

9V9 PATIENCE IN ATTACK

Why use it?

The coach can use this activity to break down a team that is defending deep in front of their own goal (parked the bus).

Set up

2 teams play on three quarters of a 9v9 field. At one end there is an appropriate size goal and at the other end are 3 mini goals. Play 9v9 with a goalkeeper for each team. The coach stands on the sideline to observe and instruct.

How to play

The coach is working with the team attacking the full goal and defending the mini goals. The attacking objective is to score against a deep lying and compact defense. This can be achieved a couple of ways. Firstly, the attacking team must be patient in their build-up and must attempt to move the defense laterally by exchanging passes quickly and with considerable movement of players along the forward line. A second strategy is to maintain possession away from goal in an attempt to draw the opponents towards the ball - a tactic that is more effective with youth players than a disciplined adult team. If the defenders win possession they must attempt to score in the 3 mini goals.

Coaching notes

Coaching Objectives: Work with the players to maintain possession and to probe the defense with movement and penetrative passing. A pass to an attacker's feet may draw the surrounding players towards the ball, leaving space out wide to attack.

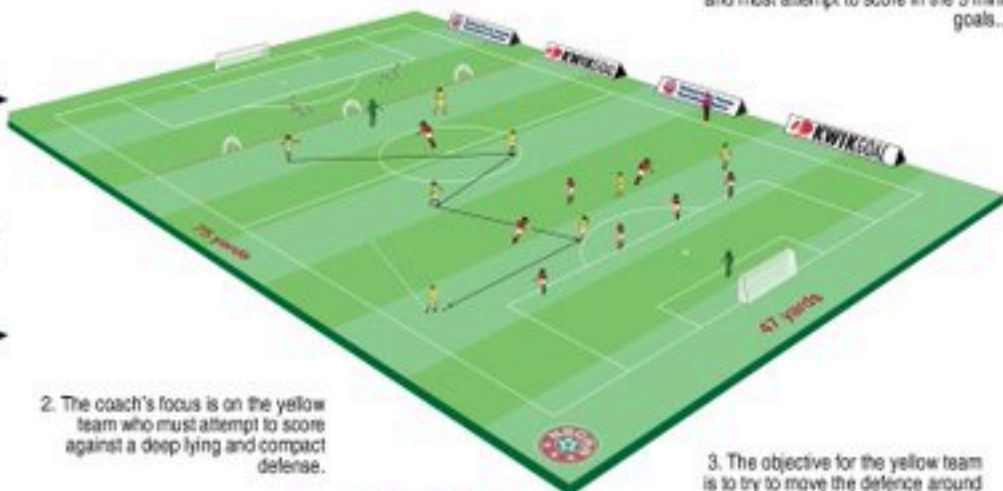
Coaching Tips: On occasion the best time to beat a deep lying defense is when it has possession of the ball. In order to have a chance of scoring the team must send some players forward and this temporarily weakens the compact defensive shape. If the opponent can win possession and counter at pace, the defenders may not be able to regain the defensive shape quickly enough.

How to modify

Less Challenging: Reduce the number of defenders.

More Challenging: Reduce the number of touches allowed for each player. Decrease the size of the area.

1. The red team defends the main goals and must attempt to score in the 3 mini goals..



2. The coach's focus is on the yellow team who must attempt to score against a deep lying and compact defense.

3. The objective for the yellow team is to try to move the defence around by circulating the ball quickly using 1 and 2 touches. The defence must drop deep and 'park the bus'.



4. In the second sequence the yellow team combine to create space for a cross from the attacking team's right midfielder.

5. The strikers move away and out back into the box. A perfect cross into the path of the attacker results in a goal.



6. The yellow attacking team circulates the ball wide and backwards in an attempt to draw the reds out of their compact shape.

Stage/s of development covered by activity

Stages 4 & 5 - 12-18 year old players.

Development themes and competencies

Top 3 Themes: Switching the point of attack, possession and creating space as a team.

Top 3 Competencies: Passing over medium and long distances, movement to create space and communication.