

**ATTACKING STRATEGIES.**  
**Sheffield & Hallamshire Football Coaches Association**  
**John Bilton - 27 Feb. 2017**

The purpose of the session is to introduce to the coaches and players, an alternate strategy to scoring goals. The 'bread and butter' of scoring goals are crosses from outside the penalty area, long range strikes and set plays. Alternate ways of scoring, 'putting jam on the bread' will be demonstrated.

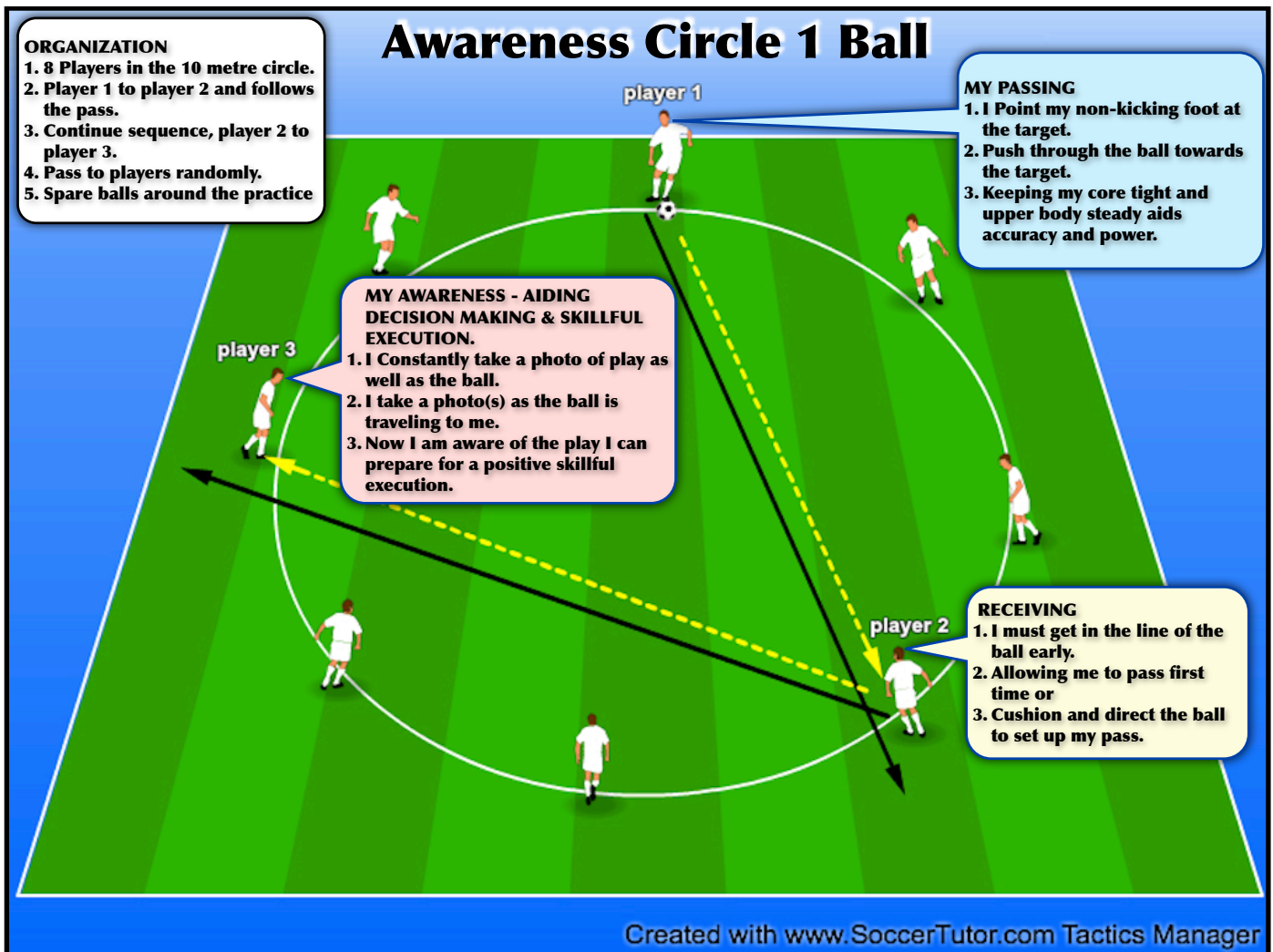
Since 80% of all goals are scored in a defined scoring area, it makes sense to deliver the ball into this area to produce strikes and goals. Crossing into the scoring area from outside the penalty area is not the most efficient method. This session will introduce practices to develop strategies that are far more efficient.

The scoring of goals is the most important part of the game. By developing the ability to score goals from within the scoring zone will develop the player's technical and tactical ability, awareness, ability to deal with defensive pressure, ability to play both quickly and with patience (managing time on the ball) etc.

