

Attacking Soccer Session



Make your own soccer sessions with my recommended coaching software:



TacticalPad is perfect for animated soccer drills in 2-D or 3-D that can be created on your phone, tablet or desktop.



Tactics Manager enables you to create your sessions with a wide variety of tools that can be saved in PDF format to share with other coaches.

5% discount code: **AFL-RMTD**

Link: <https://amzn.to/3nIQf7V>

Link: <https://shop.soccertutor.com/coaching-software?acc=ee57acedb6ffd923f44727b05792682a>

Attacking soccer session warm up

Time: 10 minutes

Set up:

- 20x25 yard area split into vertical thirds
- 2 goals
- 1 soccer ball per team on three

Instructions:

Create your area and place 2 goals in the middle of the 20 yard line opposite each other.

Divide the area into 3 sections and split your players into teams of 3.

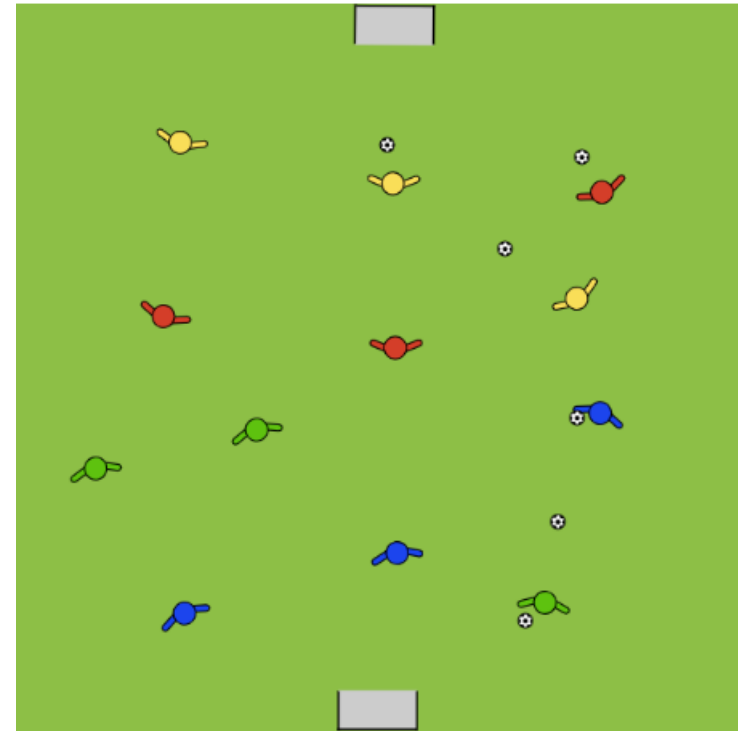
The team has to work together to score as many goals as they can with everyone having to touch the ball before a goal is scored

Coaching points:

- Spread out and encourage them to use the whole width of the area
- Receive on the back foot and have a positive first touch
- Pass using the inside of the foot in front of team mates so they can run onto the ball

Questions to ask that can lead to coaching points:

- Where can we go to receive the ball in space?
- How do we want to receive the ball and where should our first touch take us?
- If I am passing the ball where should I be passing so my teammate can run onto the ball?



Attacking soccer session technical Activity

Time: 15 minutes

- 20x25 yard area split into vertical thirds
- 2 goals
- 1 soccer ball per team on three

Instructions:

Keep the same set up with the only rule change that to move from section to section of the area.

Every player must still touch the ball before the team scores.

