

DONASTER ROVERS

Tony Mee Developing play in the attacking third

SET-UP

AREA

Up to full pitch

EQUIPMENT

Balls, bibs, cones, 2 goals

NUMBER OF PLAYERS

19 players + 2 goalkeepers

SESSION TIME

Attacking the final third: 20mins

11v11 game: 20mins

Overview

This session is all about developing play in the attacking third and coaching players to finish from balls crossed

into the penalty area. We would run this as a full squad practice, so although the focus would be on finishing from crosses, the defensive and midfield units within the team would get some specific work from the session too. It is so important that players get to experience realistic match situations in training and this practice allows that to happen. We would run this a couple of times in each 12-week block of work. It may also form part of our carousel practice on a Saturday morning, when we usually have three activities going on with different age groups – one working on their individual learning

plans, one running through a phase of play on the weekly theme, and one performing this finishing practice.

What do I get the players to do?

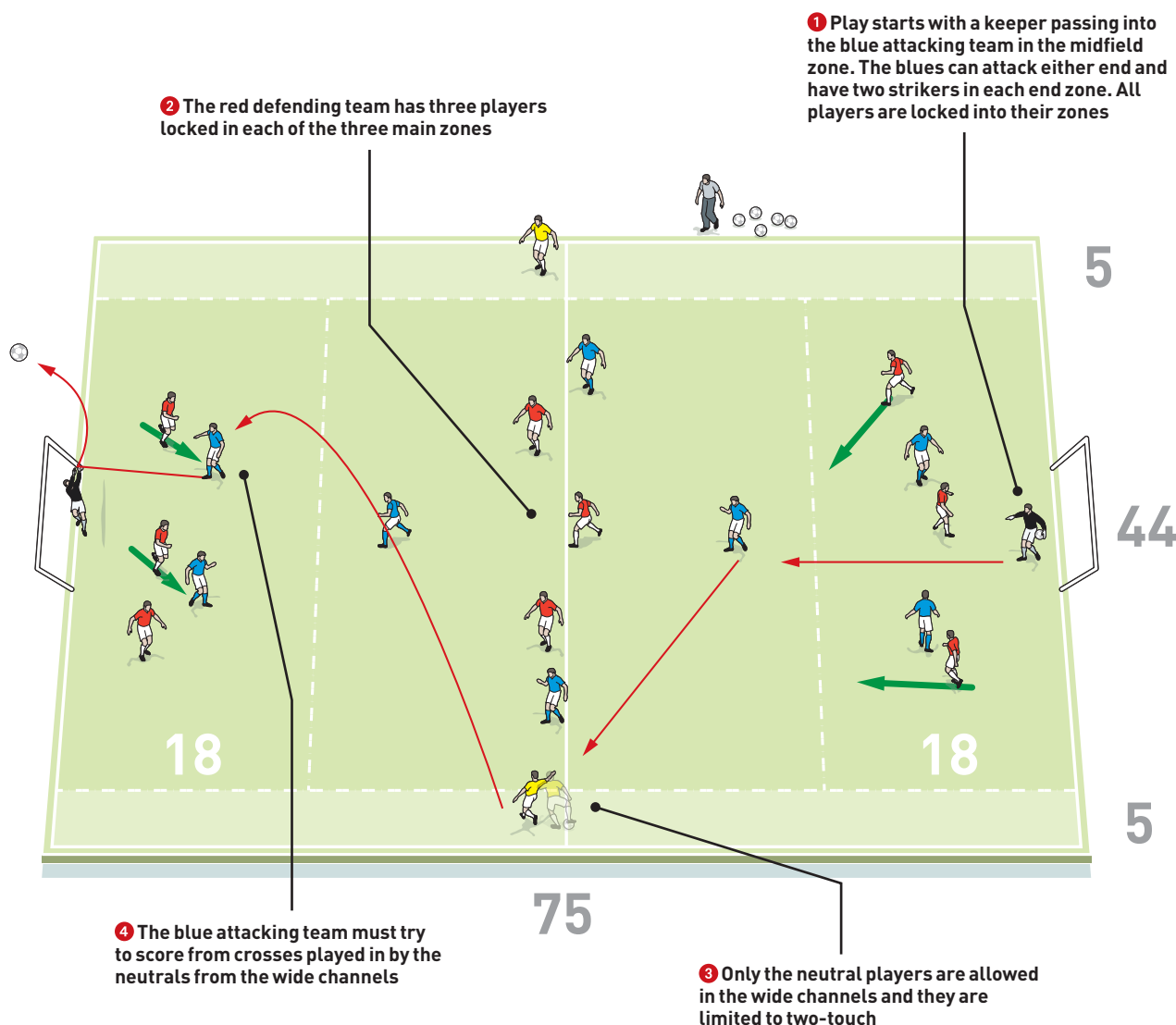
Attacking the final third

We set up a main area of 75x44 yards, with a full size goal and goalkeeper at each end. An 18-yard end zone is marked in front of each goal with a large central zone between them. There is an additional five-yard wide channel on each flank. We're using 19 outfield players divided into an attacking team of eight and a defending team of nine, plus two neutral wide players. Only the neutral players are allowed