Below are a number of practices, some may not be covered on the night however they will provide for future reference.

**1 TECHNICAL WARM UP - PURPOSEFUL POSSESSION - AWARENESS THROUGH 180 deg.**

**PURPOSE:** Develop 180 deg. frontal awareness assisting the player's ability to contribute to purposeful possession, turning the transition of regaining the ball in the middle, defending or attacking thirds into delivering the ball with possession into the scoring zone to set up a strike at goals.



**PROGRESSION** Introduce 2 balls

# Awareness Circle. Pass change with free player

- FOCUS**
1. My focus is on play & the ball.
  2. A player may pass to me. OR
  3. A player may run @ me to change places.

- ORGANIZATION**
1. 8 Players in the 10 metre circle.
  2. Player P1 to player P2 and changes places with free player P3.
  3. Player P2 to player P4 and changes places with free player P5.
  4. Pass to players randomly.
  5. Spare balls around the practice

- MY AWARENESS - AIDING DECISION MAKING & SKILLFUL EXECUTION.**
1. I Constantly take a photo of play as well as the ball.
  2. I take a photo(s) as the ball is traveling to me.
  3. Now I am aware of the play I can prepare for a positive skillful execution.

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# Awareness Circle. Pass Then Press The Receiver

- ORGANIZATION**
1. 8 Players in the 10 metre circle.
  2. Player P1.1 to player P2 & follows the pass then stops 2 metres away(P1.2) to press P2.
  3. Player P2 plays a disguised pass to set up P3 or P4
  4. Receiver P3 or P4 starts the sequence again.
  5. P1 replaces P2. P2 replaces P4.
  6. Spare balls around the practice

- DEFENDING**
1. I travel as the ball travels.
  2. Stop quickly & composed within tackling distance.
  3. I press showing 1 way

- ON THE BALL**
1. I use feints to relieve the defender's pressure.
  2. Passing with disguise creates time for the receiver.
  3. Using the inside of the back foot to control, switch the ball to my other side or pass also disguises my intentions.

- MY AWARENESS - AIDING DECISION MAKING & SKILLFUL EXECUTION.**
1. As the ball travels to me I take a photo.
  2. I can see the defender (P1.2), & players either side of me.
  3. This aides my decision making & skill execution.

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### 3 TECHNICAL PRACTICE OPPOSED - PURPOSEFUL POSSESSION - AWARENESS - 360 deg.

**PURPOSE:** Receiving open with 360 deg. all round awareness to turn, pin or spin to retain the team's possession.

**ORGANIZATION**

1. Area min. 10 x 10, max. 20 x 20m.
2. P1 to P2 to P3 to P4
3. The practice continues P4 to P2 to P5 or P1.
4. After 10 reps P2 and the blue defender are replaced.

**RECEIVING**

1. Create space by moving away from the passer then quickly come down the line of the ball.
2. Did I create space to turn immediately or will I have to pin or role my marker?
3. My open body position aids awareness and turning ability.
4. I must practice receiving and passing on both my front and back feet.

**MY PASSING**

1. I deliver a match pace pass away from the defender
2. This aids the receiver's turning, pinning or rolling ability.

**MY AWARENESS - AIDING DECISION MAKING & SKILLFUL EXECUTION.**

1. Constantly take a photo of play as well as the ball.
2. As the ball travels take a photo. who's up field, where is my marker
3. Awareness of play aids preparation for a positive skillful execution.

**TIGHT DEFENDER**

1. Use my arms to balance and screen
2. Boxers stance
3. Lean into defender to pin or roll

**MY PASSING**

1. Ideal to practice with outside of my left foot.
2. Even more disguise with the inside of my back foot - right.

## Receiving Open 1 - Basic

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**ORGANIZATION**

1. Area min. 10 x 10, max. 20 x 20m.
2. P1 to P2.1 to P3
3. P3 makes a return pass to P2.2
4. P2.2 to P4, back to P2.
5. Sequence continues.
6. After 10 reps P2 and the blue defender are replaced.

