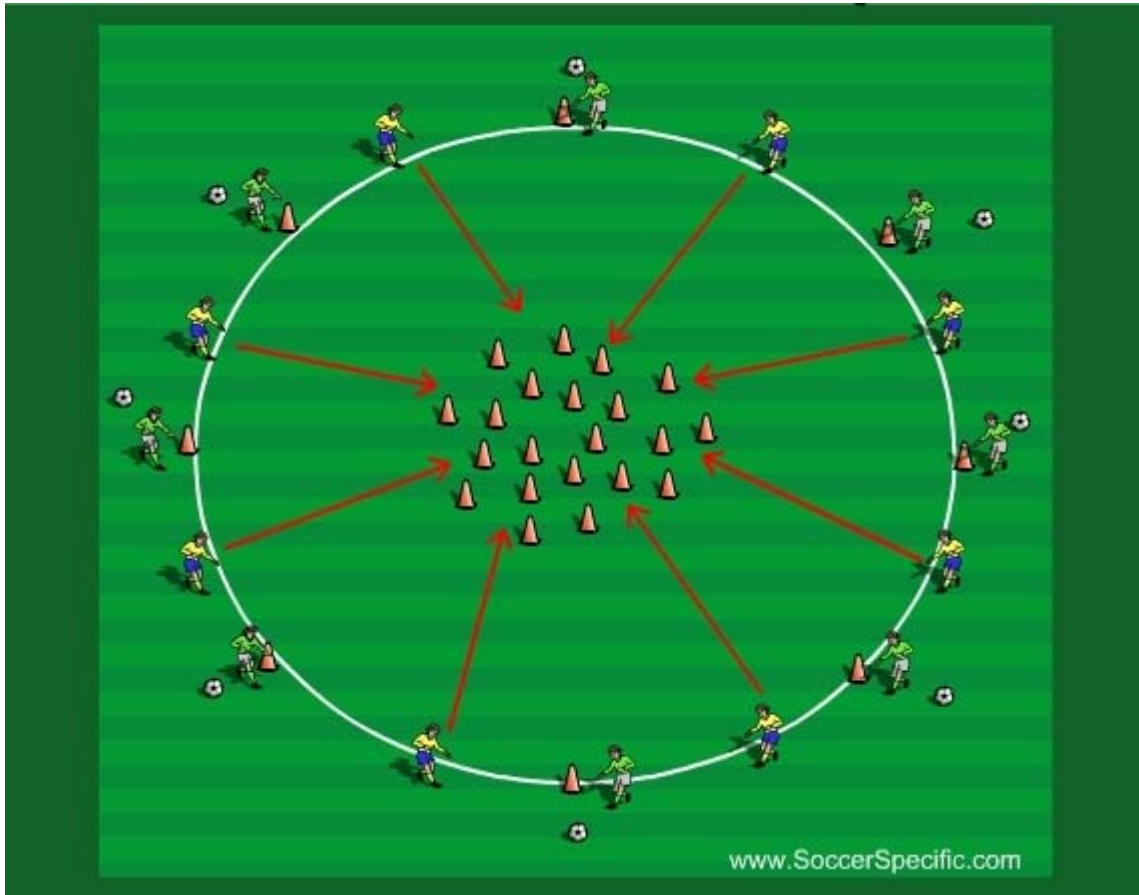


Diagram (a)

Explanation:

Players make their way into the middle where they find a path through the markers by moving their feet quickly before changing with a partner on the outside of the circle. The footballs will be added as the warm-up progresses to increase the tempo of the warm-up. Players will also perform some dynamic stretches.

Coaching Points:

- Communication, Vision, On balls of the feet, Quick movement

Activity #2:

Set Up:

22 x 25 yards. Defending players situated at the side of the pitch, 1 defender in the pitch. Attackers situated at the end of the box in 2's.

