

SIMPLE ATTACKING PRINCIPLES



Simple Attacking Principles



- **Create...**
- **Maintain...**
- **Exploit...**

...SPACE

Create Space

As a **unit** without the ball:

- Spread **long** and **wide**
- Create space between defenders: individuals/units
- Destroy cover/support
- Create opportunities beyond, around and between opponents
- Gives time/space to receive

As an **individual** without the ball:

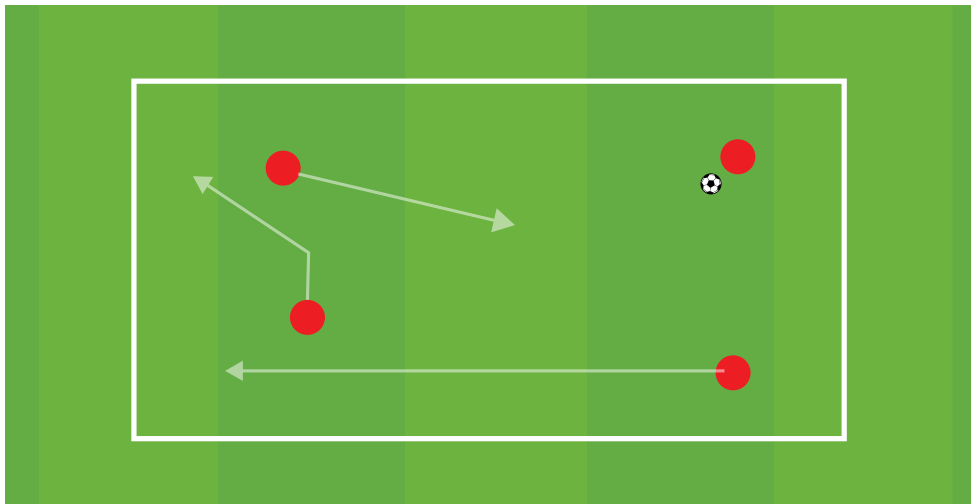
- Movement off the ball
- Movement to lose tight markers
- 'Blind side' movements
- Move against the flow of the play
- Stand still

As an **individual** with the ball:

- First touch
- Tricks and feints
- Turns
- Dribbling
- Running with the ball
- Disguised passes

Space

- Constantly adjust support
- Rotation (see below)
- Interchange of position
- Play away from pressure
- Stand still



Exploit Space

Involves correct **selection** and **execution** of:

- Passing/support
- Receiving skills
- Runs with the ball
- Runs without the ball
- Dribbling
- Turning
- Heading
- Shooting



Passing Selection

- Retain or risk possession?
- Feet or space
- Beyond all defenders
- Beyond most defenders
- Beyond some defenders
- Switch play – Why? How?
- Play square
- Play backwards



Passing - Execution

- Approach
- Standing foot/weight
- Striking foot
- Ball contact
- Follow through
- One touch or more?
- Time: eliminate defender(s)
- Weight: easily received
- Accuracy/disguise



Switching Play



When

- Route forward blocked

Why

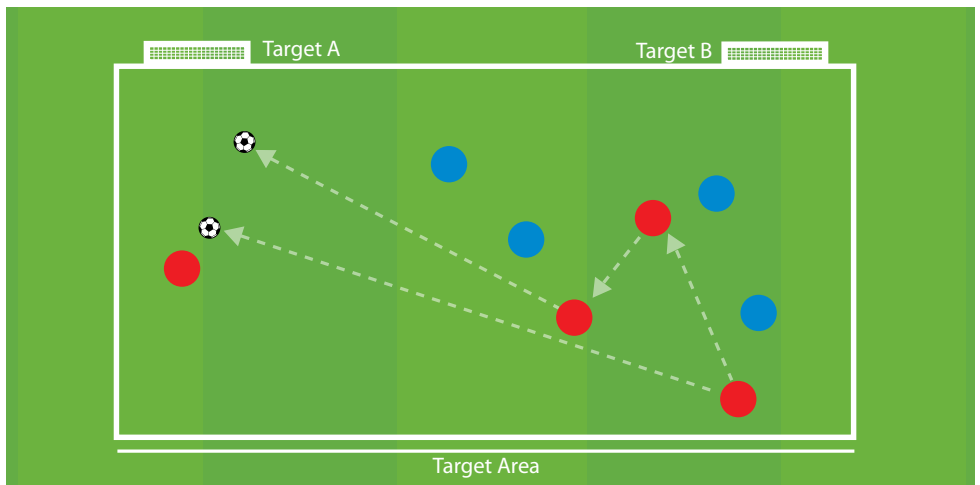
- Get to the back of the defence

How?

- One pass
- Up, back, out
- Dish or play round
- X-over, turn, reverse pass

Switching Play

- Game-related practice example:



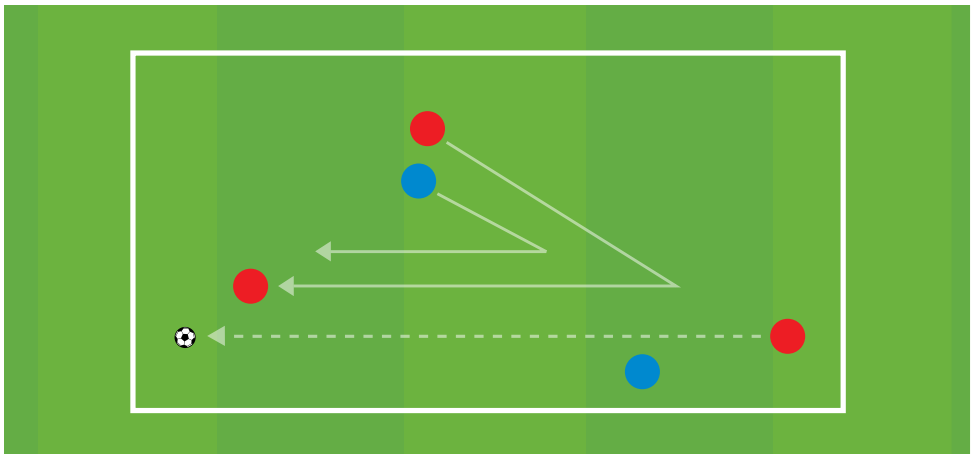
Support

- In advance
- Behind
- Angle
- Distance
- Timing
- To do what?
 - Receive possession
 - Create space for others
 - Release pressure on the ball