**COMBINATION**

1. Pass to P3 then delay my movement for the return pass.
2. I delayed, now space is created to receive pass.
3. Pinning the defender allows 1 touch pass to P4

**AWARENESS, where is**

1. Defender
2. My player
3. Space

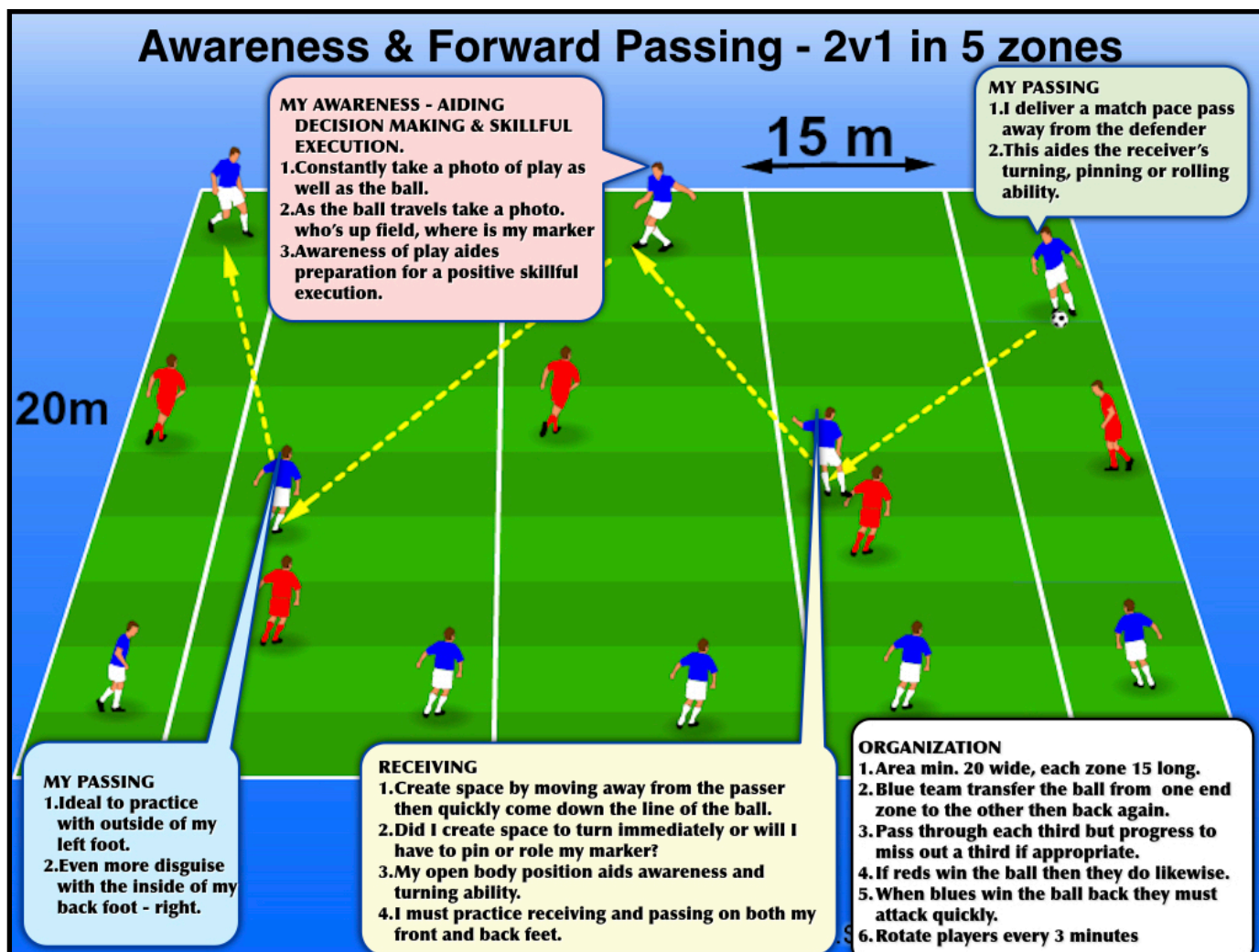
## Receiving Open 2 - Set up pass.

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## 4 TECHNICAL PRACTICE OPPOSED - PURPOSEFUL POSSESSION - AWARENESS & FORWARD PASSING

**PURPOSE:** 1 Receiving open with 360 deg. all round awareness to turn, pin or spin to retain the team's possession.

2 Purposeful forward passing



### PROGRESSION/OPTIONS

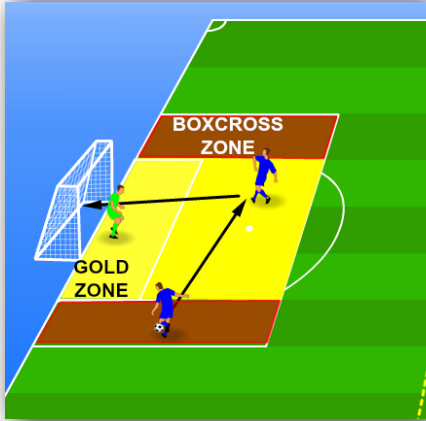
1. The defender must mark one of the two players to create ..
  1. Develop awareness, the passes can only pass to the unmarked attacker
  2. Develop receiving under pressure, the attacker can only pass to the marked player
2. The defender must mark one of the two players to create ..
  1. Develop awareness, the passes can only pass to the unmarked attacker
  2. Develop receiving under pressure, the attacker can only pass to the marked player
3. How many thirds can be missed out by playing direct when appropriate?
4. How many thirds can be missed out by playing direct when appropriate?
5. Follow the pass into the next zone, recover on lost possession.
6. Free play.
7. Options, goals and keeper at each end placed around 15 m beyond the end lines