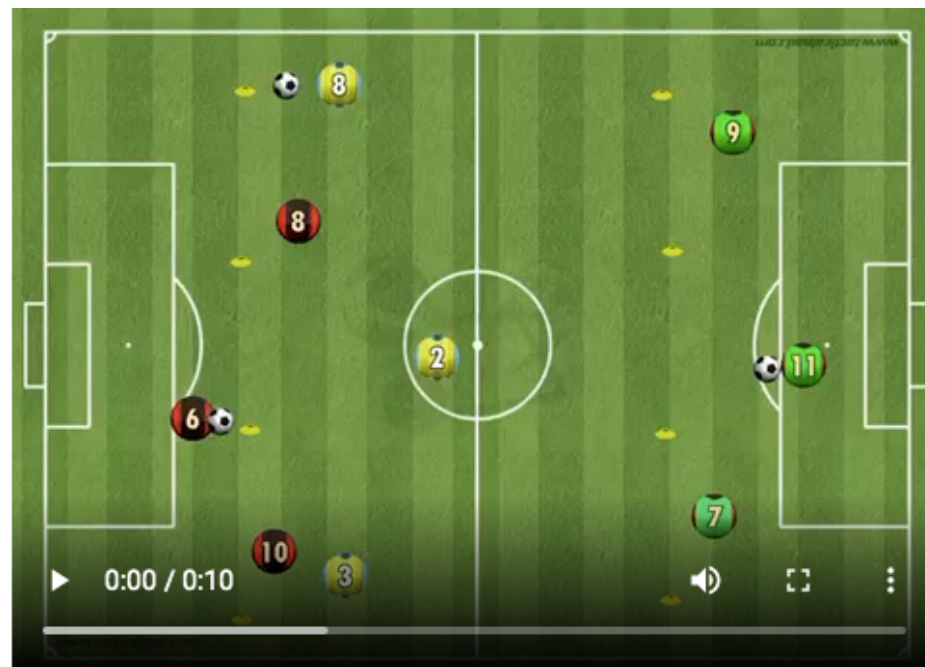
Teams can only score in final 1/3 of the goal they are scoring in to prevent teams from punting the ball from one goal to the other.

Coaching points:

- Once you have passed the ball support the play by giving them another option
- Find a space to support the player who is about to receive the ball
- Make forward runs using the whole width of the area

Questions that can lead to coaching points:

- Once you have passed the ball what should you be trying to?
- Who if you are not the player receiving the ball what should you be thinking about?
- To support players in attacking phases of play where would be a good position for us to be in?



Attacking Soccer Session progression

Time: 20 minutes

Set up:

- 20x25 yard area split into vertical thirds
- 2 goals
- 1 soccer ball per team on three

Instructions:

Keep the set up the same however introduce a defending team in to the middle section.

Add 2 goals opposite each other in the middle section.

The attacking players are still trying to perform the same task however they must be away of the defenders in the middle.

If the defending team manages to steal the ball they can score in the 2 goals you just added to the middle section.

The defenders must stay in the middles section.

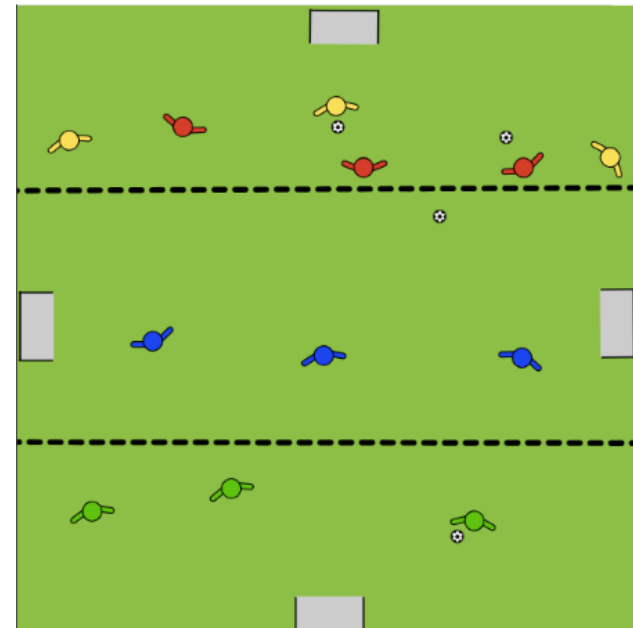
If the attacking team has their soccer ball stolen they can win it back or collect it after the defender has taken a shot at goal and carry on playing.

Coaching points:

- Ask player to think about their space and move if they're being marked by a defender (for example, if a player comes towards a teammate and a defender follows, the player can move into the space behind the defender)
- Try and play quick when defenders are not paying attention.
- Spread out and use the whole width of the area

Questions that can lead to coaching points:

- How can you create space for yourself and your team mates?
- When would be a good opportunity to move through the middle section?
- Are you easier or harder to mark if you are spread out?



Attacking conditioned game

Time: 30 minutes

Set up:

- 20x25 yard area split into vertical thirds
- 2 goals
- 1 soccer ball

Instructions:

Use the same set up as your warm up and technical activity and divide your players into 2 teams.

This will be a normal game of soccer however with the same rule of passing to move forward from section to section.

Players are allowed to dribble backwards through sections.

Coaching points:

- Allow players the opportunity make mistakes and succeed
- Use questioning to focus on individual coaching points rather than as a whole group.

Normal Scrimmage: 25 minutes

