ATTACKING SESSION

Passing and movement -> finishing -> wide service -> game -> set-piece challenge

SESSION OVERVIEW

SESSION AIM

Develop attacking play through passing, movement, finishing, crossing, goalkeeper involvement and an end game that rewards

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Attacking Play	**Warm Up Phase 1**	**Warm Up Phase 2**	**11v11 Set-Piece Game**

WARM-UP PHASE 1 | PASSING WITH GOALKEEPERS

ORGANISATION

Use a half pitch. Position 10 red players, 10 yellow players and 2 to 4 goalkeepers in the area. Equipment for the whole session: 16 outfield players, 2 goalkeepers, 16 bibs, 40 disc cones, 2 full-size goals and 20 balls.

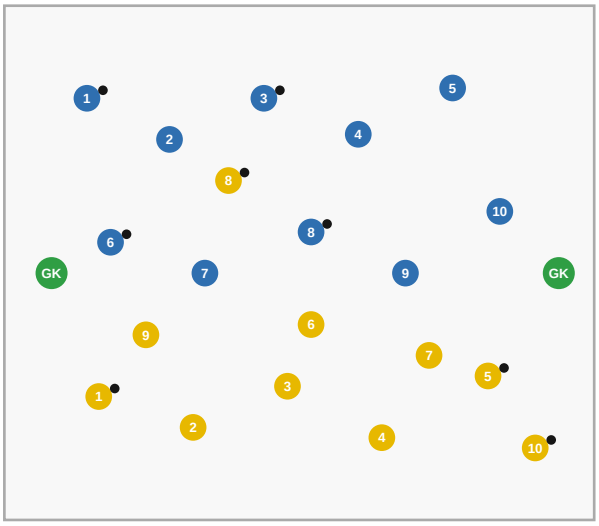
HOW IT WORKS

All players move freely, passing and moving throughout the area. Players should pass to any goalkeeper whenever the opportunity arises. During the first phase, goalkeepers use their feet. Progress to ground passes that goalkeepers collect with their hands and roll out, then driven passes into the goalkeeper's hands.

COACHING POINTS

- Vary the service into the goalkeepers.
- Encourage constant communication and movement.
- Use sharp, crisp passing.
- Goalkeepers should adjust footwork and body shape early.

DIAGRAM



Free passing and movement with regular involvement of the goalkeepers.

PROGRESSIONS

1. Ground passes only, with goalkeepers picking up and rolling out.
2. Driven service into the goalkeeper's hands to vary handling.

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WARM-UP PHASE 2 | POSSESSION AROUND THE GOALKEEPERS

ORGANISATION

Arrange the outfield players in a large circle and place the goalkeepers in the middle.

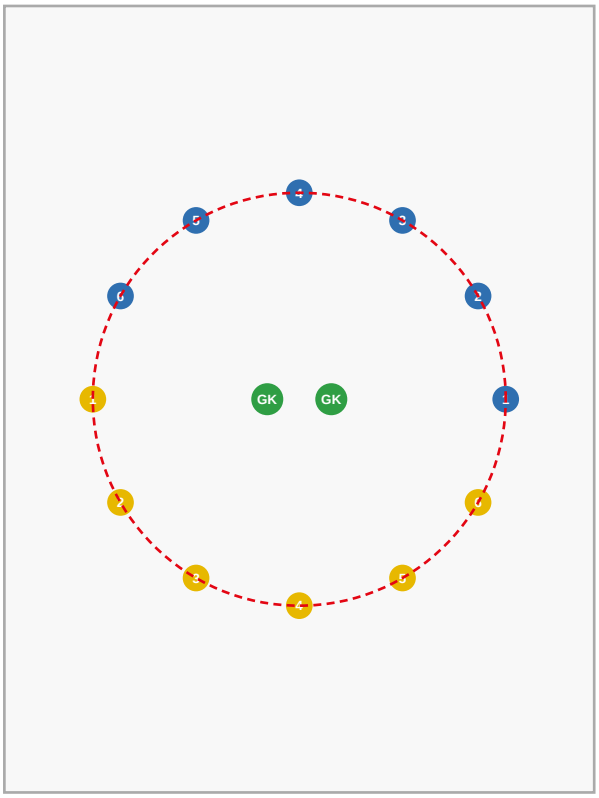
HOW IT WORKS

The outer players try to maintain possession while the goalkeepers work together to intercept passes. Goalkeepers are encouraged to move aggressively and go to ground when appropriate, simulating breakaway-style interventions. Use short bursts, then allow stretching or recovery between rounds.

COACHING POINTS

- Field players should try to split the goalkeepers with crisp passing.
- Goalkeepers narrow the angle and work together.
- Emphasise goalkeeper communication.
- Reinforce sound breakaway technique and timing.

DIAGRAM



Goalkeepers intercept in the middle while the outside players keep possession.

