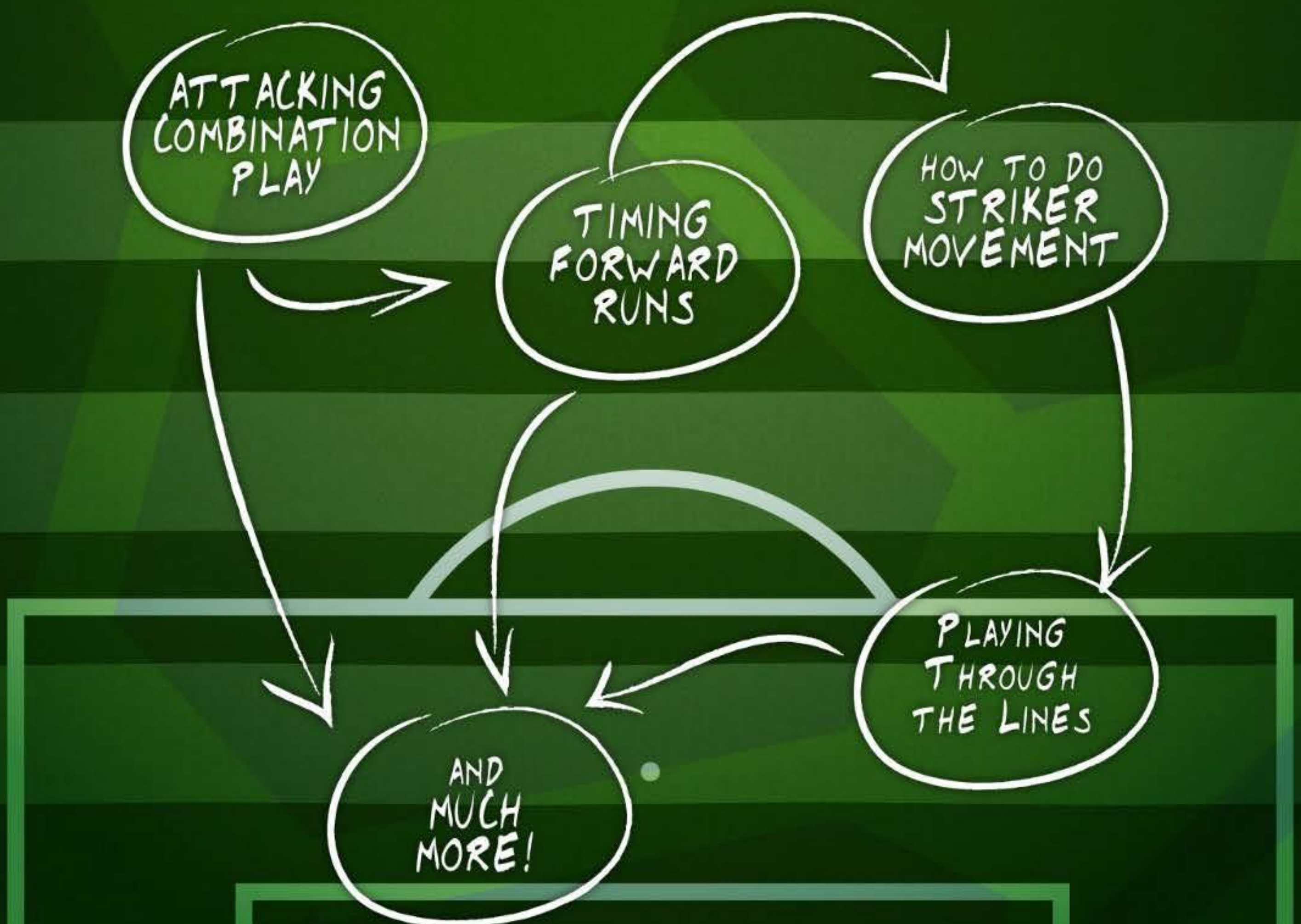


DAVID BAIRD

Always Attack, Sometimes Score, Never Give Up!

15 full sessions teaching your team to score
more goals in an attacking 4-3-3



1.

Attacking Combination Play

Play with width, play at speed.



INTRO

Attacking Combination Play

Passing pattern as shown with the emphasis on the quality of passing and receiving and trying to move the ball at a good tempo.

Coaching:

- Driven passes to the receiving players back foot, follow your pass at pace always scanning the pitch
- Receiving player scan twice, once as you call for the ball and again as the ball travels to you
- Receive on the back foot and take a touch in the direction you want to go. Practice feints to give yourself an extra yard against defenders



DEVELOPMENT PHASE

Passing pattern as before with additional wall passes to build up the combinations. On scanning now the players recognize that the forward pass is no longer on and use their safe side foot to bounce the ball back for the previous player to play the next pass for them. The technique for the weight of pass is key, drive the ball in then set it back for the next player to step onto it and make another driven pass. Ideally everything is done 1 touch now.

Progression:

- Add a defender goal side of the final attacker. On his/her touch the defender is live and the attacker and wide player go 2v1 to goal. The attacker must now decide whether to pass or use the wide player as a decoy to turn the defender.
- Give the defender an out ball option if he/she wins the ball.
- Progress this further by having a defender on the side of the wide player which is furthest away from goal and this defender can start to recover on the final attackers touch creating a 2v1 with recovering defender.



DEVELOPMENT PHASE

two

Same pattern as before working both sides with the two central midfielders joining the attack when the ball goes into the striker. The side that the ball is working down has a recovering defender who must run around the cone before tracking back.

Coaching:

- Support the ball into the striker, depending on the defenders it may be on to play around the corner to a wide player or bounce it back to a central midfielder for a shot or penetrating pass
- If defenders win the ball play into the next two players so the drill can be done at a high tempo or into one of the empty nets

Progression:

- Add a central midfielder to challenge the two centre midfielders making it a 5v5 to goal



GAME PHASE

Attacking Combination Play

A game to encourage moving the ball quickly with an element of strategy. The four cones mark out a square on the pitch, everytime a team transfers the ball through a side of the square it is a point and if that move finishes with a goal the goal is worth that amount of goals.

Coaching Points:

- When is it on to go forward and score and when just to keep the ball and build up the combination

Progression:

- Free play

2.

Counter Attacking

Be positive, support and score



INTRO

Counter Attacking

Groups of 4 pass and move in their box, on the coaches command or if the team are of a good standard then after a certain amount of passes the following happens:

Player with the ball passes to someone else in the box and drops back a box to go and defend

Player who received that pass plays forward and supports

This creates a 2v1 in the box that the ball is going to with a player quickly coming to support to create a 3v1

The team aim to make 5 passes in the 3v1 then the 4 in the box reset, passing and moving the ball waiting for the next trigger to go again.

Coaching:

- Drive the ball forward and support at an angle to be an option for the ball immediately
- Make the 3 v 1 as big as possible and move when the ball moves to be an option for passes
- Limit the amount of touches to play quickly



DEVELOPMENT PHASE

Counter Attacking

The two players who start with the ball are going 2 v 3 with the aim of getting the ball to the man behind the box with either a pass or a dribble. If the three players win the ball they play quickly on the counter by playing forward, either wide or centrally. This results in a 6 v 4 with the full backs recovering.

