PASSING - ATTACKING PATTERNS OF PLAY

Width -> overlaps -> striker combinations -> support -> finishing

SESSION OVERVIEW

SESSION AIM

Develop attacking patterns through sharp passing, width, overlaps, striker combinations and purposeful support around the box.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Attacking Patterns	**8v8 Patterns Game**	**Wide Combination Play**	**8v8 Transfer Game**

WARM-UP | MOVEMENT PREPARATION

ORGANISATION

Players complete dynamic movements and static stretching before the session. Use the warm-up period to prepare the body and introduce focus for the passing work to follow.

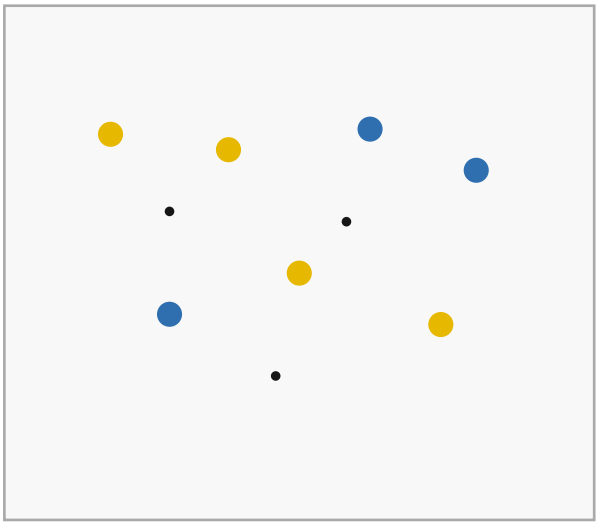
HOW IT WORKS

Encourage players to move continuously, mobilise the main joints and prepare for longer passing actions, overlaps and changes of speed. Use the warm-up to set concentration levels before moving into the session practices.

COACHING POINTS

- Prepare physically and mentally for the session.
- Move with good rhythm and posture.
- Progress from general movement into football-specific actions.
- Introduce quality communication and focus early.

DIAGRAM



Dynamic movement preparation before the attacking passing practices.

PROGRESSIONS

1. Add short passing actions in pairs as the warm-up progresses.
2. Increase the speed of movement gradually before the first main activity.

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ACTIVITY 1 | 8V8 ATTACKING PATTERNS GAME

ORGANISATION

Organise an 8v8 game on half a pitch with goalkeepers. Use contrasting team shapes to present different attacking and defensive pictures.

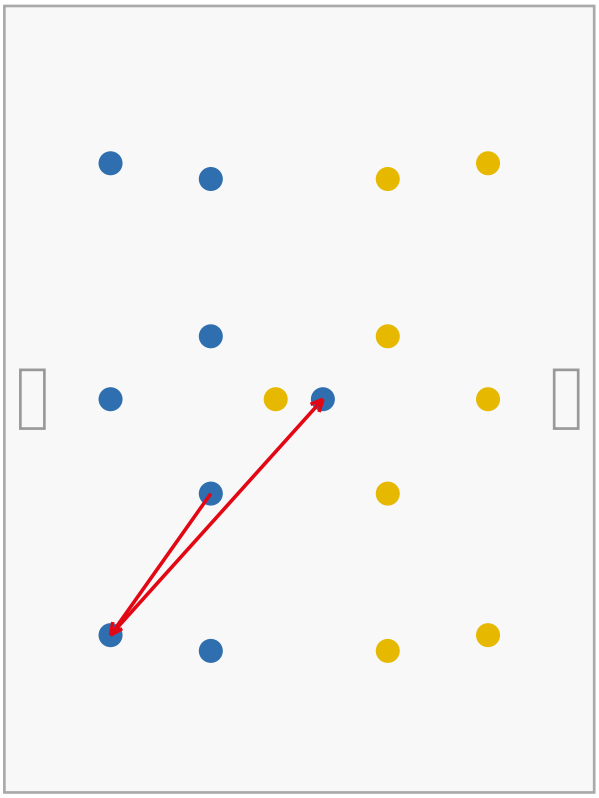
HOW IT WORKS

Both teams compete for possession and attempt to score. Encourage width in attack, overlaps, combinations into the forwards and support around the ball. Coach mainly while the game flows, allowing repeated opportunities for patterns to appear naturally.

COACHING POINTS

- Coach as the game flows and limit stoppages.
- Encourage wide support and clear attacking structure.
- Look for overlaps and combinations into advanced players.
- Use positive encouragement while patterns develop.

DIAGRAM



8v8 game used to bring out natural attacking patterns and support around the ball.

PROGRESSIONS

1. Freeze briefly only when a clear pattern can be highlighted quickly.
2. Award extra value to goals created from wide build-up or overlap actions.

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ACTIVITY 2A | PATTERN PLAY - OVERLAP & WIDE CROSS

ORGANISATION

Use half a pitch and position players to rehearse attacks on both sides. Alternate sides regularly to allow recovery and balanced repetition.