KEY

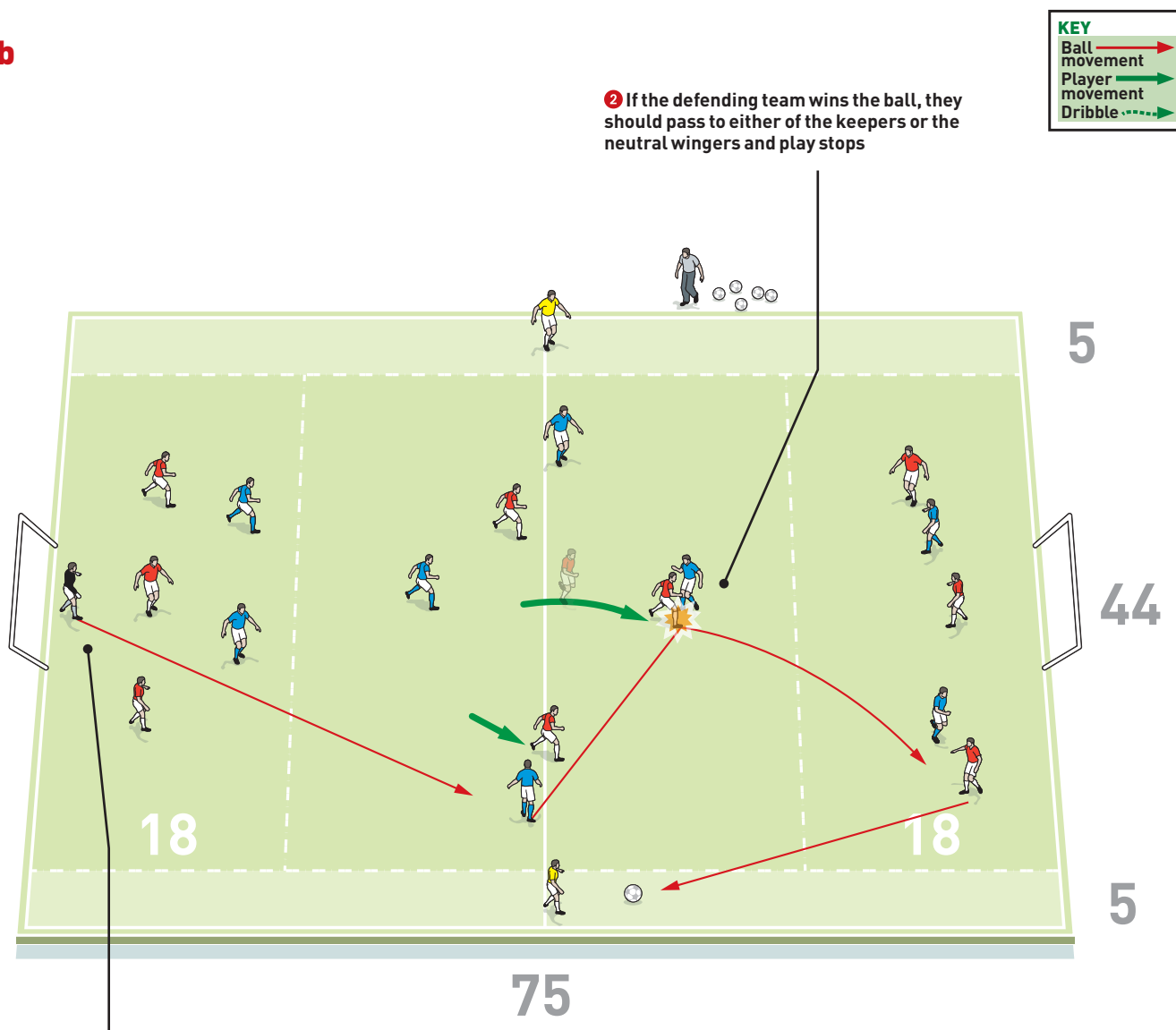
- Ball movement →
- Player movement →
- Dribble→

1a ATTACKING THE FINAL THIRD



TONY MEE: DEVELOPING PLAY IN THE ATTACKING THIRD

1b



1 Play restarts from a goalkeeper. Alternate the end that play restarts from each time the ball goes dead

“It is so important that players get to experience realistic match situations in training and this practice allows that to happen”

in the wide channels and they are initially limited to two-touch. The blue attacking team is set up with four players in a midfield diamond in the central zone and it has two strikers in each end zone. The attacking team plays in either direction and can score in both goals but players are locked in their zones.

