DEVELOP QUICK ATTACKING PLAY

Fast possession -> support -> combinations -> getting in behind

SESSION OVERVIEW

SESSION AIM

Develop quick attacking play through fast possession, forward support, combination play and creating chances behind the defence.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Quick Attacking Play	**8v8 + 2 Possession**	**Mini-Goal Game**	**11v11 Free Game**

WARM-UP | PARTNER PREPARATION

ORGANISATION

Players work in pairs. Phase 1: spend 10-15 minutes jogging, performing dynamic movements and flexibility exercises. Phase 2: one player serves and one works with one ball per pair. Use short technical tasks such as one-touch instep returns, heading back and side-to-side volleying. Phase 3: finish with 3 minutes of free work with the partner.

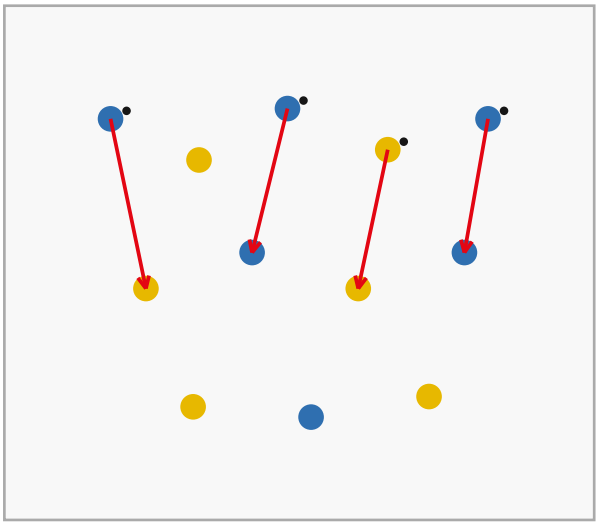
HOW IT WORKS

Allow players some ownership in how they prepare, while keeping focus high. In Phase 2, each technical exercise lasts about 30 seconds before players switch roles. Use 10-15 technical actions in total, encouraging side-to-side, back-and-forth and quick dynamic movement. In the final 3 minutes, encourage longer driven passes, quick combinations and short one-touch exchanges.

COACHING POINTS

- Players must prepare themselves physically and mentally for full activity.
- Keep the tempo and concentration high throughout.
- Use clean technical execution in all ball-work actions.
- Encourage movement across different areas of the field.

DIAGRAM



Partner-based warm-up: movement preparation, technical work and free ball contact.

PROGRESSIONS

1. Switch roles every 30 seconds during the technical ball-work phase.
2. Increase the speed and range of passing during the free phase.

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ACTIVITY 1 | 8V8 + 2 POSSESSION GAME

ORGANISATION

Use a 40 x 45-yard field. Play 8v8 plus 2 neutral players, with coaches at the corners and extra balls available.

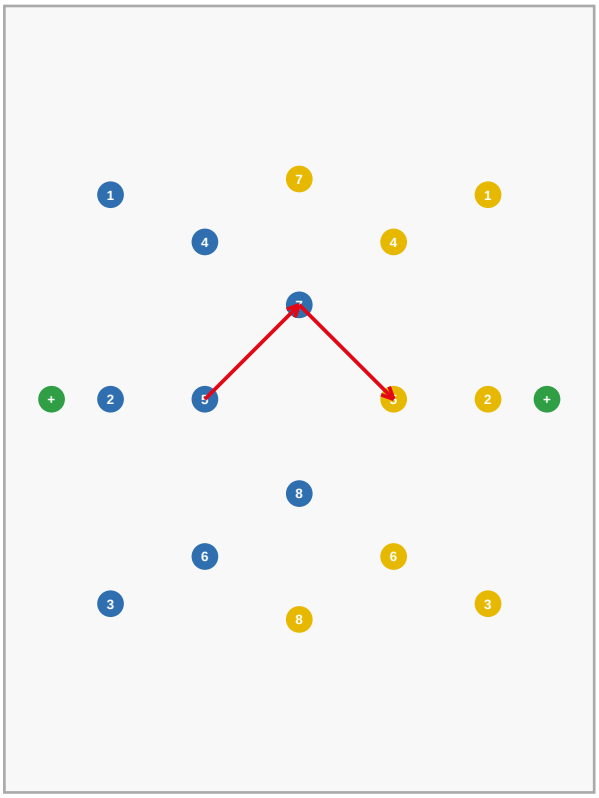
HOW IT WORKS

The two neutral players support whichever team has the ball. Play a maximum three-touch possession game. All balls out of play restart with a throw-in, and every throw-in must be played one-touch to a teammate who then continues the attack. Award points for consecutive passes. In the second phase, if a player wall-passes an opponent cleanly, that defender must sprint around the perimeter before rejoining, while play continues.