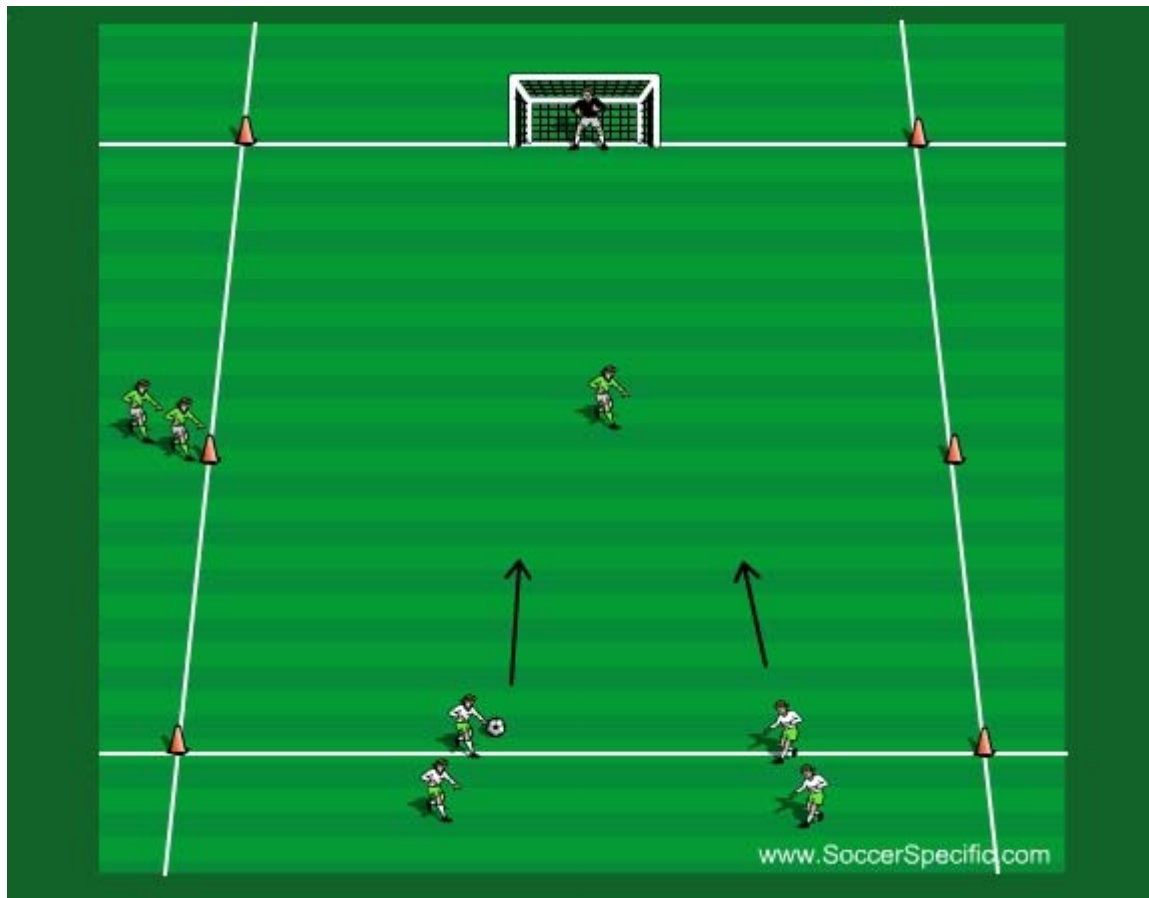


Diagram (b)

Explanation:

Two attacking players look to take on one defender in a 2 v1 situation. Attackers try to score, defenders try to win possession of the ball and knock it out the box. ROTATE defenders and attackers.

Coaching Points:

- Quickly get to goal, Weight of pass, Disguise, Movement (Overlap screen run), Communication, Hit target when shooting..

Activity #3

Set Up:

22 x 25 yards. Defending players situated at the side of the pitch, 1 defender in the pitch. 1 defender situated at the end of the box 5 yards behind the attackers. Attackers situated at the end of the box in 2's.

