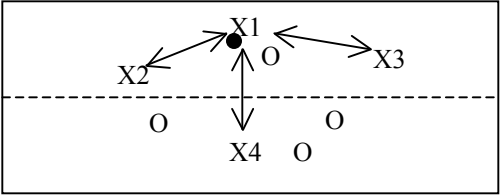
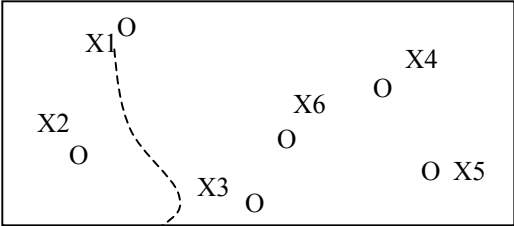
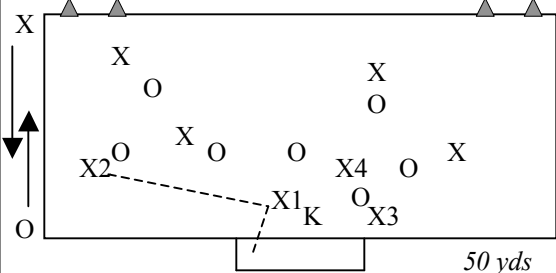



Name: Arsenal - Alex Mason

Topic: Coach to Improve team Shape in Attack

Date: _____

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>Two teams of 4 players</p> <p>Playing to end lines, field is divided into two halves</p> <p>-time teams</p> <p>- number of touches</p> <p>* STRETCH</p>	<p>End Line Organization</p>  <p>25 yds</p> <p>35 yds</p>	<p>Key Coaching Points</p> <p>-(X1) has ball, X2 and X3 are maintaining shape. (X4) has taken a holding position</p> <p>- change the number of supporting players you want in the attacking half 1, 2, 3, or all four players.</p>
<p>Match Related Activity 20 min.</p> <p>6 v 6 playing to targets</p> <p>-targets must move so attacking team must work ball to find target</p> <p>- every player must touch ball before going to target</p>	<p>T</p>  <p>35 yds</p> <p>50 yds</p>	<p>-this attack shows depth from (X1) to (X3) to (X2), the width is given by (X5) and (X4), (X1) dribble into space to find a target</p> <p>-speed of play</p> <p>-attack in numbers</p> <p>- individual skill moves</p>
<p>Match Related Activity 25 min.</p> <p>8 v 8 + keepers</p> <p>- rotate formation from 1 to 2 to 3 forwards so players are aware of movement of the ball</p>	 <p>35 yds</p> <p>50 yds</p>	<p>-rotate teams so both teams can attack the large goal + keeper</p> <p>-teams must understand that if the shot is on the shooter must take the shot regardless of shape</p> <p>- communication</p> <p>- (X1) receives ball from (X2) who is on the flank, (X3) has taken up a position on the back post, (X4) is giving support from behind</p>
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	 <p>full field game</p>	<p>- look to attack with pace while keeping shape</p>
<p>Cool Down</p>	<p>Light Jog & Stretch</p>	