

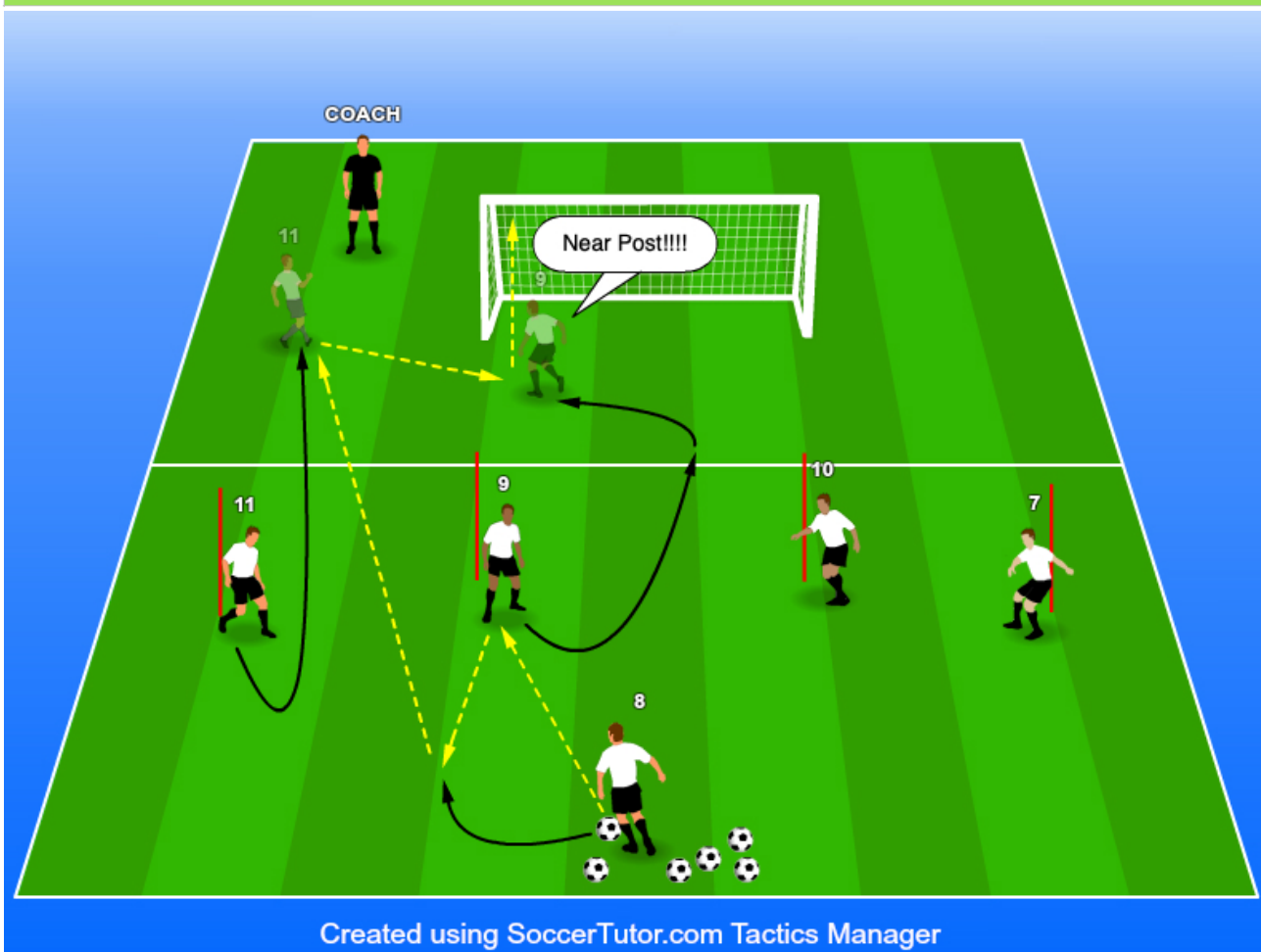
## Session Summary

|                  |   |                   |                              |
|------------------|---|-------------------|------------------------------|
| <b>Session:</b>  | <b>SOCIALLY DISTANCED ATTACKING PATTERNS PRACTICE</b> |                   |                              |
| <b>Duration:</b> | 20 mins   | <b>Equipment:</b> | 6 x Balls, 1 goal, 4 x Poles |
| <b>#Players:</b> | 5 Players   | <b>Age Group:</b> | U8 - U18                     |