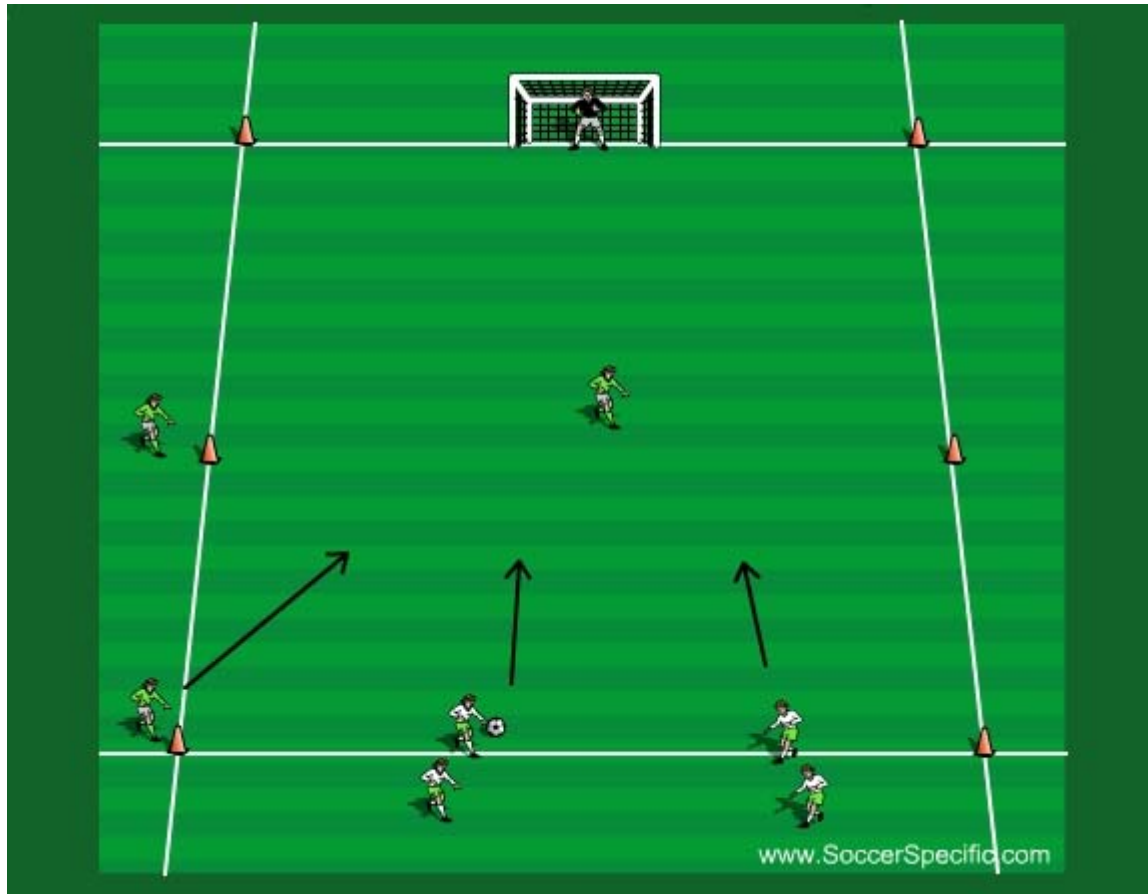


Diagram (c)

Explanation:

Two attacking players look to take on one defender in a 2 v1 situation. However there is now one recovering defender trying to make it a 2v2. Attackers try to score, defenders try to win possession of the ball and knock it out the box. ROTATE defenders and attackers.

Coaching Points:

- Quickly get to goal. Weight of pass. Disguise. Movement (Overlap screen run). Communication. Hit target when shooting. Commit defender. Move ball quickly.

Activity #4:

Set Up:

One striker with defender marking him in the middle of the pitch. 2 defenders at the side of the pitch with a supply of footballs each. 2 groups of midfielders situated in the middle of the pitch. 2 groups of recovering (defending) midfielders situated further behind the play.

