

Attacking flank play

Practice organisation

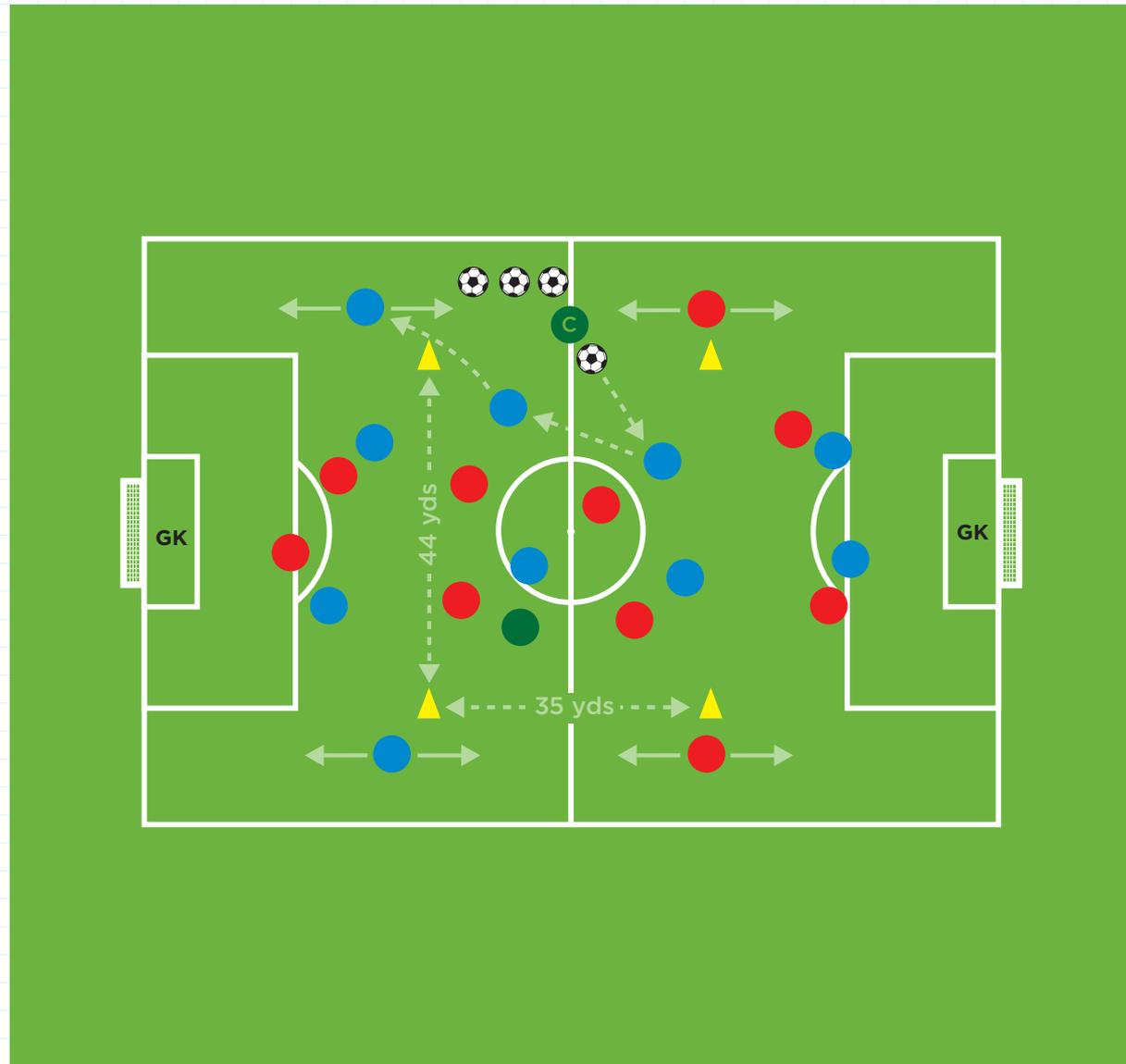
- Full pitch including goals, with 44x35yd area marked by cones in centre, as illustrated.
- 23 players (incl. 2GK's), arranged 4v4 plus a Floater in central area, who plays for the team in possession at all times; 2v2 at each end outside of penalty area & 2 flank players for each team, as shown.
- Practice starts with: Coach passes into central area, to Attacking team.
- A's look to keep possession for 5 consecutive passes before playing into front players.
- Strikers spread ball to flank, for winger to dribble & cross into penalty area.
- If D's gain possession: they can move ball to flank quickly to counter-attack (do not require 5 passes in central area).
- One MF player from central area can attack goal, looking to receive cross with strikers, making third player in opponent's penalty area.
- After each attack/counter-attack: Coach restarts practice by feeding into other team & roles are reversed.

Detail

- Players remain within designated areas, with the exception of breaking MF player, who must change for each counter-attack.
- Moving the play early: timing, speed & angle of forward runs to support receiving player.
- D's to defend realistically at all times, tracking runs & challenging.
- Simple progression for this practice is:
 - If recovering team regains possession: it can initiate its own counter-attack.
 - 2 MFs and 1 DMF join the counter attack from the central area .

Key coaching points

- Precision & quality of passing & support play in MF area to achieve 5 consecutive passes.
- Intelligent use of possession, movement & individual skills, on & off the ball.
- Early recognition of supporting strikers to 'show' for ball out of MF area & combine.
- Quick reaction to movement of players to initiate counter-attack.
- Quick change of attacking to defending & defending to attacking attitude from players.
- Looking for timely runs & well-placed passes to quickly penetrate opposition on counter-attack.
- Concentration & assessment of build-up play in advanced positions to receive break-out passes from MF.



Attacking when opponents are 'out of balance'

Age group
17-21 years