

Attacking With Numbers

Emphasis: Crossing and Finishing.



Set-up:

A goalkeeper is positioned in goal and a defender starts at the penalty spot. Players (1) and (2) are positioned level with the corner of the 18 yard box. Three cones are placed 40 yards from goal as shown. Position at least two players at each cone. A server is positioned in the center circle with a supply of balls.

Objective:

The server drives the ball to either player (1) or (2). Players (1) and (2) must turn quickly and dribble down the channel before crossing into the box. The three players on the cones must attack the ball in the penalty box. After a shot or goal the sequence is repeated on the opposite side of the field. Play continues in this alternating fashion for a designated number of reps or for a predetermined period of time. NOTE – Extra players can be assigned to each position to avoid fatigue.

Progressions:

1. Wide players (1,2) must cross within 2-3 touches to encourage higher tempo.
2. Add additional defenders.

Coaching Points:

- Crosses into the box must be of high quality.
- Timing and angles of runs into the box.
- Finish with one touch, preferably with the head.
- All crosses must be delivered with pace.