

Date: 10/01/2017

Phase: Attacking – In Possession

Theme: Attacking in a 352 formation

Format: T → SP → SSG

Objective:

To refine passing and receiving techniques and look to explore attacking opportunities in a 352 formation

Practices:

Practice 1: Passing & receiving in a 352

Practice 2: Squad possession representing 352

Practice 3: Crossing and finishing in 352

Pitch Set-up:

Practice 1: Half pitch from 18 yard box

Practice 2: Half pitch possession +2T's

Practice 3: Same as practice 2 but with 2 GKs

Key Organisation:

PRACTICE 1:

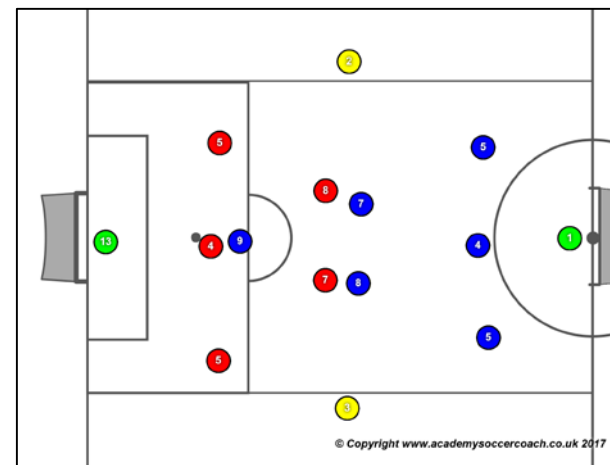
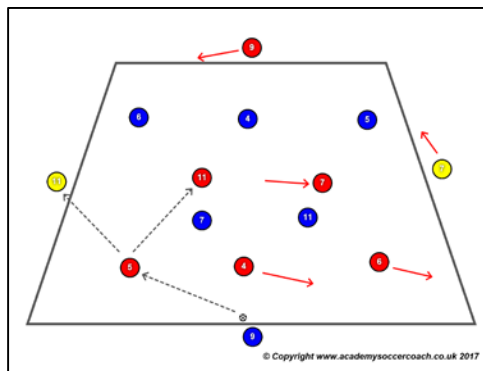
Half pitch set up. Players pass and receive the ball in a sequence representing a 352 formation.

PRACTICE 2:

Half pitch set up. Players are keeping possession to T men who then gives possession back to defending team to ensure they have a go at attacking.

PRACTICE 3:

Half pitch set up. Players are playing in a game which they will need to work out how to explore different ways to cross and finish at goal representing in a 352 formation.



4 Corner Conditions:

Challenges from 4 C.C:

Competition from 4 C.C:

Key Coaching Points:

Attacking & Defending

Confidence

Completed by S&C Coach

Believing in the 352

- ❖ Try to keep the ball until there is space to exploit.

- ❖ Try to score from at least 2 situations.

1. How many goals can come from a cross.

2. How many goals come from open play.

1. RELEASE – quality of pass, weight & accuracy

2. RECEIVE – open body to play

3. RUN-WITH – awareness of opportunities to progress up the pitch

4. RETAIN – build before risk – patience

5. Creative cleverness – probe, penetrate & product

6. Finishing with quality technique