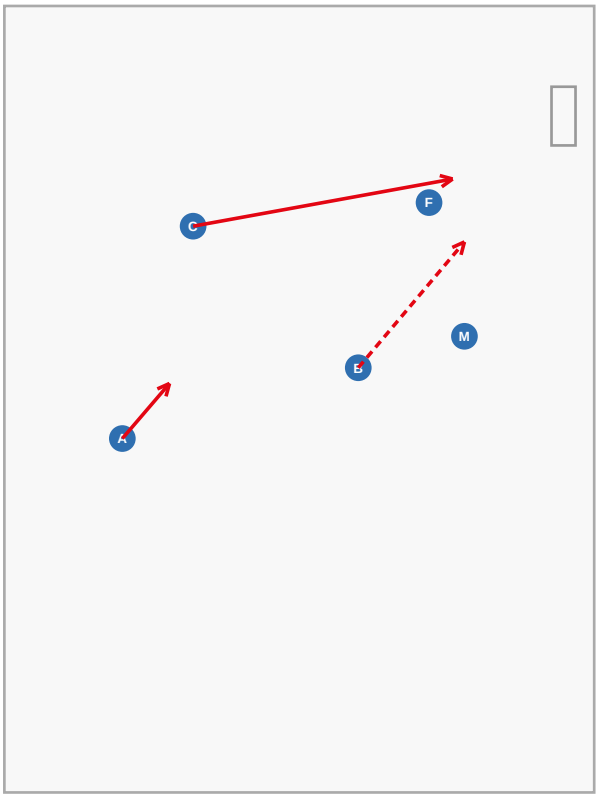
HOW IT WORKS

Pattern 1: play wide to the outside player, who dribbles inside to open the channel. A supporting player overlaps into the wide space to cross, while the nearest forward checks short and then curls away into the box. Pattern 2: work the ball square, combine with the forwards, then release a wide player down the line for the cross.

COACHING POINTS

- Keep all passing sharp and purposeful.
- Use clean runs to clear space for the next action.
- Time the overlap and the checking movement correctly.
- Attack the box with intent and correct run angles.

DIAGRAM



Wide player comes inside, overlap develops outside, and attackers attack the cross.

PROGRESSIONS

1. Run both patterns on the opposite side immediately after each repetition.
2. Add passive defenders first, then increase pressure gradually.

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ACTIVITY 2B | PATTERN PLAY - STRIKER COMBINATIONS

ORGANISATION

Continue on half a pitch with the same structure and alternate sides to allow recovery.

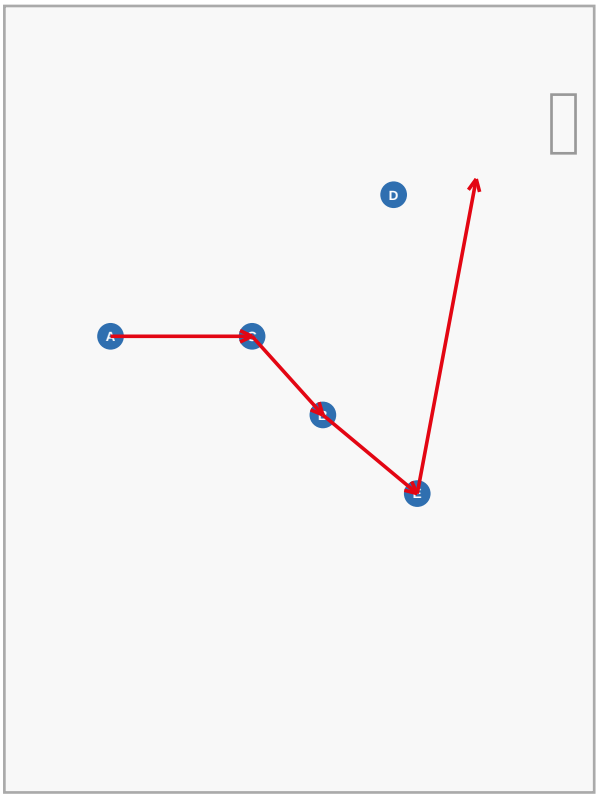
HOW IT WORKS

Pattern 3: play into the nearest forward, who lays back to a supporting midfielder for a first-time pass wide and a cross. Pattern 4: play wide, create space with one striker's movement, then use a dummy and supporting attacking midfielder to release a striker into a shooting or pull-back position.

COACHING POINTS

- Communicate clearly with cues such as leave it and yes.
- Check at the right time and attack the ball when receiving.
- Sprint when needed and follow up all shots.
- Pay attention to body shape, angles and the detail of each action.

DIAGRAM



Combination play around the forwards creates a final pass, shot or pull-back.

PROGRESSIONS

1. Finish every pattern with multiple attacking runners entering the box.
2. Introduce a recovering defender to force quicker execution.

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ACTIVITY 3 | TRIANGLE PASSING COMBINATION

ORGANISATION

Create two triangles with cones so multiple groups can work at once. Each side of the triangle is approximately 18 yards.

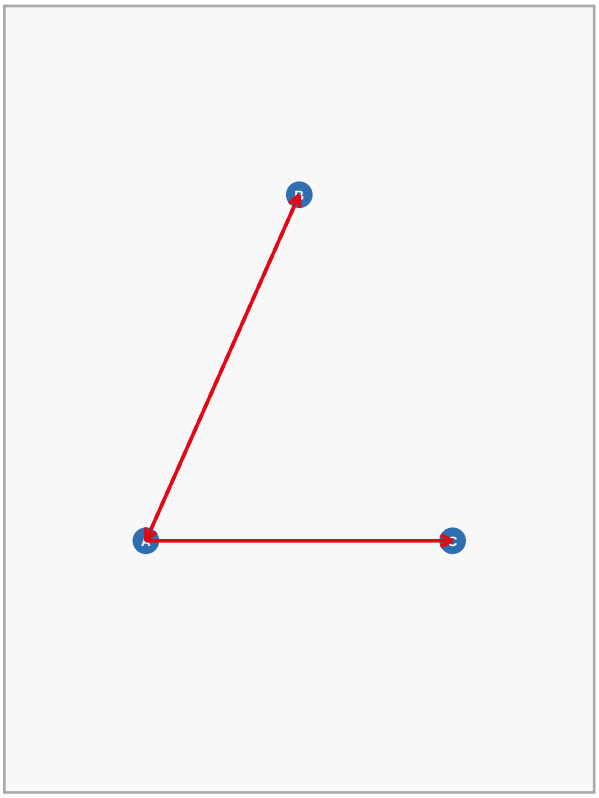
HOW IT WORKS

Player A drives forward and passes to checking player B. B lays the ball off first time to the oncoming player, then spins to receive the return pass. B then drives forward to the next point and repeats the same pattern toward player C. Change direction periodically.

COACHING POINTS

- Keep the passing sharp and accurate.
- Run smoothly and athletically.
- Avoid skipping before receiving.
- Check at the right time and call for the ball.

DIAGRAM



Drive forward, combine around the checking player and continue the pattern.

PROGRESSIONS

1. Play the lay-off and return pass one touch where possible.
2. Reverse the direction to develop both sides.

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ACTIVITY 4 | 8V8 TRANSFER GAME

ORGANISATION

Return to the 8v8 half-pitch game from Activity 1 with goalkeepers.

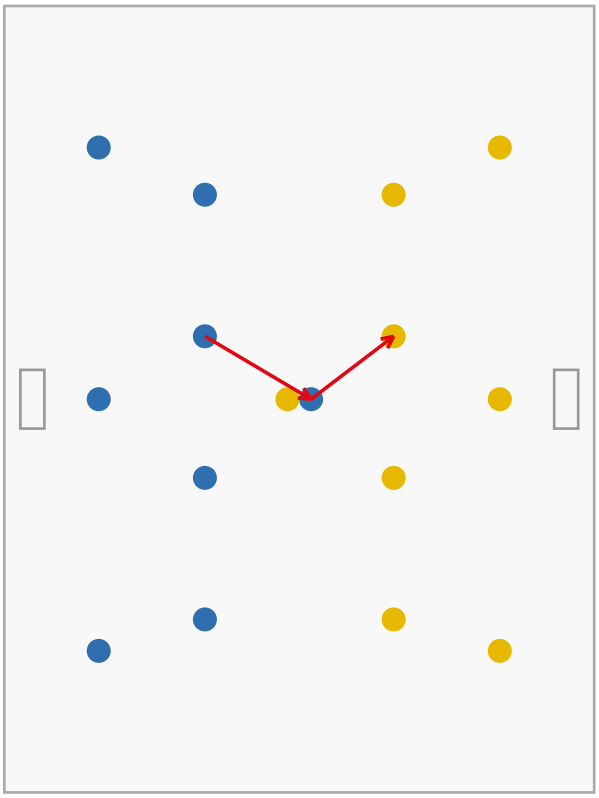
HOW IT WORKS

Both teams compete for possession and attempt to score. Transfer all previous coaching points into free play, especially width in attack, overlaps, combinations into forwards and support around the box. Finish with a cool down of light jogging and static stretching.

COACHING POINTS

- Look for the patterns rehearsed earlier in the session.
- Support underneath, beyond and around the ball.
- Create chances with sharp passing and good movement.
- Retain positive communication and finishing intent.

DIAGRAM



Final game to transfer overlaps, striker combinations and sharp attacking passing.

PROGRESSIONS

1. Allow uninterrupted play to observe transfer of the session themes.
2. Finish with a 10-minute cool down of light jogging and stretching.