Coaching:

- Play forward quickly
- If the ball goes centrally make sure there are support runs from behind the ball and out wide
- One central player sit to provide balance and cover
- Play quick and keep width to allow penetrating dribbles, passes and runs



DEVELOPMENT

Counter Attacking

PHASE two

The team in possession can use the full backs and the two centre backs and are trying to play into their 7 or 11 so they can finish on the small goals, but it must go through the middle box where the midfield 3 and two attacking wide players for the gold team are screening to win the ball.

On winning the ball they should make the pitch big and quickly counter to score

Coaching:

- Striker get on a diagonal line from where the ball is won so on receiving the bounce pass through the lines is on or even a touch and finish
- Wide forward break out to give width and look to make penetrating runs ahead of the defence
- With all counter attacking drills emphasis quality on the finish and chasing in every ball for a rebound



GAME PHASE

Counter Attacking

Attacking football should be expressive and fun. Finish with this fun game to enhance speed of play and quality of passes/decision making

When a team scores they gather possession and quickly attack the other goal. This means the opposition team are out of possession and the goal is open, so a few quick passes and forward runs you could find success.

Given this makes the positions of the players rather false, I would play it for fun and to bed in the idea of running and playing forward but only for a short time. Then quickly progress to an all in game with no conditions.

3.

Crossing and Finishing

Quality of final ball and timing of runs



INTRO

Crossing and Finishing

Each player is aiming a long pass towards a tall marker with the intention of knocking it over. The player at the marker can use their first touch to try and hit the marker if the long pass is veering off target. This is a good introduction activity to work on crossing the ball and controlling it with your first touch. Once the receiving player takes his/her first touch they then take a touch to set up playing their long pass towards the next cone.

Points for hitting the cone with a long pass or good first touch out of the air.



DEVELOPMENT

Crossing and Finishing

PHASE

This is a constant wave practice working on a phase of play when the ball is driven into the centre forward feet from the GK (who is acting like a holding midfielder playing this pass at the start of the drill) and then the ball set to a central midfielder who plays a ball out wide for the cross.

Work alternate sides and make it competitive between the two teams. Add/remove defenders to challenge the group depending on ability level

Coaching:

- Quality of the cross and variation, some driven, some cut back and some floated into the box
- Timing of runs to attack the ball or pull players away from the ball
- Attackers hungry to get to front post back post, penalty spot and edge of the box, always being aware of the offside and second ball



DEVELOPMENT

Crossing and Finishing

PHASE two

As before with progressions to advance the session and challenge the players:

- Make it competitive and keep scores for each team. 1 point for a goal, bonus point if you score first to increase tempo and quality of cross and finish
- Make the 1v1 out wide live, so if the defending player wins the ball they can burst forward and provide a second cross for another point. This will also work on the reactions of those in the box
- A player in the middle can support the player during the 1v1 to give the option of a bounce pass = 2v1
- When the ball goes wide a central midfielder can drop behind the wide player to give the option of a pass backwards to cross the ball from deep
- A central midfielder can choose to support the attack to help his team score and get a point or drop back and help the defenders to hinder the other team scoring. Great for decision making of the player who can support or sit and also for the players in the box to deal with an extra defender



GAME PHASE

Crossing and Finishing

6v6 in the middle with players playing as a midfield 3 and a front 3. The players in the channels play as full backs for the team in possession.

Any player can join the full backs in the channels but everything out wide must be played 1 touch. If you take a touch to control the ball when you're in a wide channel then the next touch must be a cross. This means the attackers should anticipate the cross coming when a touch is taken, triggering the movements into the box that have been worked on throughout the session.

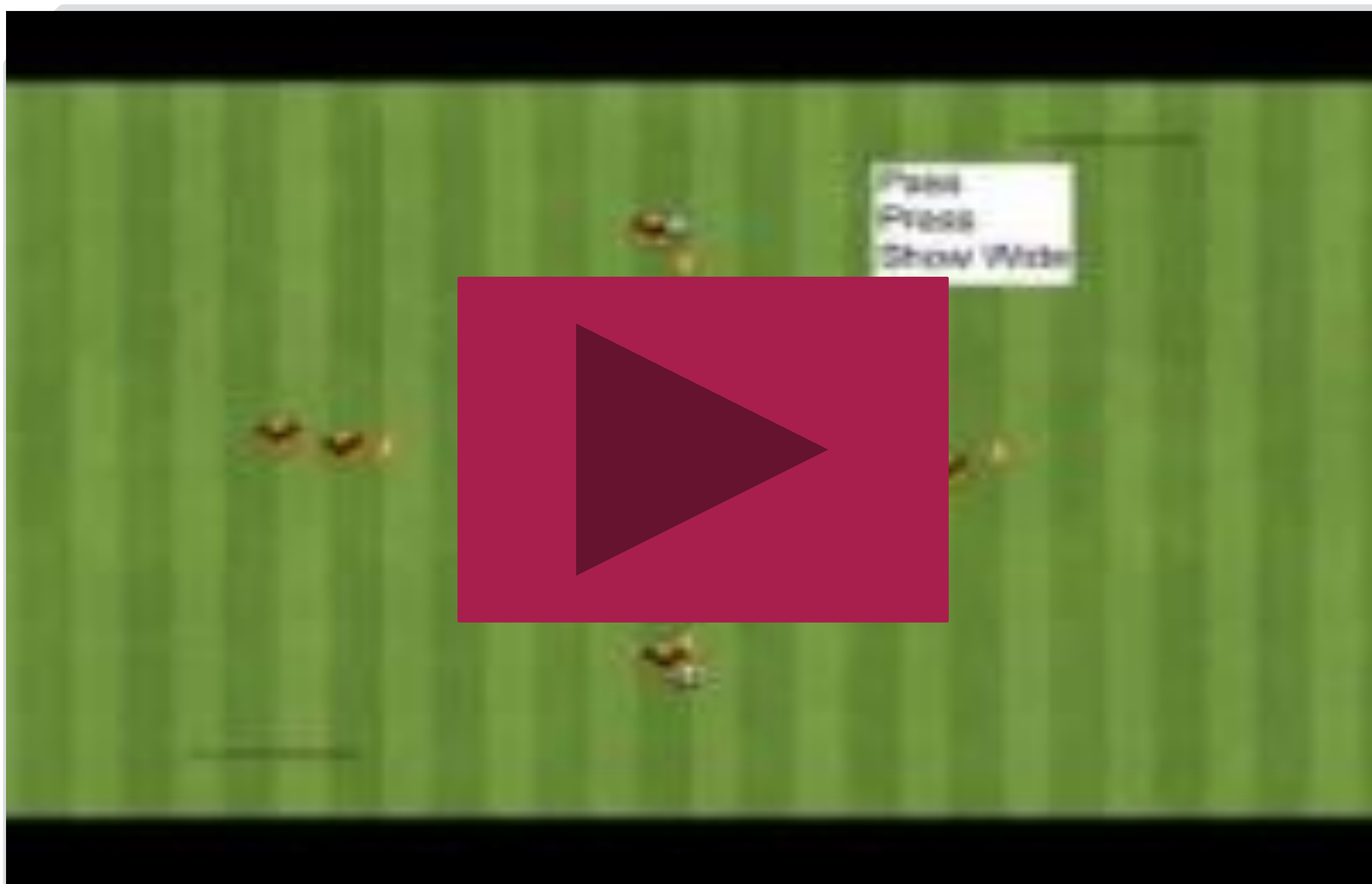
Progression:

-Start by not allowing opposition players into the channels but take this rule away once the drill gets going to make it more game realistic

4.