COACHING POINTS

- Keep the ball moving quickly at all times.
- Open the body to the field and support as the ball travels.
- Encourage quick play but keep interventions limited.
- Use the variation to raise both attacking speed and defensive intensity.

DIAGRAM



Neutrals create overloads and encourage quick possession with attacking intent.

PROGRESSIONS

1. Introduce the wall-pass consequence to increase pace and competitiveness.
2. Challenge teams to beat previous consecutive-pass totals.

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ACTIVITY 2 | GAME CONDITIONS PART I

ORGANISATION

Play 8v8 plus 2 neutrals from penalty area to penalty area, full width. Use two mini-goals, each around 2 yards wide and placed 5 yards from the touchline. Keep a supply of balls by each goal.

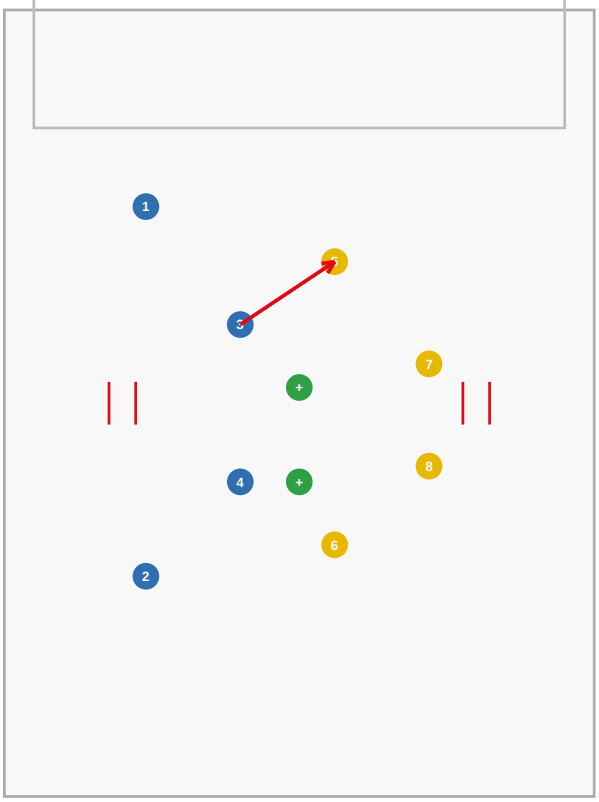
HOW IT WORKS

Play a three-touch maximum game with no offside rule. Teams attack the mini-goals and are encouraged to combine freely. Different starting shapes can be used, for example one team in a 3-4-1 and the other in a 4-3-1, so that both teams must solve different defensive pictures while still attacking positively.

COACHING POINTS

- Promote free play and combination play.
- Encourage teams to change the area of attack.
- Use the two extra players so the ball moves quickly.
- Players must recognise when and where to penetrate.

DIAGRAM



Three-touch game to mini-goals with overloads encouraging quick attacking play.

PROGRESSIONS

1. Reduce the available time on the ball by increasing defensive pressure.
2. Award extra points for goals following a quick combination.

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ACTIVITY 3 | GAME CONDITIONS PART II

ORGANISATION

Play 8v8 plus 2 from penalty area to penalty area, full width. Mark a holding line using the top of the penalty area as the offside line. Keep spare balls with the coaches.