PROGRESSIONS

1. Reduce the size of the circle to increase pressure.
2. Limit the outside players to one or two touches.

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ACTIVITY 1 | LAY-OFFS & SHOOTING

ORGANISATION

Split the players into two groups. Place two goals roughly 40 to 50 yards apart with a supply of balls beside each goal. Position one target player near each goal and a goalkeeper in each goal.

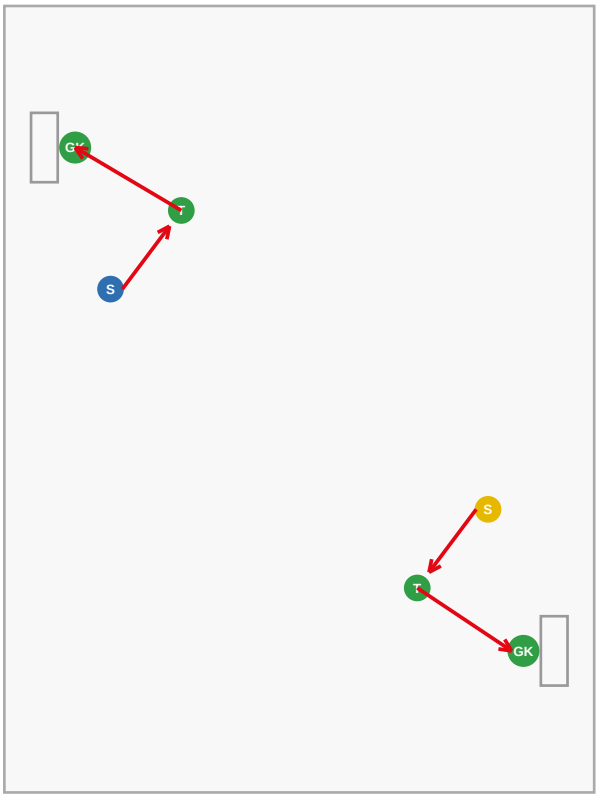
HOW IT WORKS

Both groups work at the same time. The first player in line passes to the target player. The target lays the ball off for a strike on goal. After shooting, the shooter becomes the next target player. Continue the rotation. Progress by asking the target player to lay the ball off wider to create a more difficult angle.

COACHING POINTS

- Goalkeepers should get set early and read the angle.
- Focus on clean handling and shot-stopping technique.
- Field players need quality passing, lay-offs and strikes.
- Keep the rotation quick so repetitions stay high.

DIAGRAM



Pass into the target, receive the lay-off and finish on goal.

PROGRESSIONS

1. The target player lays the ball off outside to change the angle of the finish.
2. Finish first time when possible.

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ACTIVITY 2 | WIDE SERVICE & BOX FINISHING

ORGANISATION

Use four stations in the attacking half. Work with a wide player, central attackers, defenders and a goalkeeper. Build the practice in phases.

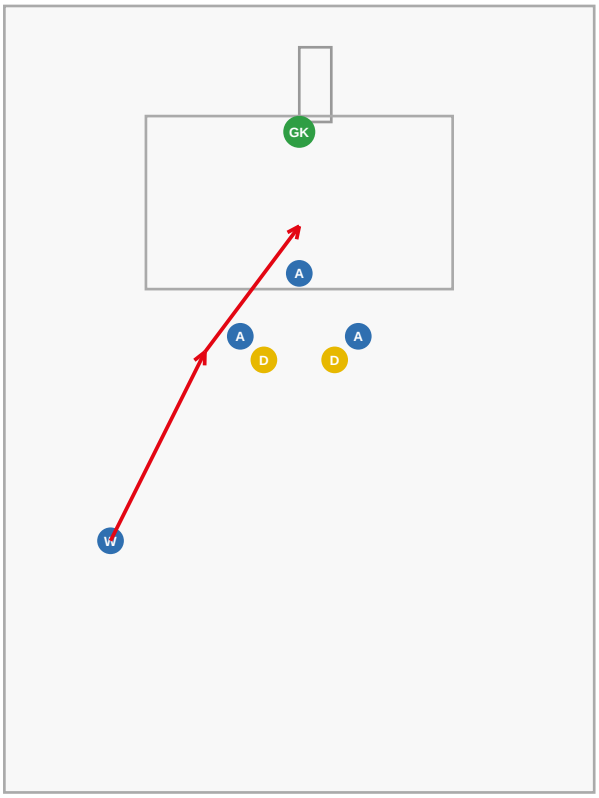
HOW IT WORKS

Phase 1: the wide player dribbles down the line and crosses for two central attackers finishing unopposed.
Phase 2: the wide player serves to three attackers, including the opposite wide player, against two defenders.
Phase 3: three defenders are now in the box and one defender must press the wide player delivering the cross.

COACHING POINTS

- Demand quality service from wide players.
- Attackers should finish decisively and time runs well.
- Goalkeepers communicate clearly with defenders.
- Goalkeepers work on starting position and dealing with traffic in the box.

DIAGRAM



Progress from unopposed crossing to realistic pressure in and around the box.