Defend from the Front

Desire to hunt as a team



INTRO

Defenda from the Front

Players pass and follow but on the longer pass the work on pressing to show the player back to where the ball originally came from.

Progress the drill by having the player who receives the long pass trying to dribble through the blue gate with the aim of the presser trying to show wide.

Coaching:

- Deny time and space
- Side on body position and always on toes
- Get your arm out to touch player if possible



DEVELOPMENT

Defend from the Front

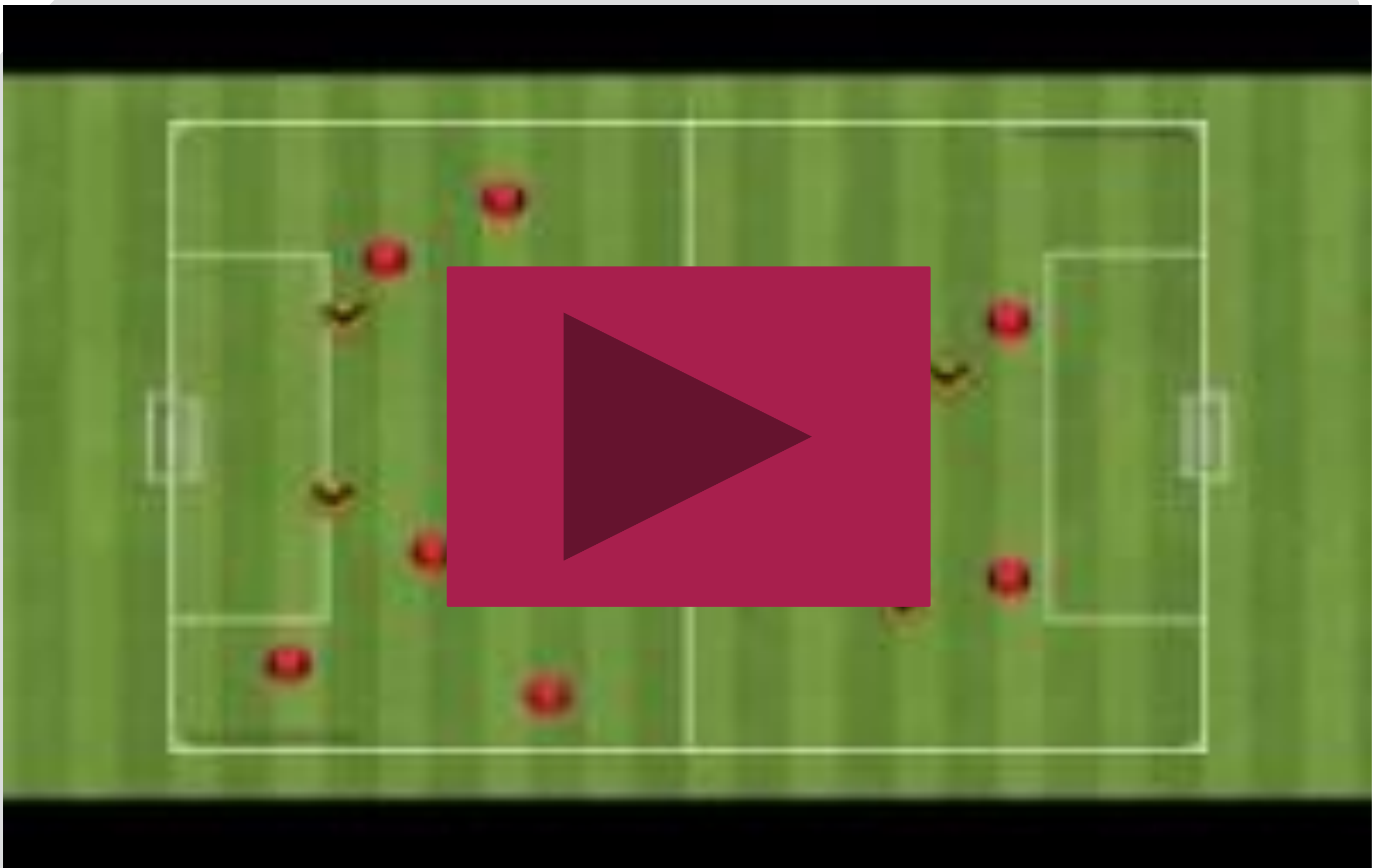
PHASE

The team in possession play 3 touch possession in their third. After every second pass another opposition player joins the press from the middle box until 5v4 is achieved. Only once it's 5v4 can the team in possession try and hit the middle target player for a point. That target player would then switch the ball to the other side and the drill restarts.

If the attackers win the ball they should aim to quickly score.

Coaching:

- Communicate if sitting off, staying compact and blocking the middle
- Press slow passes and bad first touches
- Press together to show down and flood one side of the pitch



DEVELOPMENT

Defend from the Front

PHASE two

8v8 with one team playing 2-3-3 to replicate two centre backs, three midfielders and three strikers in a 433 formation.

Teams attack and defend two goals which are both situated centrally, meaning you should press to force teams wide.

Coaching:

- Flood the middle and although first pass out wide but be close enough to then press at pace
- Set traps to win the ball high up the pitch and counter to score quickly



GAMEPHASE

Defend from the Front

Conditioned game, if you score by entering the back of the diamond and going through the front (pass or dribble) the goal is worth an extra point

Coaching:

-Allow the first pass into the weaker of the two defenders, then press to show up the line with the central stopping the pass back to GK. Forward on opposite side block the square pass to switch. CM must be marked tightly with spare blocking passing line to their striker who we have a defender tight to anyway, goal side.

5.

Midfield Three Rotation

Be brave to get create things for your
team



INTRO

Midfield Three Rotation

The target players are the two centre backs and a centre forward. Each team (green, blue and yellow) have three players and one ball and they are looking to move the ball from the centre backs to the centre forward. From there they receive the ball back from the centre forward and look to combine and play one of the two centre backs who could now split a little and act as the two wide forward.

Coaching:

- Challenge players to have their 3 players in 3 different boxes at all times
- Always scan to react to team mates rotation, if someone communicates that they are coming into your box then rotate out
- Receive the ball open to play forward, bounce back if needed or combine with another central team mate



DEVELOPMENT PHASE

Midfield Three Rotation

Similar to before but it is now competitive playing 3 v 3. As players have a big overload with the outside players depending on ability level you may want to stipulate playing 2 or 1 touch.

