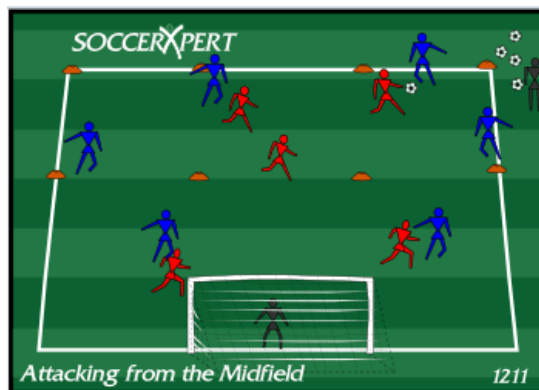




Drill Quick Glance

Age: 9+	Field: HALF FIELD
Players: 12+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

Attacking from the Midfield

Objective:

This attacking soccer drill focuses on building an attack from the midfield and focuses on the midfield players getting forward into the attacking third.

Setup

1. Divide a full field into thirds using cones. This drill uses the middle third and attacking third of the field.
2. Place a keeper in the goal.
3. In the defensive third, 2 defensive players play against 2 attacking players.
4. In the middle third, 4 attacking midfield players play against 3 defensive midfield players.
5. The defensive players wear an alternate jersey.
6. The play begins with the coach on the sideline.

Instructions

1. The coach starts the play by serving a ball into the attacking midfielders.
2. The attacking mid players look to penetrate and immediately by playing into an attacker in the attacking third.
3. Restrict players to remain in their assigned third of the field except for the midfielder advancing the ball to the attacking third.
4. The midfielder player that passes to an attacker in the attacking third joins this area and play 3v2 (in the attacking third).
5. If the defensive players win the ball, they should play keep-away from the attacking team.
6. The coach should have an ample supply of balls and can restart the series at any time.

Coaching Points

- Proper spacing and angles to receive passes (support).
- Good movement from attackers checking into the midfield players.
- Make sure the midfield players are getting into the attack and playing off the attackers and getting forward (attack).
- Quickly swing the ball through the midfield to take advantage of number up situations.

Variations

- Instead of making the person passing into the attacking 3rd step into the attack, make the furthest player from the ball step in and attack.
- Increase or decrease the number of players.
- Change the numbers to focus on offensive attack or defensive shape.