# DELIVERING & SCORING IN THE GOLD ZONE

## 4 TECHNICAL PRACTICE- BOX PASSING

**PURPOSE: 1** Develop the players awareness & technical ability re: delivering and striking in the Gold Zone (GZ)

### BOX PASSING

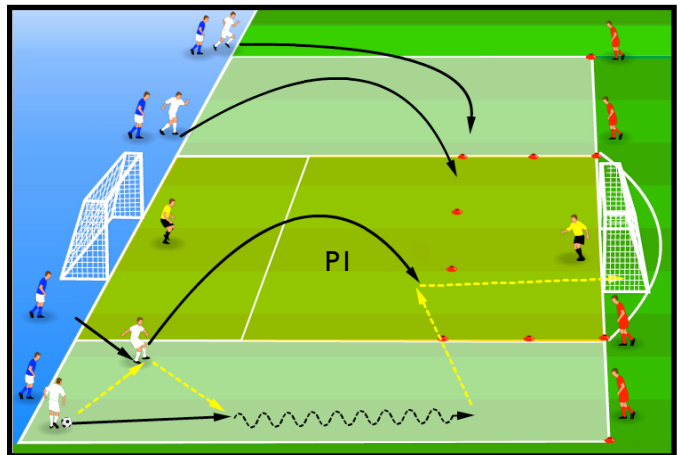


80% of all goals are scored in the Gold Zone (GZ) so it makes sense to deliver the ball into this zone with the accuracy, timing and pace to keep possession and to produce a strike. Aerial crosses from outside the penalty area are not as efficient as crosses from inside the penalty area called Box Passes (BP's).

\* Players must develop the techniques, tactical awareness and tactical understanding of delivering into the Gold Zone

\* Players must develop the techniques, tactical awareness and tactical understanding of striking in the Gold Zone

**Basic Practice to develop an understanding of the delivery and striking in the Box Pass Zone**



### THE DETAIL

**1.** Clearly mark out the BXZ, GZ, Goal Area and Penalty Area.

**2.** Players to rotate starting positions

**3.** Change the mode of entering the BXZ.

**4.** P1 is the most productive area to deliver into.

**TIMING OF RUNS**

**1.** Time the runs to arrive as the ball arrives

**2.** If time permits come down the line of the ball

**AWARENESS**

**1.** Awareness of space, defenders, GK, player in possession.

**2.** Make a flat run (time permitting)

**3.** Arrive as the ball

**FINISHING**

**1.** Finish with a calm mind

**2.** Pass the ball into the goal.

**3.** Ideal surface is the inside of foot

**4.** Point non-kicking

**SET UP THEN RUN INTO P1.**

**1.** Run onto the pass and play back first touch

**2.** Run into the GZ

**3.** If time permits, bend the run to arrive down the

**RUN THE BALL**

**1.** Run the ball at match pace

**2.** Continually be aware of space, opponents, GK, team members

**BOX CROSSING**

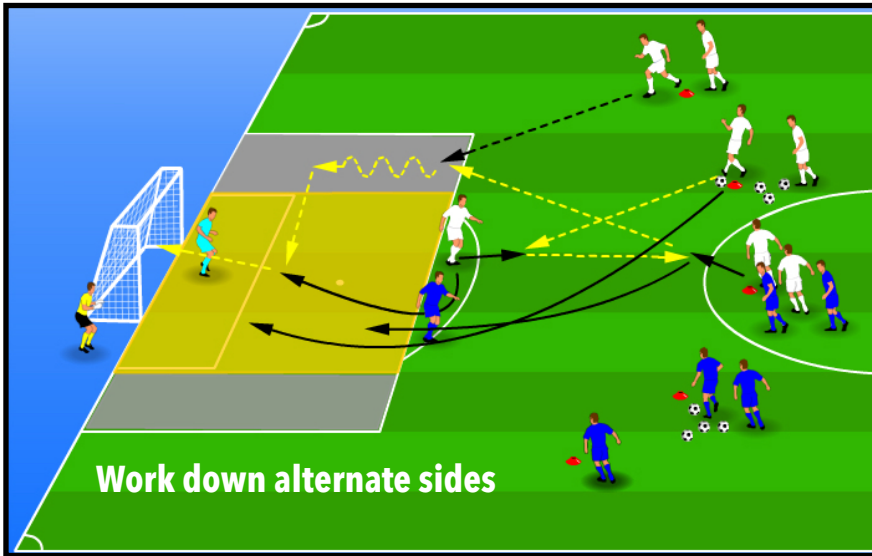
**1.** Point the non-kicking foot at the target