As before address rotation and movements to receive the ball to play forward.

Progression:

After a certain amount of passes then play off the striker and score into a mini goal - further progression would be that the goal only counts if the 3 players in your team are all in different boxes ensuring the team has balance and options.



DEVELOPMENT

Midfield Three Rotation

PHASE two

To increase the intensity or urgency of movement from the midfield three they are now outnumbered in this drill playing against a midfield 4. They do however still have extra players when they are in possession but these players are now limited to 1 touch.

Wall players can play to each other as if there is nothing forward the CBs can play each other and the best pass they could make would be to hit the striker which would only be possible with good movement from the midfield 3.

If the midfield 4 win the ball they look to score in the big goal

If the midfield 3 transfer from a CB to the CF then they can play off him and score in the small goal



GAME PHASE

Midfield Three Rotation

9 v 9 game with the coaches players playing in a 2-3-1 with 2 wide players who double up as full backs and wide forwards.

Play a normal game but give the incentive that when a goal is scored if the team has 3 of the 4 boxes occupied then that is an extra point. However do not reward static play, see explanation of what you are looking for in 'coaching'

Coaching:

Midfield rotation can help get the ball from the back and play forward, help prevent being caught on the counter, help to support strikers and to provide width.

With this in mind look for the team to play very flexible and when a goal is scored everyone freezes and assesses who is where. Did the winger come into an attacking box so the central midfielder who was in their overlap? Did the holding midfielder join the attack so a centre back stepped up to occupy a box? Did the striker drop deep into a box allowing a midfielder to go beyond the striker?

All things which you may want to reward or coach if you are not getting what you are looking for



Free Mobile Coaching App

6.

Playing as a 10 in the 4-3-3

Technique and decision making in
this role



INTRO

Playing as a 10

The ball is driven into the number 10 who in that role must be comfortable to receive and play forward and scan for the support around them.

The initial passer presses the 10 on the other side and a central midfielder supports to go 2 v 1 to goal

Progression:

-Add a player to press the central midfielder and go 2v2 to goal

Coaching:

-Scanning as the ball approaches

-Timing and angles of supporting runs, be a realistic option for the pass

-Decision making from the number 10, pass and get it back? Or use the player as a decoy to go alone



DEVELOPMENT PHASE

Playing as a 10

3v3 with wall players who play as wide players and number 10s. The aim is to score in a mini goal and if it's not on switch to the other side. Once a number 10 gets a touch of the ball they can join in the attack, trying to replicate and practice the skills needed to be an effective number 10 in a game. Such as bounce passes, taking players on, creating chances and helping to keep possession if the options to penetrate are limited



DEVELOPMENT PHASE two

Playing as a 10

Position/Possession set up to focus on the means to keep possession and the transition between winning and losing possession when playing a midfield 3 that consists of 2 holding and one in front (number 10).

When the pressing team when the ball they must quickly transition to make the pitch big by occupying the full back positions, wide forwards and someone in the pocket as a number 10

Progressions:

A point everytime the number 10 touches the ball

A point when the ball is transferred from a centre back to the forward

Outside players cannot pass to the other player on their side

Minimize touches



GAME PHASE

Playing as a 10

As before but if the pressing team win the ball they can score in either goal. Play the game as a time limited game, swap the pressing team ever 3 to 5 minutes and see who scores the most goals.

This allows the other 10 outfield players to work on positioning in a 4-3-3 playing with a number 10 and possession to keep the ball

Coach should freeze and address any positional mistakes as the game is played by recreating the scenario and giving different options to promote success in the future

Coaching:

- Move as the ball moves and always be open for a pass
- Play forward when on, recycle the play when needed
- Firm passes, always scanning the pitch and passing options

Progression:

Free play

7.

Playing Through the Lines

Positive and precise forward passes



INTRO

Playing Through the Lines

Each team of 3 has a ball and is aiming to play it from one target player (using my GKs here) to another.

Progression:

- add a defender trying to win a ball
- limit touches

Coaching:

Look to play forward when possible and adopt an open body position to do so, if not on combine with team mates to create the opportunity



DEVELOPMENT PHASE

3 v 3 with the aim of transferring the ball from target player to target player. Two central players must touch the ball before transferring. Progress by limiting touches or taking away the option of playing back to the target player that the ball came from.

Coaching:

- Player and ball movement must be quick to combine in the middle, take few touches
- Use bounce pass with end player to commit defenders to the ball and create space forward
- Play forward when it's on but don't force it



DEVELOPMENT PHASE 2

3 v 3 with full backs who can't be challenged. The team are trying to work the ball into the other half using the full backs if needed where there is a 3v2. Opposing team have a central player who can block passes making the through the lines pass tougher.

Coaching: - Move the ball quickly to shift the blocking player and create chances to play forward
- Striker movement needs to be good to give options and play off each other



GAME PHASE

Playing Through the Lines

Progression from previous exercise, now full backs can join attacks or go and press opposition full backs. One player from each team is allowed in the middle zone, this may be a forward dropping deep or a supporting midfielder, either way it should create good 1v1 battles and opportunities to by pass these players and play through the lines. If full back comes in middle zone the player already in there must vacate with the best option being to overlap into full back zone to provide width for the team.

Progression:

Remove zones and play

8.

Possession to Play Forward

Control the ball, control the opposition, control the game!



INTRO

Possession to Play Forward

In each square there is a 3v1 rondo with the defender engaging when the ball is in their square. After a minimum of 3 passes the group in possession can play forward into the next 3. The coach can start to address 3 midfielders playing into 3 forward with the central forward dropping deeper to get on the ball and encourage the driven pass into the higher, wide forwards for the central forward to play of him/her.

It's important to stress playing forward quickly (when it's on). Progression: If a group of 3 takes more than 5 passes then the other defender waiting for the transition comes in to make it 3v2 which should encourage the group of 3 to play forward.

Coaching:

- Quick speed of play, 1 touch where possible
- Pass and move to show for the ball constantly
- Communicate and demand a high tempo from team mates



DEVELOPMENT

Possession to Play Forward

PHASE

4v2 rondo to play forward with each player in a team of two. The aim is to make a minimum of 3 passes and play forward then you and your team mate support the pass. The other two stay for the next transition and the two in the middle keep working until they win the ball. Once the defender win the ball they play forward and support and the team that lost the ball go to defend with the remaining team staying high for the next transition.

Coaching:

-Relate to the 433 formation, in the rondo have a holding player (holding mid), two at each side (central mids) and a higher player (central forward who has come deep to get on the ball) this should give the player on the ball options and the team should be able to patiently keep the ball until it can be played into the two high and wide forwards on the other side.



DEVELOPMENT

Possession to Play Forward

PHASE two

The animation shows one team doing the drill beat each side is the same. 2v2 + 4 wall players who play 1 touch. If the orange and black team concede they quickly swap with the green team. If the red and blue team concede they quickly swap with the pink team. If the ball goes out of play both teams switch. The coach should always play into the first team on to stress quick transitions and working hard to get up and down the pitch.