## Setup

- 4 poles set up to represent a back 4 (2 full backs and 2 centre backs)
- One player on each pole. Players will work in pairs (left two vs right two)
- One player (or coach) with 6 footballs in a deeper, midfield position to feed balls into each pair.

## Pattern 1



- Midfielder (8) plays a one-two with the striker (9), who has dropped off their marker (pole!) to create space behind to run into.
- The return pass needs to set 8 nicely for the through ball between the centre back and full back poles.
- Meanwhile, the winger (11) drops off their marker (pole) and darts into the space behind, to receive a through ball from 8.
- At the same time, 9 has made a run into the box, deciding where they want the ball delivered. Encourage them to lose their marker in the box with their movement (ie move toward the far post and then a quick change of direction to the near post).
- Once 9 and 11 out of the way, repeat on the other side with 7 and 10.

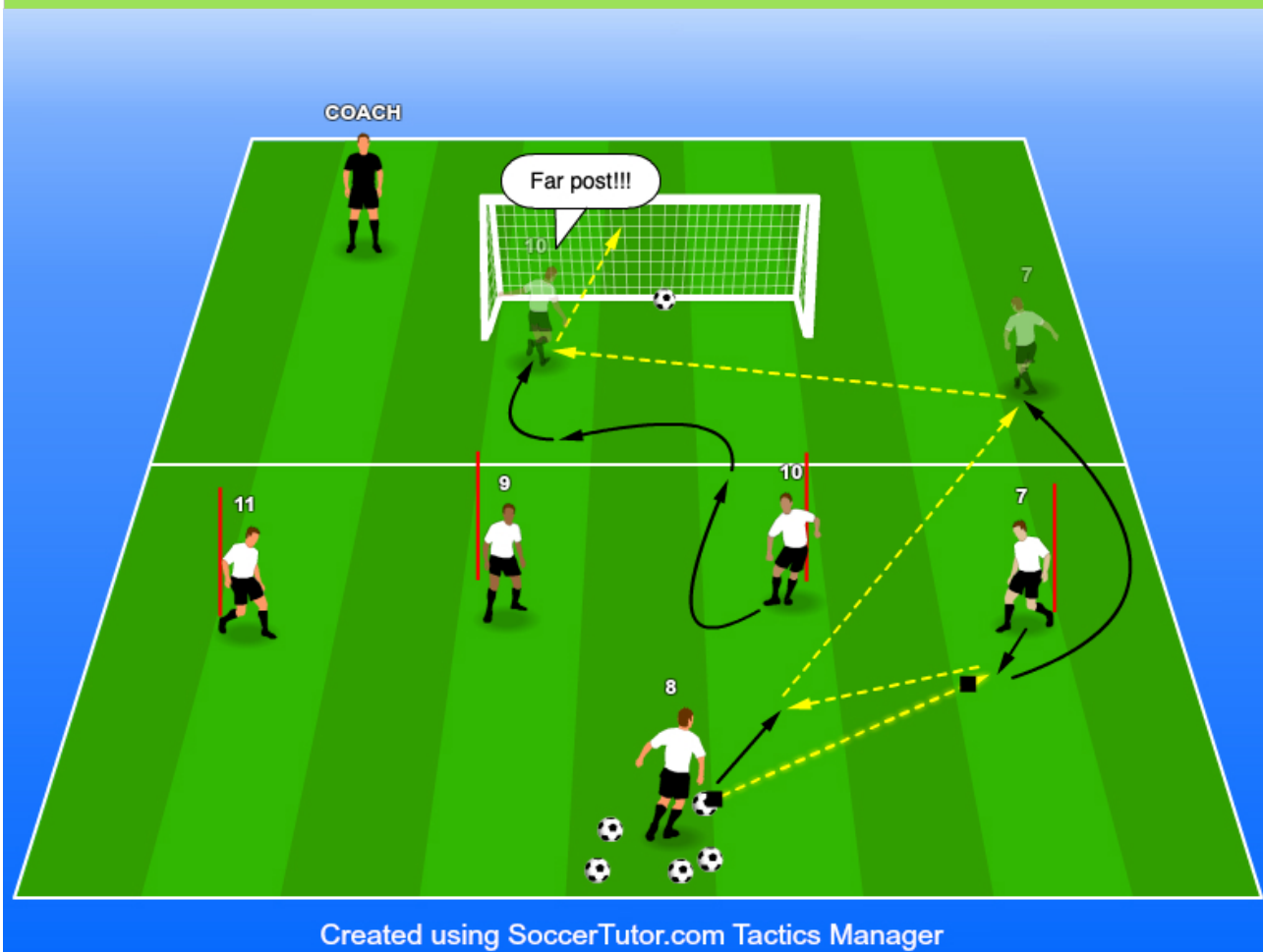
## Rules - All Scenarios

- Walk through each scenario so the players understand.
- Start with attacking pattern #1
- The midfielder feeds a ball to each pair alternately.
- Each pair waits until the other has finished and is out of the way before they begin (social distancing observed).
- Each pair attempts each attacking pattern 3 times in one "set"
- 1 point for a goal, 2 points for hitting the corner.
- Once a pattern has been completed 3 times by each pair and all 6 balls are used up, collect in the footballs, rotate in the midfielder and either move onto the next pattern or repeat the same one.
- Give the players chances to work on both the right and left and in different roles.
- Progression - have the players come up with their own pattern in their pairs & show the other pair.
- Optional - use the poles as an offside line.

## Coaching Points - All Scenarios

- When waiting on their poles, players should be on the balls of their feet, ready to receive the ball.
