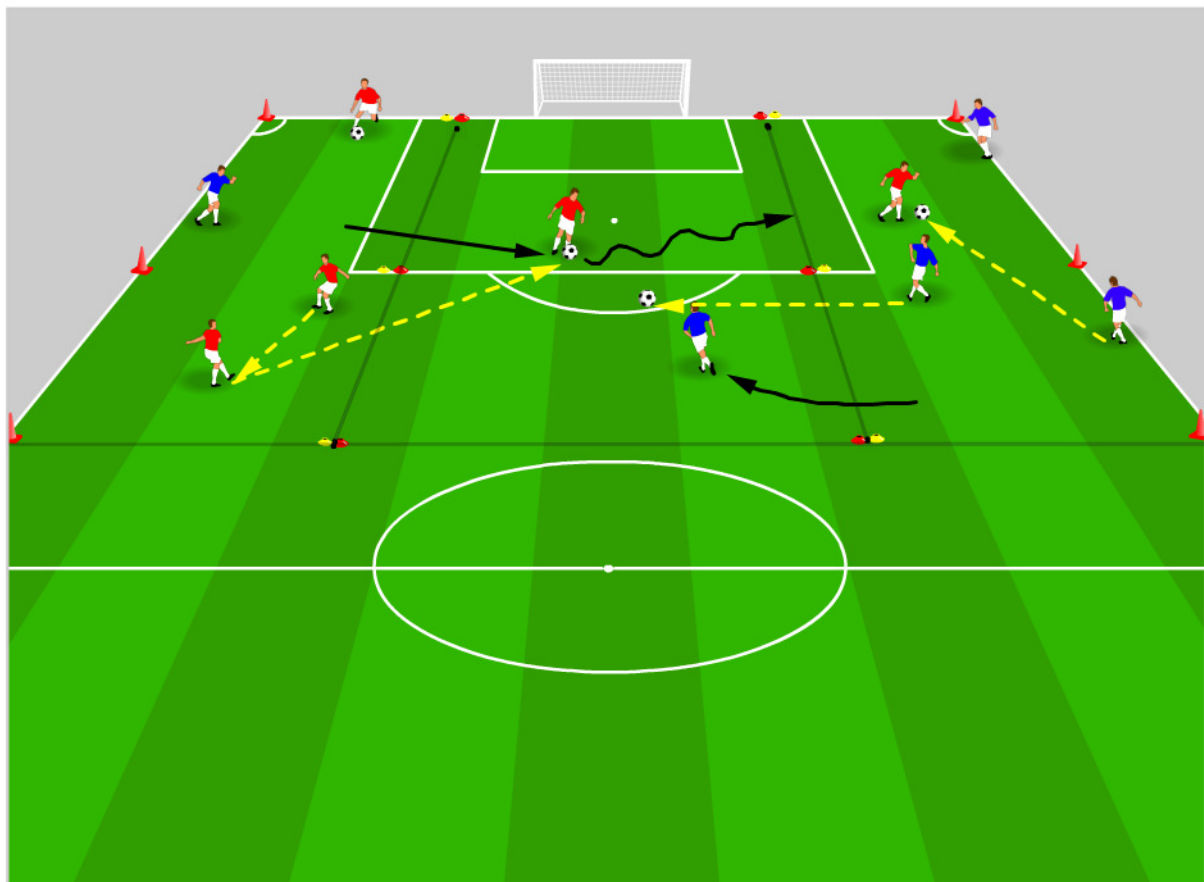


Changing the Point of Attack - End Zone Transition Warm-Up



Date: 10 Jun 2011

Measurement: Third of Pitch

Time: -

Players: 10

Duration: -

Level/Age Group: U11+

Description: 2 15x25 yard zones with 30 yds of open space between zones. Split team into 2 equal groups in each zone with 2-3 balls.

Players pass and move in the end-zones. Periodically, one player makes a run out of the zone into the central area and calls the player in possession to play them into space. The player runs onto the ball, dribbles into the other end-zone and continues play.

Objective: To work on specific 4-3-3 game situation, such as changing the point of attack, Long passing, rapid inter-passing, good decision making and runs off the ball are critical.

Coaching

Points:

1. Early and Consistent communication.
2. Purposeful running off the ball.
3. Awareness - The runners must be recognised early and played before they get settled in the center area. The groups must also monitor the number of balls in their areas to keep possession balanced and the exercise running well.

Progression: See Players Roles and Responsibilities in the 4-3-3 Attacking and Defending Book Set Combo for 2 more progressions.

This Practice was taken from "Players' Roles and Responsibilities in the 4-3-3 Attacking and Defending Book Set Combo"

Provides an in-depth description of **how to train your team to attack and defend using the 4-3-3 formation.**

The sessions build from working with the back line to build and support the attack and progress to include the actions of the midfielders and forwards.

These practices lead to working in 11 vs. 11 scenarios also includes the **latest ideas for attacking and defending set-pieces**, from *throw-ins* to *corner kick and free kick plays*. **Functional training and phase of play exercises** put the players in specific game situations so that they can practice their reaction to every circumstance they will face in the game.

Many small-sided games are also included to allow the players see those situations in a game environment.

Purchase the book

Rest of the World Shop:

<http://shop.soccertutor.com/Player-Roles-in-the-4-3-3-Attacking-Defending-Book-p/wcc-b1104.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Player-Roles-in-the-4-3-3-Attacking-Defending-Book-p/wcc-b1104.htm>

Diagrams were created using www.SoccerTutor.com Tactics Manager Software

<http://www.soccertutor.com/tacticsmanager>