Coaching:

- Make it competitive by keeping scores between the 4 teams
- Test quality of passing and decision making by limiting touches



GAME PHASE

Possession to Play Forward

4v4 in the middle with two full backs in a channel that play for the team in possession. Each team has their two wide attackers in a box who can only be freed by getting the ball to them, this will result in being numbers up and with good decision making (patients or penetrate?) it should create opportunities to score.

Coaching:

- Keep the ball until the opportunity is on to score
- When it's on play the high and wide players with a driven pass
- Striker look to drop deep to allow this pass then spin to support
- Also looking for support and balance from the central midfielders and full backs

Progression:

- Opposition players can enter wide channel and
- Wide forward need to play one touch to get out of their box
- Remove markers and stipulations and finish on free play

9.

Pressing the Ball

Cut off the middle, be ready to press



INTRO

Pressing the Ball

5 v 2 with the team in possession looking to play through the man in between the cones. The two players without the ball are working on pressing with the aim of forcing the other team to play side to side or down the channels but never through the centre of the pitch.

Coaching:

-It may not always be on to press, and staying compact and in front of their target player might be the best option

- When pressing the angle of approach is key to show the player on the ball where you want them to pass the ball

-As this happens the second player needs to cut off the central pass but also ready to press the next man when the pass is played

- Communicate, cover each other and keep distances between each other compact



DEVELOPMENT PHASE

Pressing the Ball

The pressing team are now playing with a front three against a back 4, adding a goalkeeper to this exercise is an option that works well. The back 4 are looking to make a minimum of 3 passes before transferring through the middle player. I have put this player under pressure from one of the midfield 3 but you may want to start without this pressure and progress to this.

After 3 passes if they need to go down the line to transfer this is ok but will be deemed as success for the pressing team who are working on showing wide. If the pressing team win the ball they are looking to score in the goal they are attacking.

Coaching:

- If central striker presses and the defending team are able to switch the central player should drop in to the centre with the closest player going to press the next ball
- Press at an angle to show up the line
- Know your opposition: Which defenders are comfortable on the ball and pressing will only take you out the game and what defenders you want to force passes into then press immediately



DEVELOPMENT

Pressing the Ball

PHASE two

As before with the progression that the ball can now be transferred down the channel or through the middle and pressing players are live to try and set the traps for where they want the ball to go.

When showing centrally stay compact, be close and tight enough to press central players. When showing wide stop the ball from being switched, shut down quickly and press to show to the side line



GAME PHASE

Pressing the Ball

A game to work on showing wide. Teams play 9v9 with the focus team of the session playing a 3-2-1 with the back 3 employing full backs and a player who is essentially a holding midfielder.

The pitch is modified by taking away the wide areas as we have been working on showing teams into this area of the pitch all session. Look for coaching moments to show when and how to press as a team and show the opposition wide or win the ball. When GK has the ball the other team must drop into own half

Coaching:

- Drop off to encourage first pass
- As the ball is played from the GK this is a trigger to press aggressively
- Work as a team to force the other team into one of the 4 zones - communicate and read team mates angles of approach
- Get accross to flood the side of the ball and be tight to middle players so no switch can happen

10.

Striker Dropping Deep

Create space in behind or get on the ball



INTRO

Striker Dropping Between the Lines

Simple passing pattern as a warm up with the CB playing the full back who then hits an underhit pass to the wide forward who pulls his defender away from the centre of the pitch. As the ball is bounced back to the full back the striker drops between the lines to receive on the half turn and play the wide forward in on goal.

Coaching:

- Wide attacked needs to create width for space through the lines
- Timemovement to receive on the move always checking away then coming to the ball as the striker
- Coach triggers for movement, when the pass is about to be played and when to move to receive
 - Receive on the half turn between the lines



DEVELOPMENT PHASE

As before creating a 2 v 1 to goal. You can have the defender press the first ball on their side before turning to defend 2v1

Coaching:

- Decision making from the striker dropping deep



DEVELOPMENT PHASE

two

Ball is played into full back and then a bounce pass with the front 3 player who is giving width on that side. The defensive mid of the other team is now live and can win the ball, the other two defenders can press the ball but only win it once it comes across the line created by the mannaquins. From the ball going back to the full back the drill is live with a 4 v 3 to goal and the attackers looking to break the line with a pass or a dribble.

Coaching:

- Striker may want to vacate the space for the full back to dribble through the lines. Or if the striker receives the ball they may look to bounce it back, pass forward or turn and drive at the defence
- As the through the line pass becomes more scripted, start to introduce the option to play through or go down the line as it's important to react to what the defenders do.



GAME PHASE

Striker Dropping Between the Lines

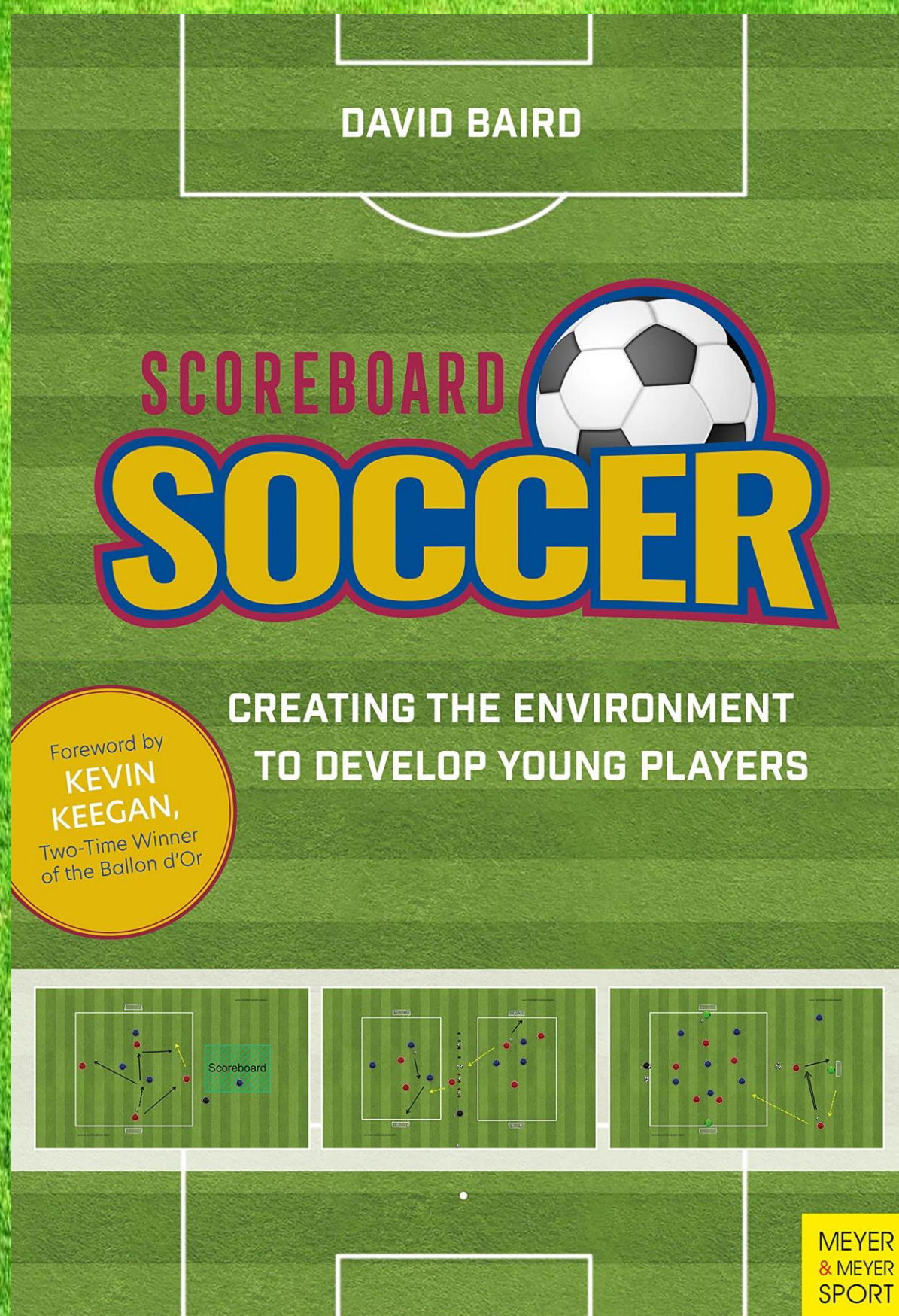
The ball must travel through the last two manquins for a goal to be scored initially, this might be done by the striker dropping deep or maybe the striker goes higher on the pitch, taking players with him and allowing a midfield player to dribble through the gate.

