

MIDFIELD POINT OF ATTACK GAME

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Transition and attacking rhythm
- + Switching the point of attack

Competencies:

- + Short and medium passing
- + Receiving using different surfaces of the body.
- + Mobility on and off the ball.
- + Attacking in pairs and small groups.
- + Defending in pairs and small groups.

WHY USE IT

This game helps train players to read an opponent's defensive shape, and encourages them to change the point of attack in midfield to find better attacking options.

SET UP

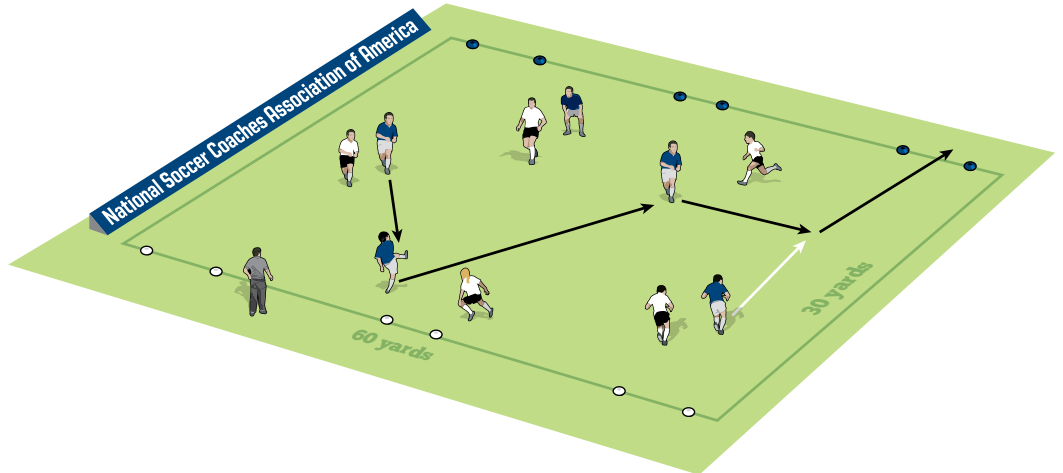
Set up a 30 yard (long) x 60 yard (wide) field with 3 sets of cone goals placed along each end. The 2 cone goals in the center of the field should be only 2-3 yards wide; the other 4 goals (near each corner of the field) should be 6-8 yards wide.

HOW TO PLAY

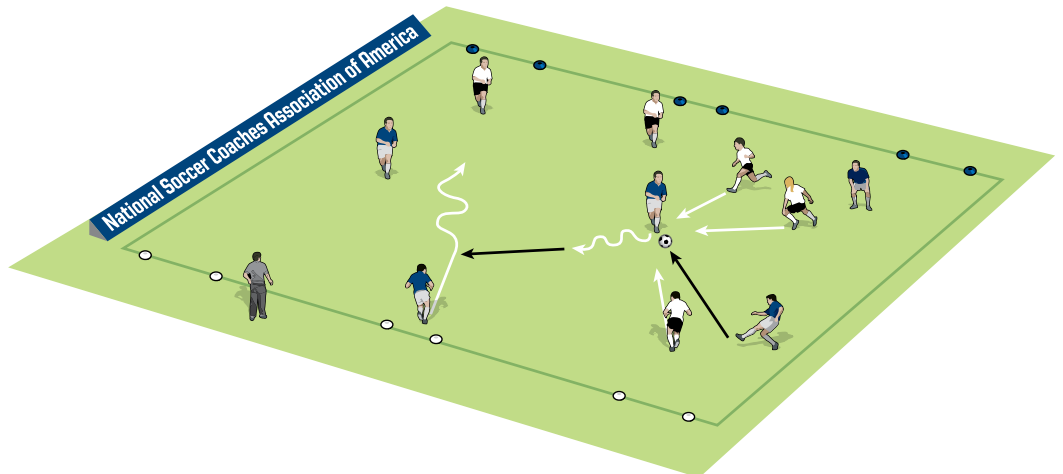
Play a game of 6v6, with each team defending 3 goals and attacking the other 3 goals.

COACHING NOTES

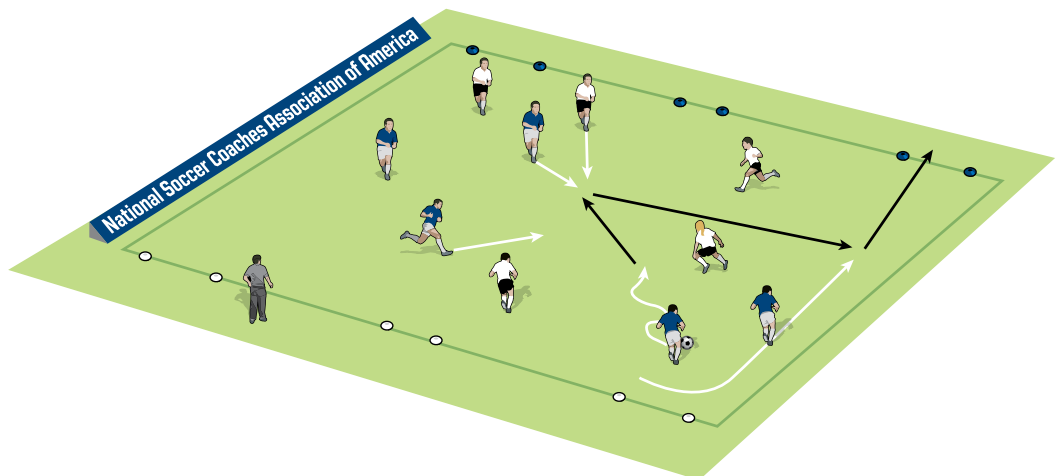
- + Coaching objectives - Look for players to have "their heads on swivels" to be aware of options to the right and left. Play the way you are facing whenever possible.
- + Coaching tip - Note that the shape of this game naturally reinforces the topic, as it requires players to use more width than length to be successful.
- + Adaptations - Play without the 2 central cone gates.



- + Recognize when space is closed down.
- + Work the ball quickly toward open space.



- + Look around before the ball arrives.
- + Turn away from pressure in the middle of the field with the first touch.



- + When numbers-up, attack the goal and score!