Receiving Priorities

- Beyond opponent (see below)
- In front and facing opponent
- In front with back to opponent
- Example move to receive ball beyond opponent:



Ball Control



- Observe/recognise options
- Select surface
- Adjust body/address ball
- First touch:
 - Release
 - Move off line
 - Travel
 - Protect
 - Kill

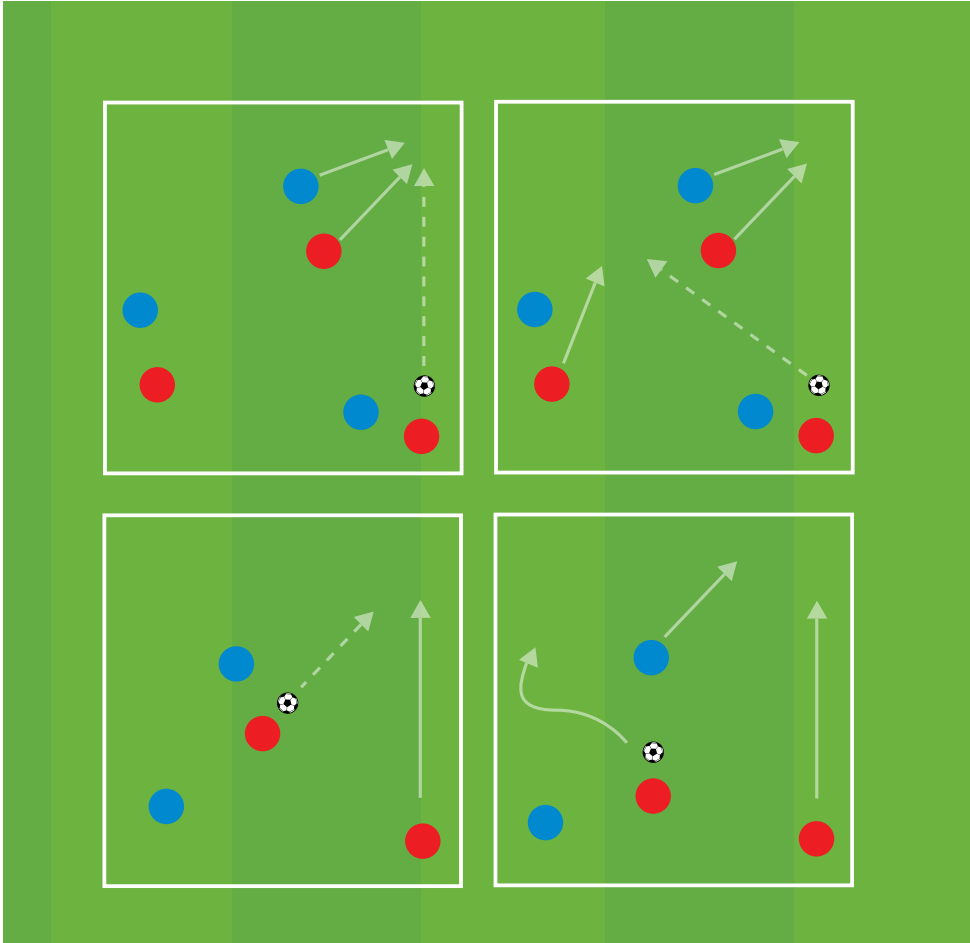
Running With The Ball

Technique:

- Recognise space/opportunity/defenders
- Adjust body to receive
- First touch
- Travel quickly/effectively
- Head up where possible
- Leading foot
- Execute outcome: pass, shot, dribble etc.



Runs Without The Ball



Dribbling

Aims/thoughts:

- Stretch opposition
- Develop 1 v 1 situations
- Space behind defender
- Recognise opportunity
- Positive attitude
- Execute technique
- Adjust behind ball

Technique:

- Close control
- Ability to feint and dummy (ball stays on same line)
- Ability to change pace
- Ability to change direction, or height of ball

Turning

Turn no-touch:

- Use space available and pace/angle of pass to allow ball to run across body

Turn one-touch:

- Use pace/angle of pass to receive ball on back foot,
OR use pace/angle of pass and movement of defender to turn around
opponent one-touch

Turn two-touch plus:

- Little space available so requirement to manipulate the ball in a confined area
- Utilise multiple-touch turn to allow opportunity to play forward or to play away from pressure
- eg: Cruyff turn

Attacking



Generic Factors:

- Adjust to the flight
- Attack ball at optimum point
- Head contact
- Ball contact
- Generate power - how? Neck, back, legs, body weight

Attacking:

- Usually involves redirecting the ball towards the goal with the attacker going across or down the line of flight of the ball
- Aim for most vulnerable area of the goal or goal mouth area

Finishing

A B C – Adjustments, Basics, Clever

Adjustments:

- No time to shape body
- Any contact to direct ball on goal

Basics:

- Time to adjust
- Shape body for recognised technique
- eg: header, driven pass

Clever:

- Time to adjust
- Utilise unexpected contact

For B & C, assess goalkeeper's position, select technique and aim for the most vulnerable area of the goal