**2.** Pass the ball with inside or instep.

**3.** Hit firmly through the ball's middle

**BOX PASSING - COMBINATION EXAMPLES**

**5 & 6 TECHNICAL WARM UP BOX PASSING DRILLS - COMBINATIONS 1**

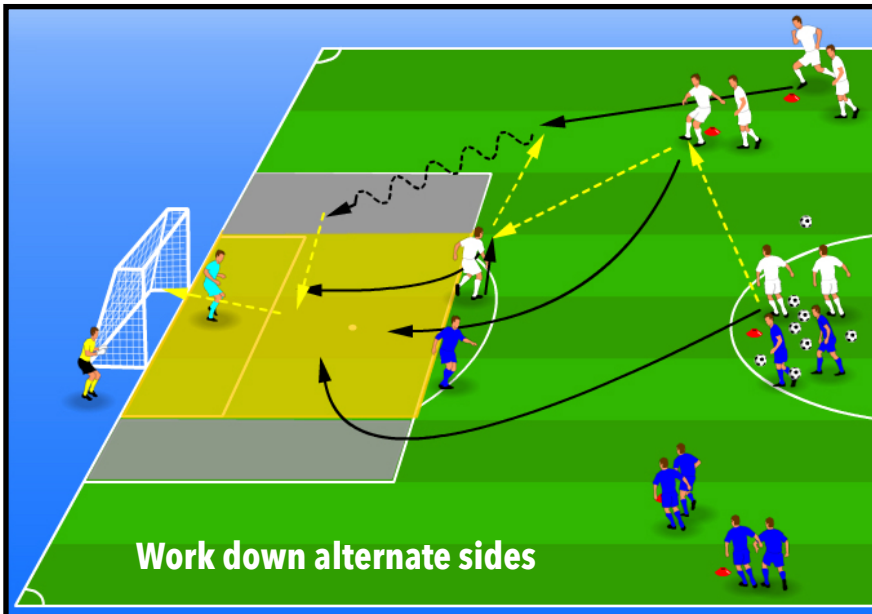


**AIMS & OBJECTIVES**

1. Technical warm up
2. Combinations to set up Box Pass
3. Delivering pass from inside penalty area
4. One touch finishing

**KEY POINTS**

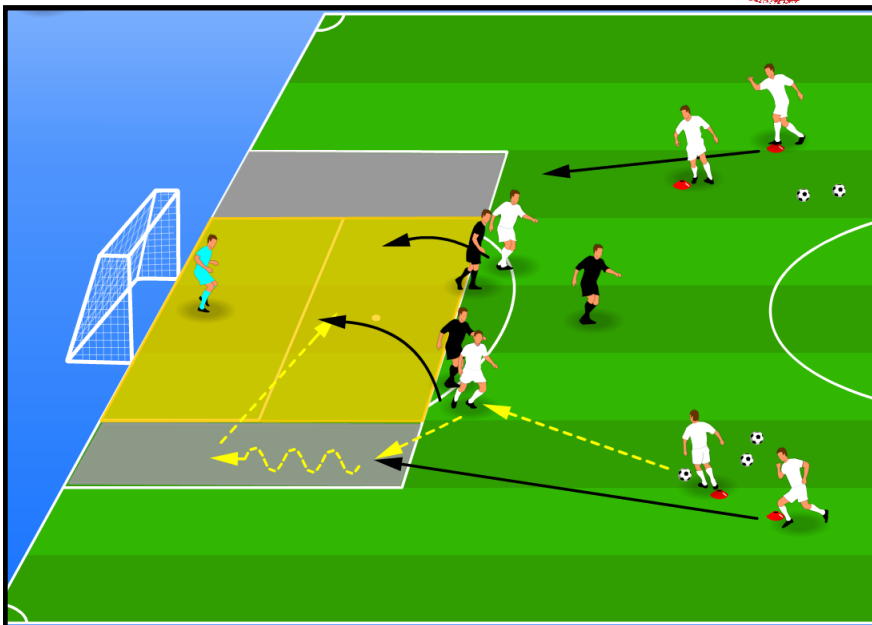
1. Quick 1 touch passing
2. Combination play
3. Deliver ground passes with speed, accuracy and timing with inside or instep of the foot.
4. Time the runs to finish first touch, ideally to pass the ball into the goal.



**AIMS & OBJECTIVES**

1. Progress FROM 3V6 INTO 6V6 etc.
2. Encourage improvisation based on previous sessions.
3. Do not expect the players to replicate the examples, let them find a way.
4. Note players awareness, ability to deal with defensive pressure, ability to play both quickly and with patience (managing time on the ball) etc.

**7 TACTICAL OPPOSED PRACTICE BOX**



**KEY POINTS**

1. Progress to allow free play
2. Full backs to make forward runs & deliver boxpass or combine
3. midfield players receive with an open body position to aid awareness to pass the ball forward quickly
4. strikers pin and lay off or come into the hole to receive and lay off to wide players to deliver box-passes

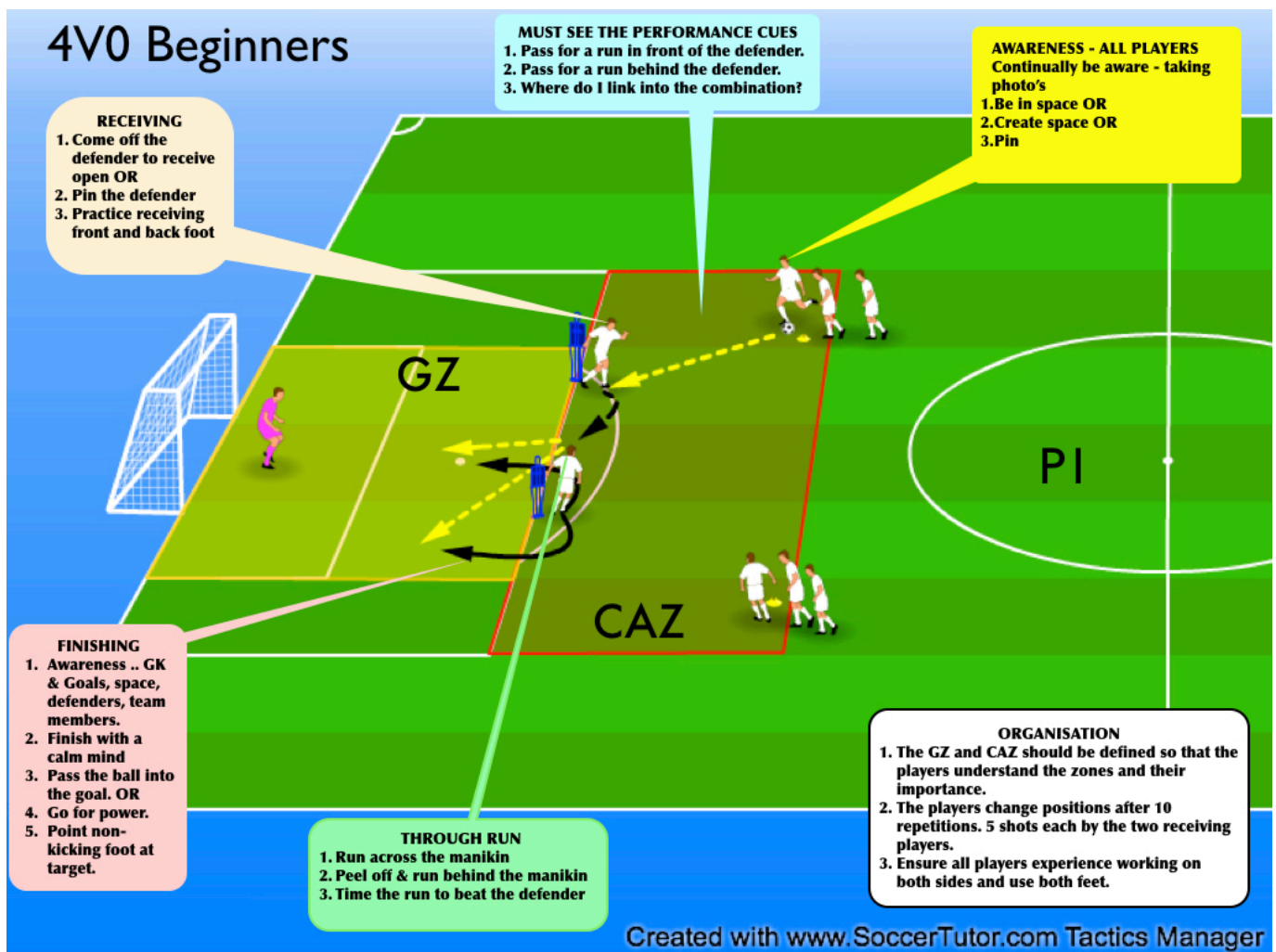
## TECHNICAL PRACTICE- CENTRAL ATTACKING PLAY (CAZ)

**PURPOSE: 1** Develop the players awareness & technical ability re: delivering and striking in the Gold Zone (GZ)

The Central Attacking Zone (CAZ) is the most efficient zone from which to create a strike from inside the Gold Zone. Of the 80% of goals scored, as many as 50% are scored through this zone. Teams will score far higher if they took fewer speculative strikes from this zone and attacked into the Gold Zone with possession to create far more efficient strikes. 12 strikes on target produce 1 goal from outside the Gold Zone. In comparison to 1.5 to 2 strikes on target from inside the Gold Zone (GZ)

- \* Players must develop the techniques, tactical awareness and tactical understanding of delivering into the Gold Zone by combination play, through balls and individual dribbles/ turns and runs with the ball
- \* Players must develop the techniques, tactical awareness and tactical understanding of striking in the Gold Zone from the final pass of combined play, a through pass and by individuals setting up a strike at the end of a dribble/turn or run into the GZ from the Central Attacking Zone.