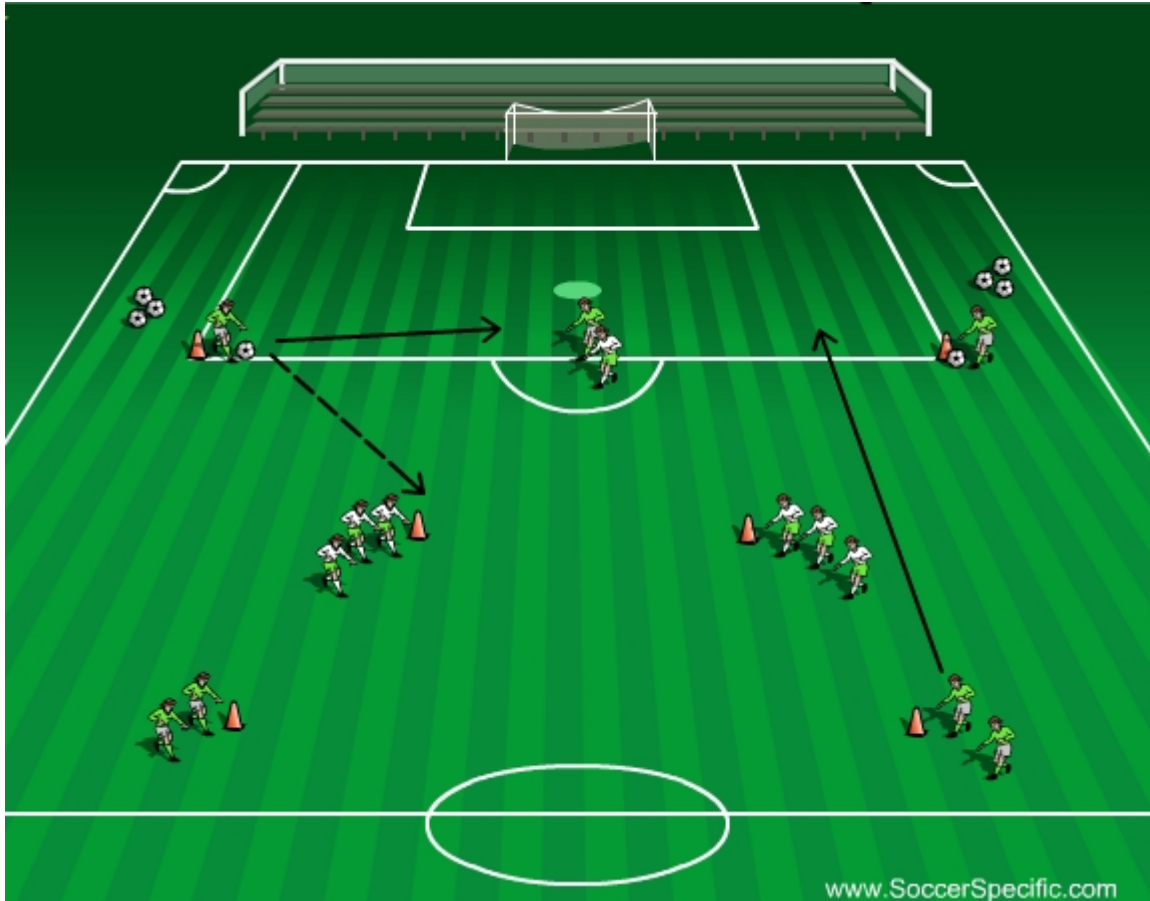


Diagram (d)

Explanation:

One of the defenders starts the exercise by playing a pass to the nearest midfielder. He then comes and defends with his CB (who is marking the striker) against 2 attacking midfielders and the striker. This creates a 3v2. As the pass is played the furthest away recovering midfielder starts to track back in to make it a 3v3. Play stops when the defenders win possession of the ball or a goal is scored. Players then go back to the positions they started in and play is re-started by the defender on the other side of the pitch.

Coaching Points:

- Move ball quickly, Movement to create space, Communication, Positive 1st touch