PROGRESSIONS

1. Increase pressure on the crosser earlier.
2. Vary the type of service: driven, lofted and cut-back.

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ACTIVITY 3 | 6V6 WITH CHANNEL PLAYERS

ORGANISATION

Organise a 6v6 game with goalkeepers on a half pitch. Mark wide channels and place channel players in them.

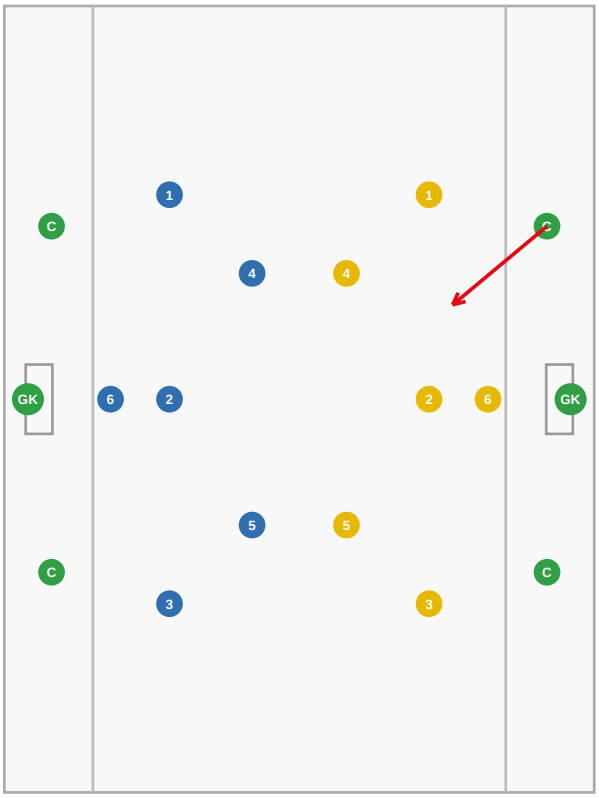
HOW IT WORKS

Teams compete normally and try to score. Channel players are encouraged to deliver early crosses into the box. An optional restriction is that all outfield players and the goalkeeper must touch the ball before the attack can begin.

COACHING POINTS

- Encourage quality service from the wide players.
- Use build-up play to create crossing opportunities.
- Goalkeepers work on dealing with crosses and shots.
- Goalkeepers should distribute to the deepest useful target whenever possible.

DIAGRAM



Use the channels to create early crossing opportunities into the box.

PROGRESSIONS

1. Require the attack to include a cross before scoring.
2. Use the all-players-touch condition as a challenge.

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FINAL GAME | 11V11 SET-PIECE GAME

ORGANISATION

Organise an 11v11 on a full pitch. For illustration purposes the diagram is simplified. Use two different team shapes if desired.

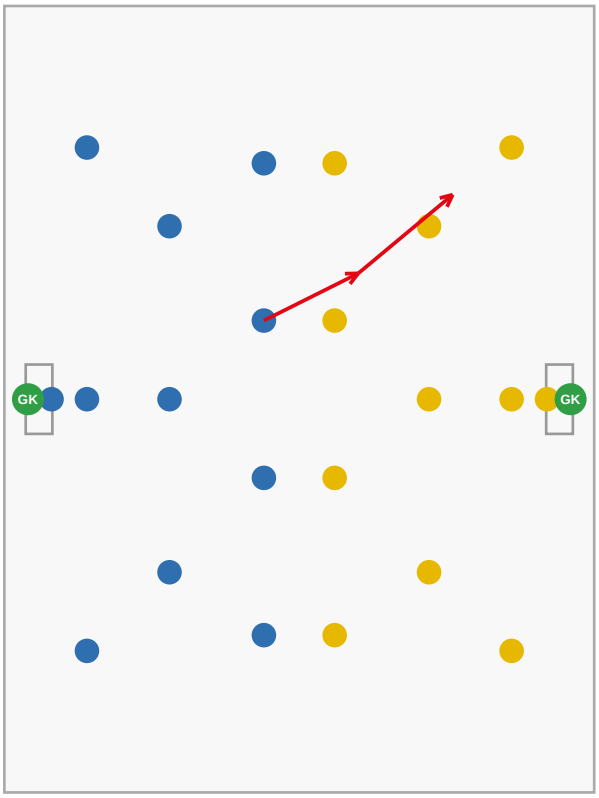
HOW IT WORKS

Teams play normally and try to score. During the game, the coach randomly awards each team 5 corner kicks, 5 free kicks and 2 penalty kicks. A goal from open play is worth 1 point, while a goal from a set piece is worth 2 points.

COACHING POINTS

- Teams must organise quickly for every set piece.
- Carry forward the earlier attacking and goalkeeper principles.
- React positively to dead-ball moments.
- Reward quality delivery, finishing and defensive concentration.

DIAGRAM



An 11v11 game that adds repeated set-piece opportunities and extra scoring value.

PROGRESSIONS

1. Limit the time available to restart each set piece.
2. Finish with a short unrestricted game if time allows.