

**PROGRESSION**

**Attacking Combinations Through Central Areas in a 5 v 3 Finishing Practice**



**Practice Organisation**

Using half a full sized pitch we mark out 7 cones in the positions shown. We have 5 attackers (2 central midfielders, 2 wingers & 1 striker) vs. 3 red defenders + 2 'Target Players' (TG). The practice starts with one of the central midfielders (yellow) as they combine and wait for the right time to play a pass in behind the defensive line.

Challenge the 3 forwards to coordinate their runs effectively to lose markers and open up space to create scoring opportunities. They get 10 attempts on goal supported by the 2 midfielders (5 v 3 attack) and keep count of how many goals they score. Then rotate the roles so you have 3 new forwards. The midfielders and the 'Target Players' rotate roles after every attempt.

The 3 red defenders try to block the passes and can track the forwards' runs into the box. Manage the defenders to ensure they work as a unit. Start the practice with "passive defenders" (i.e. they are not allowed to tackle, they can only cover space). Once success is achieved, progress to fully competitive defending. Start without the offside rule and progress to use it once the attackers start to become successful.

If a defender or keeper wins the ball, can they play quickly forward to one of the 'Target Players'? If the ball goes out of play, restart the practice with the next pair of midfielders.

Use a tactics board to show the players what attacking runs they should be making. Reinforce the understanding by initially starting the practice using throw-catch to demonstrate each individual run.

To add a motivational and competitive element, each group of 3 attackers keep score (3 points for a goal and 1 point for an attempt on goal).

Call the players after every 10 attempts for a Q&A to review progress and discuss the coaching points below.

### Coaching Points

1. Can the striker “set and spin” looking to “open the gate” for a winger to make a “blind” or near-side run in front of his marker? He should aim to receive a “killer pass” and then finish with a shot on goal? (See example in diagram)
2. Can you use a clear verbal or visual signal (point with hands) to show where you want the passes delivered?
3. Can you read the “early visual cues” and start your (wide and overlapping) runs early to “steal” into space behind or in front of your marker?
4. Can you “beat the offside trap” once the offside rule is applied?
5. Can the pass into the attacker’s run be “well-weighted” into space for the player to run onto?
6. Can you establish eye contact and use this to coordinate actions and help “disguise” your intentions?
7. Can you always remain aware of “secondary chances”?



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