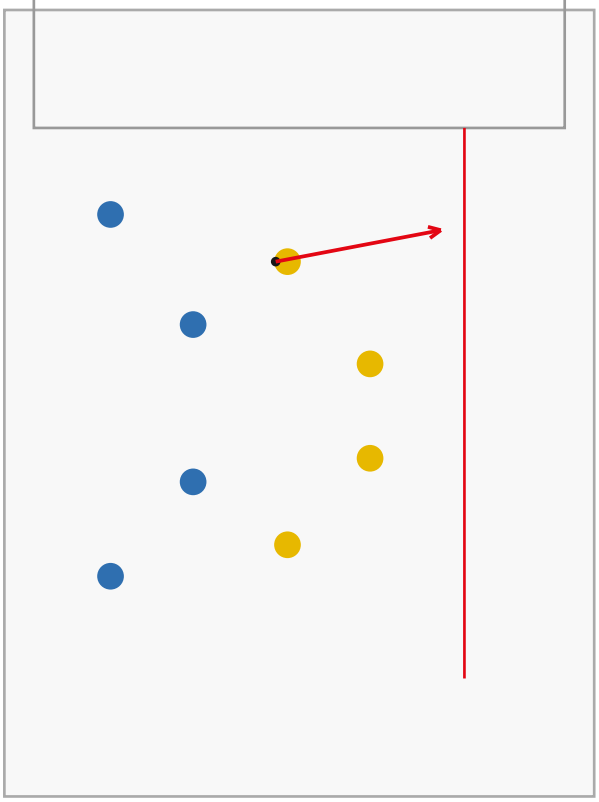
HOW IT WORKS

Phase 1: play a three-touch game where teams score by playing a teammate in behind the holding line on the run. Defenders cannot cross the holding line to defend. Once a player is played in behind, play stops and possession changes. Phase 2: keep the same rules, but now after receiving behind the line the attacker may continue and attack goal while defenders still cannot recover beyond the line.

COACHING POINTS

- Promote quick combinations that break the line.
- Encourage attacks into all areas of the field.
- Support forward runs once a teammate is played in behind.
- Keep the tempo high and look to penetrate early.

DIAGRAM



Break the holding line quickly, then progress to live attacks on goal.

PROGRESSIONS

1. Move from the stop-start version to the live finishing version.
2. Reward attacks where multiple players join once the line is broken.

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FINAL GAME | 11V11 FREE PLAY

ORGANISATION

Organise an 11v11 game with extra balls in the goals and coaches positioned around the field. Different team shapes may be used to create varied attacking and defensive problems.

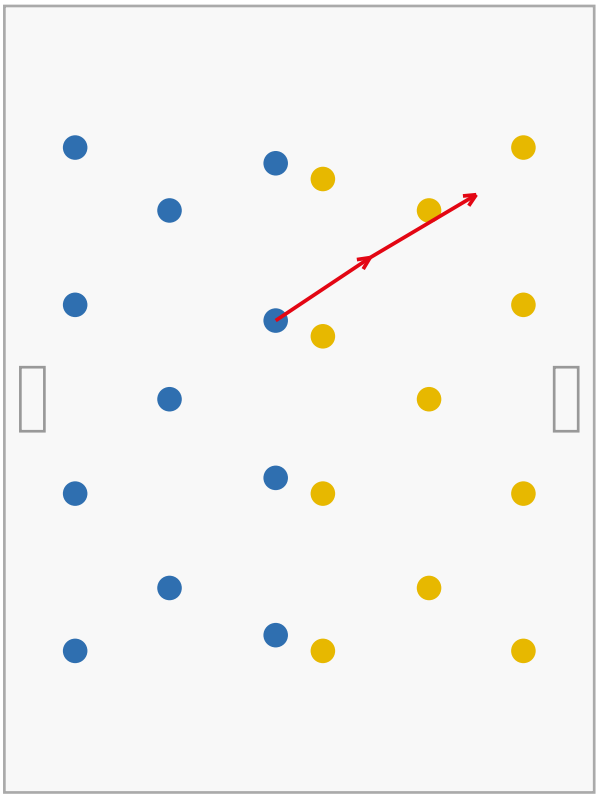
HOW IT WORKS

Play with no restrictions. Encourage players to carry the session themes into the full game: fast ball circulation, supporting angles, combination play, getting in behind and attacking the goal with intent whenever scoring situations appear.

COACHING POINTS

- Promote attacking football throughout.
- Encourage players to get to goal in scoring situations.
- Attack all areas of the field.
- Look constantly for chances to play in behind defenders.

DIAGRAM



Unrestricted 11v11 with focus on transfer of quick attacking habits.

PROGRESSIONS

1. Keep coaching brief and allow players to solve the pictures themselves.
2. Finish with uninterrupted free play to observe transfer of the session themes.