When the other team start with the ball the front three can also press and if they win it by this method they can score immediately.

Only when your team has possession can you move from zone to zone but you must have at least 2 players in each zone at all times, as a progression you can allow defenders to recover back to help defend.

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11.

Striker Movement

Position specific movements and responsibilities



INTRO

Striker Movement

The passing pattern starts with a switch of play and then a driven pass into the strikers feet who has came to receive the ball. The central midfielder makes a run across the face to play a pass out wide and the drill restarts.

Coaching:

- Driven pass by full back
- Body position of the striker (protect ball)
- Timing of run for the central midfielder to step onto the ball



DEVELOPMENT PHASE

As before with the variation of switching via the holding midfielder. Driven pass to the striker who sets the central midfielder to pass wide and play 4v2 to goal.

Coaching:

- Full back driven pass into striker
- Striker body position to receive (protect the ball). Spin and be sharp/unpredictable with movements
- Central midfielder play what you see. Through balls? Drive with ball? Shoot? Be decisive



DEVELOPMENT PHASE

two

As before but the wide player receiving the ball has a recovering defender to deal with with the progression of giving the defending team a central midfielder also.

Coaching:

- Wide player drive to commit players or deliver early
- Central midfielder provide cross from deep option, switch of play or shot of it opens up



GAME PHASE

Striker Movement

Full game with the incentive that if any of the front 3 drop to receive in the marked area and it results in a goal then it's worth 3 goals.

Progression:

Free play

12.

Support from Midfield

How can you help the play ahead of
you?



INTRO

Support from Midfield

Passing pattern to work on supportig the ball into the stirker or wide player with a combination of overlaps and third man runs.

Easily progressed to a goal at each side of the drill with a further progression of the wide player either going 1v1 to goal or as the centre player drops the ball back they can spin and make it a 2v1/2v2 to goal.



DEVELOPMENT PHASE

A set up to work on support play from midfield. A quick combination of passes leading to the ball played wide and support from 2 of the 3 central midfielders (communicate and vary who goes and who provides balance).

Options:

- Wide forward cuts inside so central midfielder can overlap

- Wide forward taking on his man for a cross with support in mid behind to provide possession or cross from deep option, number 10 becomes second striker in anticipation of cross

- If striker takes the wide players position he should take his position by either dribbling centrally or playing the ball down the line and getting in the middle

With all options a holding player is important to provide a switch to the other side if penetration is not on

Progression:

- a central mid from the other team allows the initial combination to happen and recovers back when the ball goes wide



DEVELOPMENT PHASE

two

A set up to work on support play from midfield. A quick combination of passes leading to the ball played to the centre forward and support from 2 of the 3 central midfielders (communicate and vary who goes and who provides balance).

Options:

- Supporting player go each side of the striker with other midfielder providing balance. Wide forwards need to keep their width to allow space for players to get on the ball centrally
- If the wide player comes in the pitch it would leave run for a supporting player to provide width off the ball, allowing a pass out wide for a cross or a through the lines pass for someone to run onto
- The central forward may drop deep to get on the ball allowing one of the supporting players to run in behind for a dummy or the central forward could set back to the supporting centre midfielder to play over his head

With all options a holding player is important to provide a switch to the other side if penetration is not on or the defence recover in time and we need to start again

Progression:

- Add attacking and recovering full backs to the drill and look at options if they decide to join in the attack



GAME PHASE

Support from Midfield

5 v 3 in each box. When attacking line up as 2 full backs and 3 central midfielders playing into a front 3. The defending team should work on pressing as a front 3 and defending as a back 4 and GK.

Each team should have a certain amount of attacks before changing roles and make it competitive to see who scored the most goals out of their allocated attempts..

3 Attacking players can cross the line when the ball goes forward. Progression: Allow a recovering defender

Coaching:

- Look for triggers to overlap wide players
- Attack the box if the cross is on
- Have a player providing balance and an option to switch the ball
- Attacking midfielder become second striker, if the striker vacates his space then make sure someone makes runs into it

13.

Switching from the Back

Move the opposition to play forward



INTRO

Switching From the Back

Each team has a ball and two target players on each side of the box. Players look to work the ball from target player to target player. Every player must touch the ball.

Progressions:

- Add a bounce pass and switch with the target player
- Add competition for the first team to switch the ball a certain number of times

Coaching:

- Firm weight of pass
- Body shape and angles to receive the ball
- Varied range of passing



DEVELOPMENT PHASE

Switching From the Back

3v3 possession with 3 players in each box who play for the team in possession (1 or 2 touch). Once a team makes a minimum of 4 passes in one area the aim is to then transfer to the other area and all players move over. Teams get points for each transfer.

Progression:

- Only the middle players can switch the ball

Coaching:

- Move the ball quickly
- Make the area big in possession
- Press as a team, narrow out of possession
- Driven pass to transfer and support quickly
- Opposite wide man should tuck in and then when the trigger for the switch happens make the pitch big



DEVELOPMENT

Switching From the Back

PHASE two

Passing pattern with the GK playing to the CB who has split who then opens up to play forward to the full back. The full back uses the holding midfielder to switch to the wide attacking player who then drives back to the start.

Variations:

Add bounce pass between CB and FB. Make it competitive by having players race to finish/score at the end of the passing pattern and to increase the tempo of the rotations have players sprint when rotating positions, this could also be made into a race = first team to get set to go again.

Coaching:

- Weight of pass and angles of support to receive
- Receiving on the move and checking the shoulder
- First touch and quality of pass



GAMEPHASE

Switching From the Back

6v3 on build up, playing with 2 centre backs, 2 full backs, a GK and a holding midfielder. With the aim of beating the oppositions press to play into a wide forward.

The ball must be worked (or played directly) from full back to full back or opposite full back to opposite wide forward before going forward. Once this is achieved the wide forward goals 1 v 1 to a mini goal, this can be progressed to 2v2/3v3 to the big goal.

Coaching:

- When playing from the back make the pitch big
- Pull the opposition to one side to then exploit space on the other

Holding midfielder always support where the ball is and first thought to play forward or switch

14.

Switching Play through the Midfield

Create partnerships, create diamonds,
create problems for them



INTRO

Switching through the Midfielder

Yellows switch their ball as do greens, both need to make sure their central players are always in diagonally opposite boxes from each other. Red players switch their ball using any central players that are available for a pass

Progression: add a defender in the middle trying to win a ball

Coaching:

- Two central players need to be scanning and reacting to each other's movement's
- Play passes into the back foot so players can open up and switch the play
- Once defender is introduced coach receiving safe side to bounce the ball back and protect it from pressure



DEVELOPMENT PHASE

Switching through the Midfielder

6v4 possession exercise. The middle players need to move as the ball is moving and make sure they are always in opposite boxes

Progression: players play two touch max, if defenders win ball they can score in either goal

Coaching:

- Every player needs to be moving as the ball is moving to create options for the player on the ball
- If one central midfielder comes deep and to the left of the ball, the other should go higher and to the right giving the player on the ball options left, right, long and short with his best option being the driven pass through the two midfielders and into the strikers feet



DEVELOPMENT

Switching through the Midfielder

PHASE two

6v6 with the ball always starting from the holding midfielder. The team must touch the ball in at least two of the four marked areas before scoring. They cannot dribble from one area to the next. If the other team win the ball they can counter and score.

Progression:

Decision making - the team must touch the ball in a minimum of two areas but for every area they hit on the way to goal then the goal is worth that many points. This will encourage switches or decoy switches. For example they may hit area 1,3,2,1,3,4 always via the central are and if they finish this move off it will be worth 6 points.



GAMEPHASE

Switching through the Midfielder

Finish on 6v6 with the two midfielders using the central grid as a reference point.

Progressions:

- Central midfielders play two touch
- Finish on free play

15.

Timing Forward Runs

High tempo movement for strikers



INTRO

Timing Forward Runs

Coaching:

- Check away from the space you are looking to attack, always scan to be aware of the defender and where he/she is looking
- Turn feet and body early to face forward
- Indicate where you want the ball to be played with hand signals
- Time run to receive the ball without having to slow down

Progression:

- Once the ball is played add pressure from behind to ensure shots are taken early
- Both teams race to score first to improve speed of play
- When playing the forward pass between the full back and centre back, once the passer touches the ball allow the full back to then come alive and try and stop the through ball



DEVELOPMENT PHASE

3v3 plus two wide players and your goalkeeper

Adaptations to this exercise:

- 3 passes before you can play forward
- Through ball must be played by a wide player
- Or through ball can be played by anyone
- One touch to finish after through ball
- If you win the ball from the other team you can play forward immediately
- Progress to defenders can recover back to stop the goal
- Progress to the offside line becomes the last defender and not the line to make it more game realistic



DEVELOPMENT PHASE

two

5v5 in the middle replicating the front 3 and 2 midfielders behind, you can introduce the GK playing as the holding mid to play back to if you want to add that as a progression that you can use the GK in your build up.

The aim is to play a player though on goal (onside, use the line or just the last defender as more game like)



GAME PHASE

Timing Forward Runs

The ball is played into a 5v5 with the passing player (holding midfielder) then joining the attack at the same time as a recovering midfielder for the other team. On winning the ball encourage the defending team to play into one of the small goals or pass to the holding midfielder of the other team to quickly transition the drill to start again.

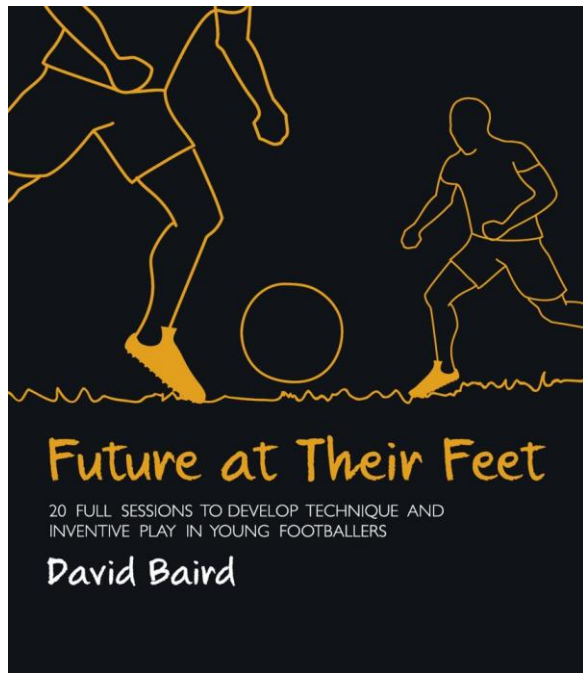
Coaching:

- Movements to create space for runs in behind
- Wide players keeping their width to allow space between the back 4
- Front 3 reading each others movements - if wide player comes in the central player must now provide width

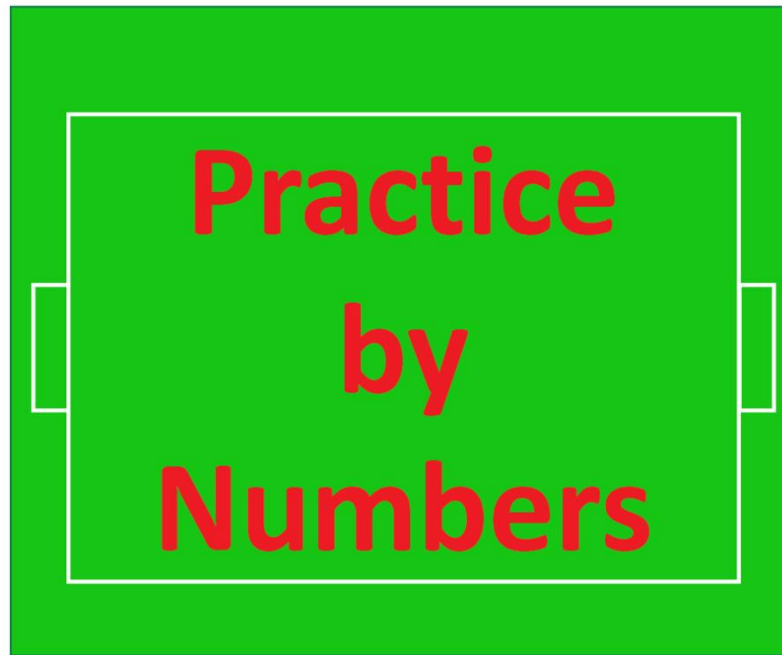
Progression:

- Free play

Other Available Resources



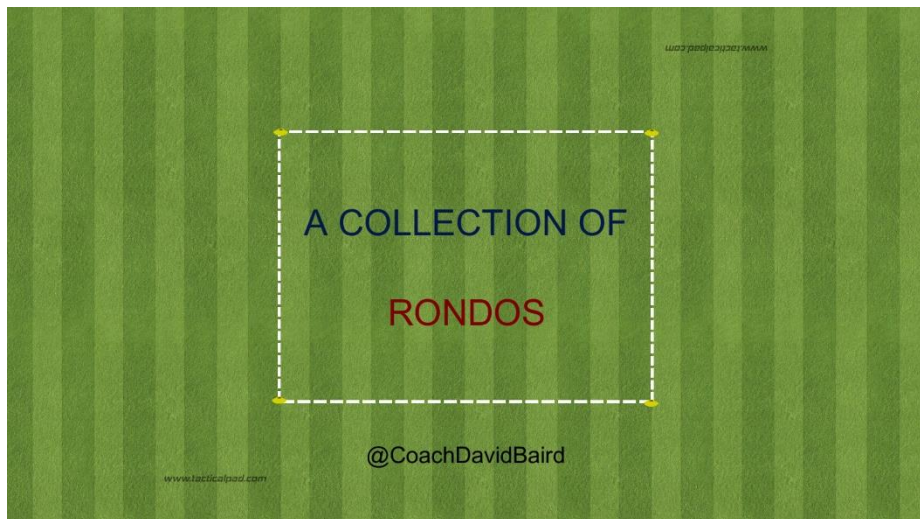
FUTURE AT THEIR FEET



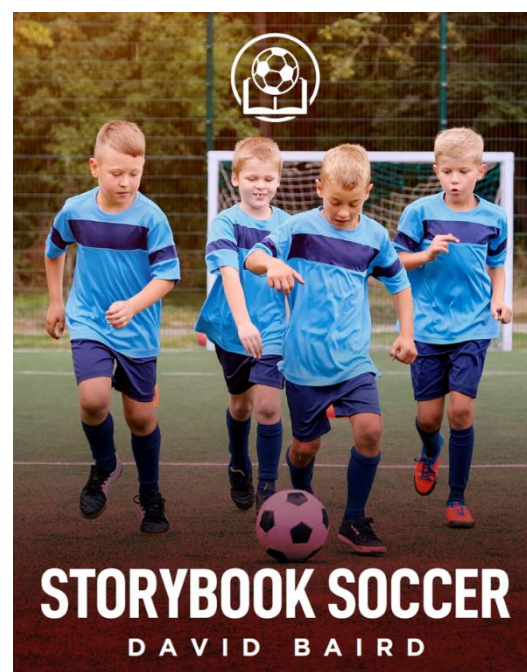
PRACTICE BY NUMBERS



PRACTICE THROUGH PLAY



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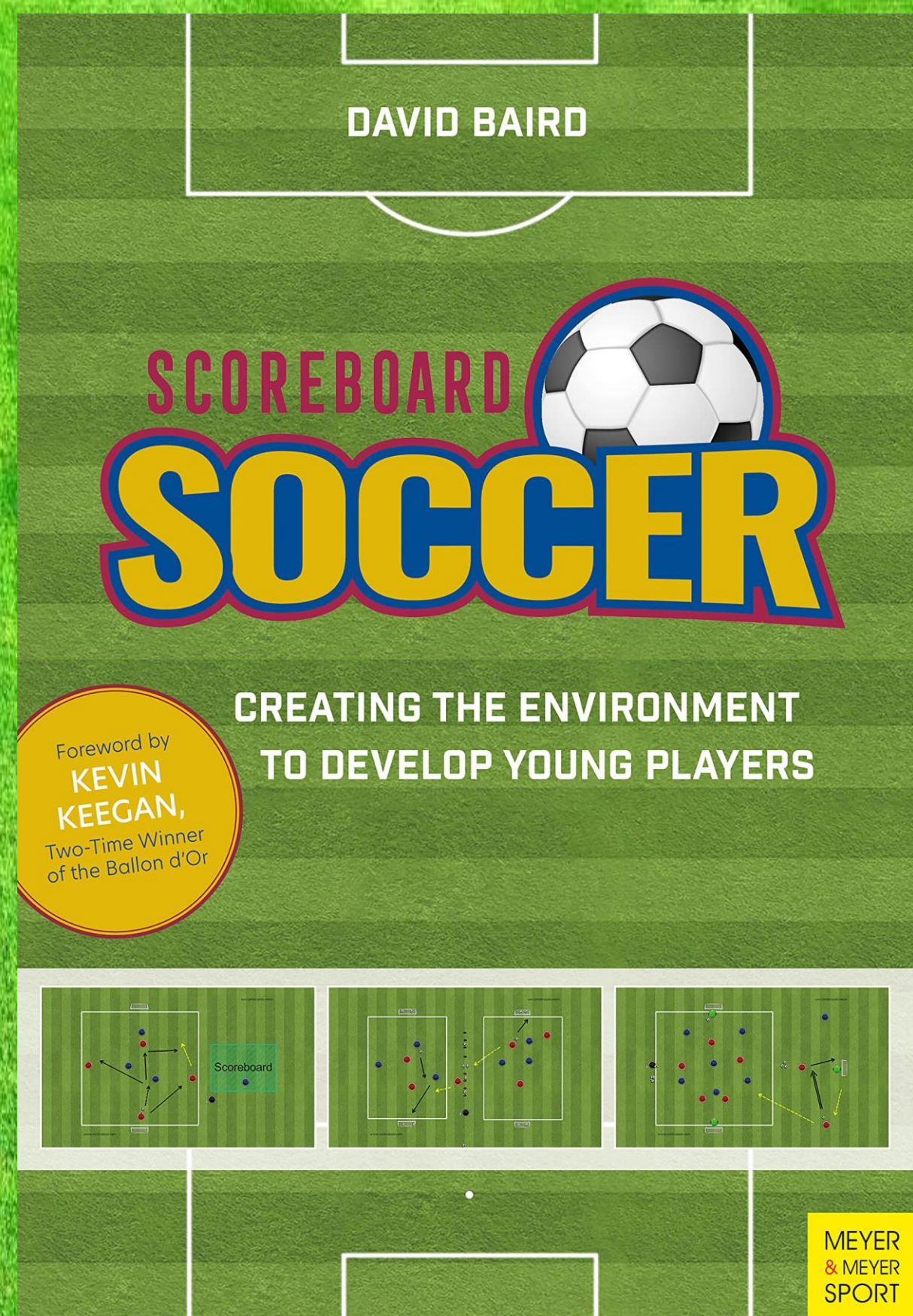
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