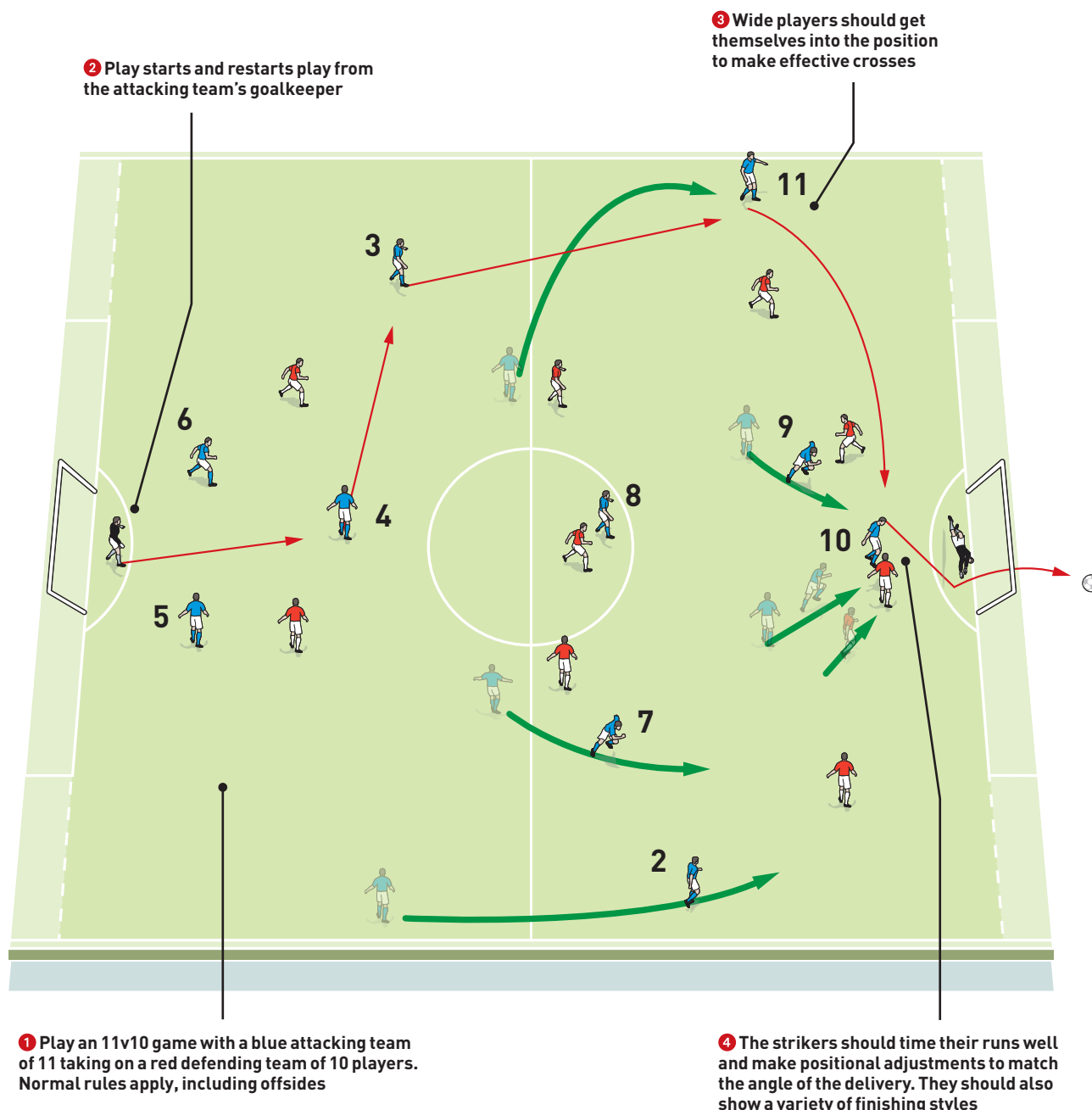
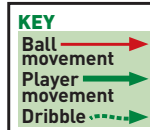
Play starts and restarts with a keeper playing into the attacking team in the midfield zone, and as soon as a blue midfielder touches the ball, play is live, as shown [1a]. The objective for the attacking team is to create opportunities to score from crosses, which should be played in by the neutrals from the wide channels.

The red defending team has three players locked in each of the three main zones and they must defend against the blues. If they win the ball, they should pass to either of the keepers or the wingers, as shown [1b], and then play stops. If the ball goes dead, alternate the end that play restarts from. ▼

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TONY MEE: DEVELOPING PLAY IN THE ATTACKING THIRD

2 11v10 GAME



How would I put this into a game situation?

11v10 game

We set up for a game between the two penalty boxes, using the full width of the pitch. We position a goal and a goalkeeper at each end. We're using 19 outfield

players set up as shown [2], with a blue attacking team of 10 outfield players taking on a red defending team of 9 outfield players. Normal rules apply, including offsides, but play starts and restarts from the attacking team's goalkeeper. We encourage

wide players to make overlapping or underlapping runs to get into the position to make effective crosses. We also want to see good movement from the strikers, who should time their runs well and make positional adjustments to match the angle of the delivery.