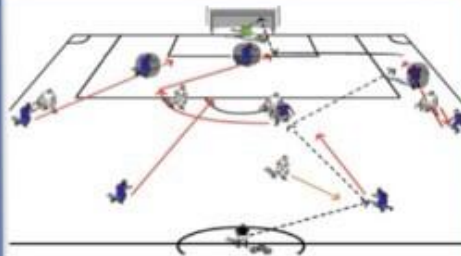




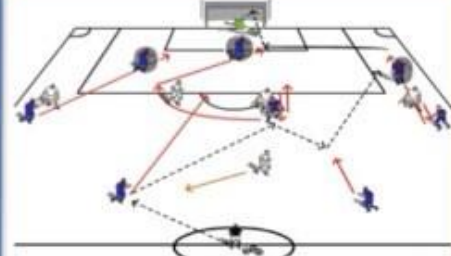
Forward Movement in the Attack



Option 1 - Build up play in wide areas

Ball starts with Coach playing ball into 2 attacking midfielders. They receive on the diagonal. The wide player ball side of the field checks in and creates space in behind. The ball gets played to the forward who holds it up and plays out wide into the space created by the wide forward.

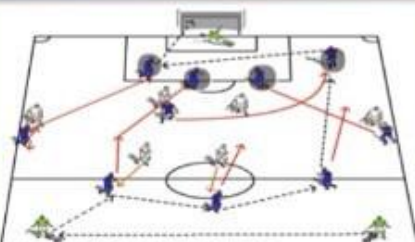
- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate



Option 2 - Build up play in wide areas

Ball starts with Coach playing ball into attacking midfielder who plays to the forwards feet. Forward holds the ball up and plays to second attacking midfielder who receives and plays wide in behind the full back to the wide forward into space.

- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate



Option 3 - Playing to Forward in behind - curved run

Ball starts with Target players playing ball into midfield, midfield then build the play. Forward identifies space to exploit in behind the back four. Midfield build the play until pass is on between full back and central defender. Important that ball side wide forward stays wide to create passing lane. Opposite side Forward times their run into the box from cross from central forward. Midfield must have players attacking cross.

- If defenders win the ball they play to Target players to score. When targets receive they play across to start exercise again.
- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate
- good decision from crosser - on the ground, pull back/driven or lofted back post.



Option 4 - Playing to weak side forward - curved run across back four.

Ball starts with Target players playing ball into midfield, midfield then build the play. Weak side forward identifies space to exploit in behind the back four. Midfield build the play until pass is on between full back and central defender. Important that ball side wide forward stays wide to create passing lane. Timing of run to stay on side from wide forward is key.

- If defenders win the ball they play to Target players to score. When targets receive they play across to start exercise again.
- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate



Option 5 - Playing to Midfield runner

Ball starts with Target players playing ball into midfield, midfield then build the play. Central forward curves run into space in behind to drag defenders to create space. Midfield runner identifies space to exploit in behind the back four. Midfield build the play until pass is on between full back and central defender. Important that ball side wide forward stays wide to create passing lane. Timing of run to stay on side from midfielder runner is key.

- If defenders win the ball they play to Target players to score. When targets receive they play across to start exercise again.
- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate