

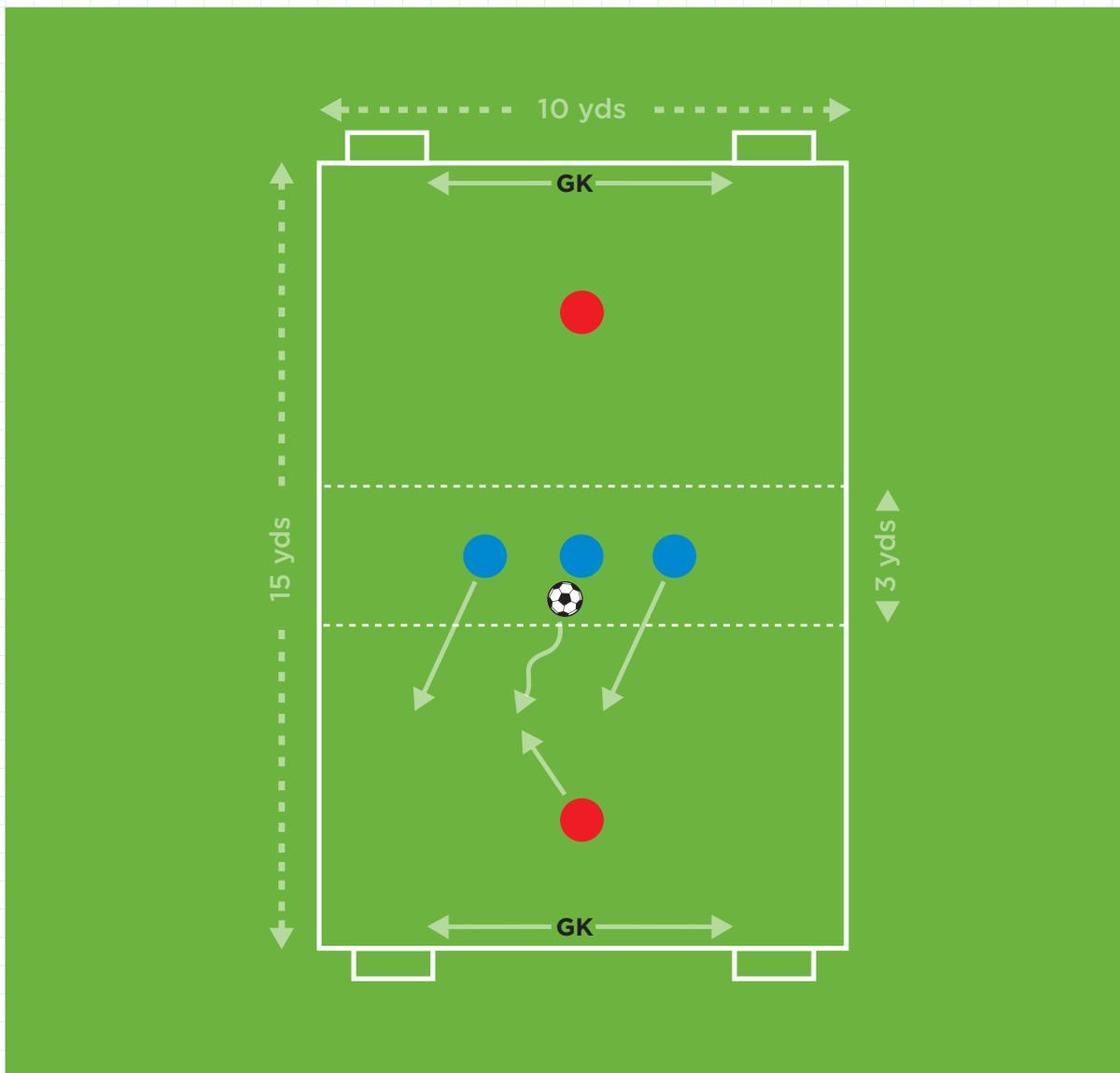
# Attacking: dribbling & passing 1

## Practice organisation

- Area 15x10yds with 4 goals in corners, as illustrated.
- 7 players (incl. 2 GK's), 1 ball.
- Practice starts with 3 players in central safe zone, with Defender & GK defending goal at either end.
- If Attackers' progress is blocked, they can take ball back into safe zone & attack in other direction.
- Should GK save an attempt on goal, the goalkeeper should roll the ball to the defender if possible, who then transfers the ball into D in the opposite half. If not, GK throws D in the other half.
- D receiver then attempts to turn & score against GK at that end.

## Detail

- After a GK save: rolling-out to D & transferring ball across allows recovery time for A's.
- D's work hard to dispossess A's &/or block attempts at goal.
- D's receive opportunity to pass, receive, turn & shoot for goal whilst A's re-group.
- Simple progressions for this practice are:
  - Increase ratio of A's to D's (3v2, 4v2 etc).
  - Encourage attacking whilst outnumbered (2v3, 1v2) if working with talented players.
  - Defend one single goal, placed centrally, at each end.



## Key coaching points

- Recognition of potential passing options when the central A player takes the ball-on towards goal.
- Drawing D & moving with ball to create space for others to receive passes.

- Delivering balls to supporting players & weighting passes into space for team mates to run onto.
- Disguise passes to outwit D.
- Practise attacking with width.
- Crossing & finishing.