### Basic Practice to develop an understanding of the delivery and striking in the CENTRAL ATTACKING Zone - COMBINATION EXAMPLES

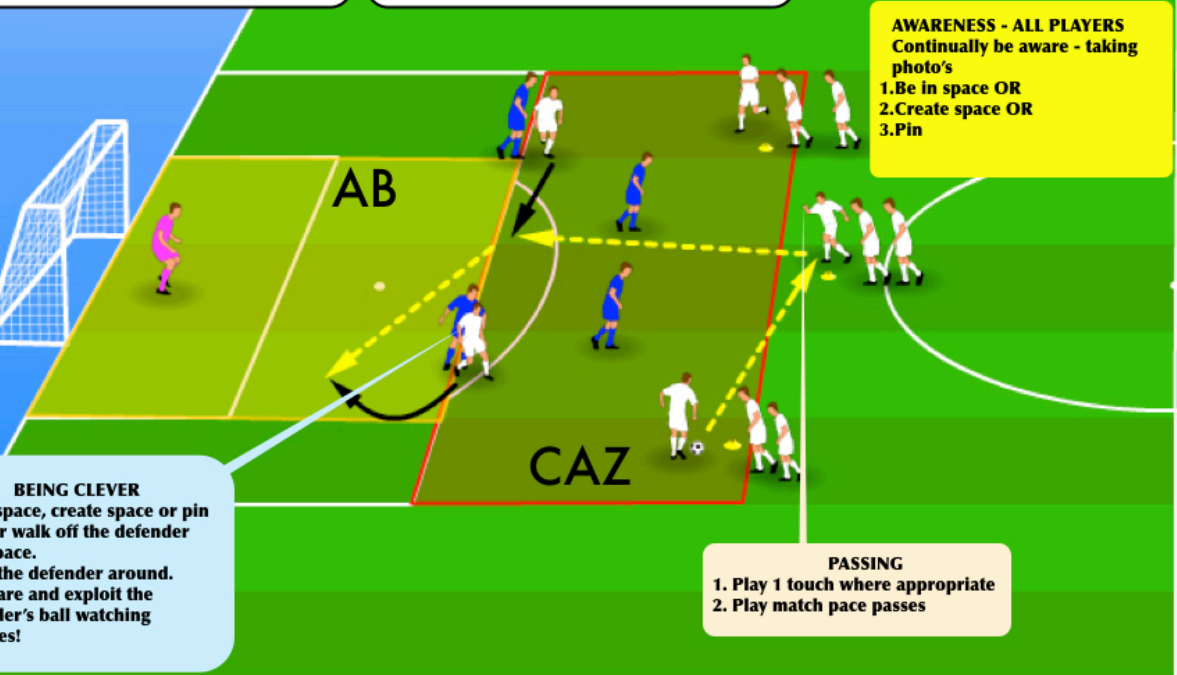


# 5V4 Advanced

**PROGRESSION TO ...**  
1. Introduce two Central Defenders who are initially passive.  
2. Introduce one Central Midfield player.  
3. Introduce second Central Midfield player.

**PROGRESSION WHEN ...**  
1. The players show good movement & accurate and effective passing.  
2. Players make runs without being offside  
3. Players finish with 50% accuracy

**AWARENESS - ALL PLAYERS**  
Continually be aware - taking photo's  
1. Be in space OR  
2. Create space OR  
3. Pin



**BEING CLEVER**  
1. Be in space, create space or pin  
2. Step or walk off the defender into space.  
3. Move the defender around.  
4. Be aware and exploit the defender's ball watching  
5. Offsides!

