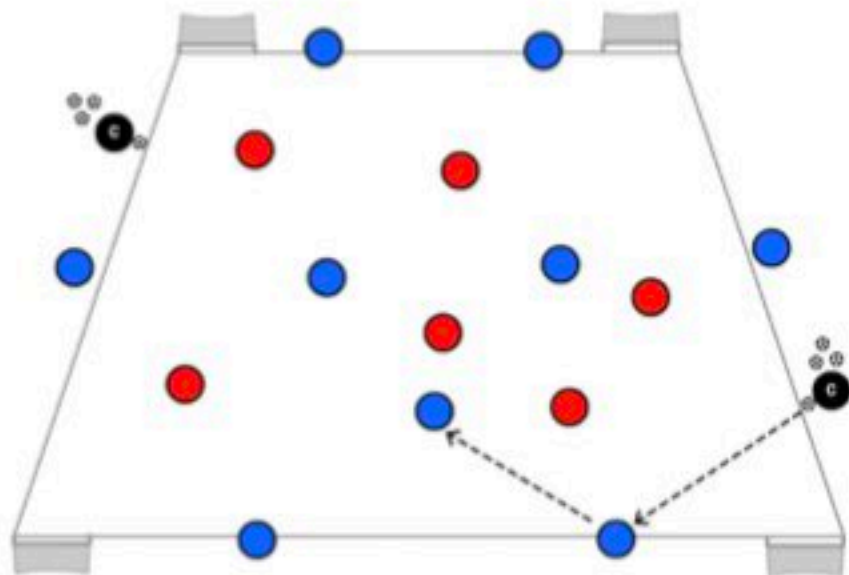


CREATING THE ATTACK – (JOINING & CONNECTING)

RF

Tactical Possession – Directional Rondo (9v6)



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4 Corners

Passing & Receiving
Support play
Spaces become space

Decision making
Confidence - to play passes
between players to receive to turn

Co-ordination
Balance
Agility
Strength

Communication – verbal/non-verbal
Teamwork – progress ball to end to
end

Session Set-Up

60x40 yd area

Skill Practice
Possession (9v6)

Supply of
Footballs

9 Blue Bibs
9 Red Bibs

Session Detail

Coaches start the practice initially.

Blues look to work ball from end to end.

If Reds re-gain possession they can either pass for 6 passes or score in any of the 4 goals.

Progressions

Change Format to side to side – roles for all

Put in half way line so Red team can only score in 2 goals

Move onto Functional practice or Phase of Play practice

Key Questions

How is my body shape when receiving the ball – safe side/unsafe side?

Where is my next pass?

Can I link the play from midfield to attack?

Coaching Points

1. Creating space to receive the ball
2. Movement to draw defender in to receive or leave the space so another player to exploit with receiving
3. Support play – angles and distances for 1 or 2 touches
4. Clever pass into midfield and disguise passes through to attacking
5. Once passed into target player can passes be with quality to go back again