



## Attacking in the final 3rd

Category: Technical: Attacking skills  
Difficulty: Academy Sessions

Pro-Club: FAI - Coach Education  
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### Screen 1 (15 mins)

Method: warmup. 15 minutes.

8v4 possession game.

Red and blues against blacks. Red and blues keep possession. If blacks win the ball they can score in any of the 4 small goals.

Change the pressing team every 5 minutes.

15m x 20m area

Coaching Points:

Good movement and commutation.

Move the ball quickly

1 or 2 touch



### Screen 2 (30 mins)

Method: 2v1 - 2v2 attacking game in final 3rd. 35 minutes

Black players play the ball to red striker and join the attack creating a 2v1.

After every 2 plays the striker and defender change.

If the attack is to slow a second defender is call into the game.

Objective is to score with quick attacking play.

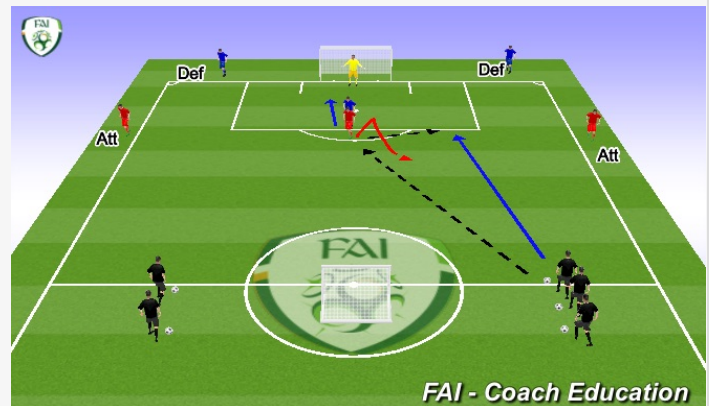
If defenders win the ball they can score in small goal.

Coaching Points:

Looking for good communication between striker and midfielder, verbal and non verbal.

The movement of the striker is key as he needs to lose defender.

The run from midfielder needs to be away from striker.



### Screen 3 (25 mins)

Method: 8v4 with 2 keepers. 25 minutes.

4v4 in middle zone with 4 players in outside zone.

Who ever is in possession can use outside players.

Teams can only score with a one touch finish.

Team that scores stays on pitch but attacks opposite goal every time they score.

What ever team loses a goal they change with the outside team quickly.

If you receive a pass from outside players you can't pass directly back to them as this stops players doing the easy pass, a focuses more on attacking the goal.

Coaching Points

Looking for good movement around the goal and getting into good possessions as you need to score with one touch.

Looking for quick attacks as players need to be switched on when goal is scored.