**PASSING**  
1. Play 1 touch where appropriate  
2. Play match pace passes

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## POSITION SPECIFIC TRAINING PLAYING FROM THE BACK TO CREATE A BOX PASS

### VERY SIMILAR TRAINING FOR CENTRAL ATTACKING PLAY

OBJECTIVES TO DEVELOP:

1. PLAYING OUT FROM THE BACK TO CREATE A BOXPASS INTO GZ WITH POSSESSION
2. DEVELOP THE UNDERSTANDING OF THE NEED TO PASS FORWARD AT EVERY OPPORTUNITY.
3. DEVELOP THE GK'S ABILITY TO DEAL EFFECTIVELY WITH A BACK PASS
4. DEVELOP THE BACK 4'S ABILITY TO RECEIVE THE BALL AND PLAY FORWARD OR RECYCLE SAFELY AND EFFECTIVELY.
5. FULLBACKS TO RUN THE BALL FORWARD AND OR PLAY INTO THE STRIKERS FOLLOWED BY SUPPORT.
6. DEVELOP THE STRIKERS ABILITY TO CREATE SPACE TO RECEIVE AND RETAIN THE BALL
7. DEVELOP THE STRIKERS COMBINATION PLAY TO CREATE A STRIKE.
8. DEVELOP THE WIDE PLAYER'S BOX CROSSING OPTIONS

(NOTE IN THIS TEXT; BOX CROSS & BOX PASS ARE THE SAME)



## **ACTION**

1. TWO TEAMS OF 4 DEFENDERS 2 MIDFIELD AND 2 STRIKERS
2. PLAY STARTS WITH GK FROM OPPOSITE ENDS KICKS TO GK WHO DEALS WITH PASS AND PLAYS OUT TO CENTRE BACK OR FULLBACK
3. THE BACK 4 REACT TO THE GK'S POSSESSION WITH THE FULLBACKS PUSHING WIDE AND ON INTO THE CHANNELS.
4. PLAY MUST GO THROUGH ANY OF THE BACK 4 TO THE STRIKERS.
5. FULLBACK MUST GET FORWARD AND SUPPORT THE STRIKERS WHO COMBINE TO CREATE A BOX CROSS DELIVERY
6. AFTER PLAY HAS BROKEN DOWN THE PRACTICE IS RESTARTED THIS WAY.

## **KEY FACTORS .... BACK 4**

1. AS SOON AS THE GK LOOKS TO GET POSSESSION THE FULL BACKS MUST GO WIDE AND IN ADVANCE OF THE CENTRE BACKS AND LOOK TO RECEIVE OFF THE GK.
2. THE CENTRE BACKS MUST SPLIT AND LOOK TO RECEIVE THE BALL OFF THE GK.
3. BACK 4 PLAYERS TO ADOPT AN OPEN BODY POSITION TO BE ABLE TO SEE ALL THE PLAY AND ALSO RECEIVE "OPEN" FROM THE GK. TAKE A PHOTO
4. ALL PLAYERS TO TAKE A PHOTO PRIOR TO RECEIVING.
5. THE RECEIVER'S FIRST TOUCH SHOULD SET HIM UP FOR A FORWARD PASS
6. IF THE RECEIVER IS PRESSED BY AN OPPONENT, OPEN UP A PASSING ANGLE TO ENABLE A FORWARD PASS.
7. REMAINING BACK 4 PLAYERS TO SUPPORT IN FRONT OR BEHIND BUT NOT SQUARE.
8. IF IT CANT GO FORWARD, THEN RECYCLE QUICKLY TO OUT BALANCE THE OPPOSING TEAM AND RELEASE PRESSURE ON THE BALL. A BIG RECYCLE CAN DO THIS BUT DO NOT MAKE A BIG SQUARE PASS FROM ONE SIDE TO THE OTHER.

## **KEY FACTORS .... FULLBACK GOING FORWARD**

1. AS SOON AS THE GK LOOKS TO GET POSSESSION THE FULL BACKS MUST GO WIDE AND IN ADVANCE OF THE CENTRE BACKS AND LOOK TO RECEIVE OFF THE GK.
2. RECEIVE OPEN AND IF THERE IS CLEAR SPACE IN FRONT, TAKE A BIG TOUCH IN FRONT.
3. RUN THE BALL FORWARD AT SPEED .
  - A. PLAY INTO THE STRIKER
  - B. GET A RETURN PASS OFF THE STRIKER
  - C. CUT INSIDE AND GET INTO BOX CROSS ZONE TO CROSS

## **KEY FACTORS .... STRIKERS**

1. BE AVAILABLE ALL THE TIME TO RECEIVE A PASS.
2. RECEIVE STOOD STILL.. PIN
3. LAY OFF TO WIDE PLAYER
4. COME SHORT INTO THE HOLE, TURN AND EXPLOIT THE SPACE
5. MAKE FLAT RUN TO RECEIVE DOWN THE SIDE
6. COMBINE WITH 2<sup>ND</sup> STRIKER FOR ....
  - A. CROSS OVER'S
  - B. DESTROY COVER TO CREATE SPACE FOR THE OTHER STRIKER OR OTHER PLAYERS BY MOVING THE CENTRE BACK.
  - C. ONE SHORT ONE LONG
  - D. COMBINATIONS AND THROUGH'S.