- Players should make a movement towards the midfielder to receive the ball to mimic losing their marker.
- Encourage the striker to call out where they want the ball - "near post", "far post" etc.
- Encourage the striker to make a quick burst to wherever they want to receive the ball to lose their marker
- Arced runs, not straight. Watch the offside.
- Work up to game pace - movements should be decisive & purposeful.
- Usual finishing points - pick your spot, hit the corners etc.
- Encourage players to think about the game-realism of the scenarios.
- Timing of runs, triggers for moving etc...

## Pattern 2



See next page for walkthrough...

- Midfielder (8) plays a one-two with winger (7). Encourage 7 to drop off their pole (marker) to play the one-two.
- 7 spins off their marker (pole) and runs onto the through ball 8 plays between the centre back and full back poles.
- Meanwhile, 10 spins off their marker and makes a move to the near post before darting to the far post.
- 7 crosses for 10 to finish.
- Once 7 and 10 are out of the way, repeat with 9 and 11.



- Midfielder (8) to striker (9), who drops off their marker to receive the ball.
- 9 bounces the ball back to 8, set nicely for the through ball between the centre back and full back poles.
- At the same time, the winger (11) has dropped deep to draw their marker out and then spun into the space behind.
- 8 plays the through ball for 11 to run on to.
- 11 either crosses for 9 to finish OR shoots themselves. Encourage the players to mix it up.
- Once 9 and 11 are out of the way, repeat on the opposite side, with 7 and 10.

## Pattern 4



- Midfielder (8) plays the ball into the striker, 10, who rolls their marker (pole!!)
- Meanwhile, the winger (7) has lost their marker (pole) and made a run down the wing.
- 10 plays the ball wide for 7 and then make a run to the far post.
- 7 either crosses for 10 to finish or shoots themselves.
- Once 7 and 10 are out of the way, repeat on the other side with 9 and 11.