

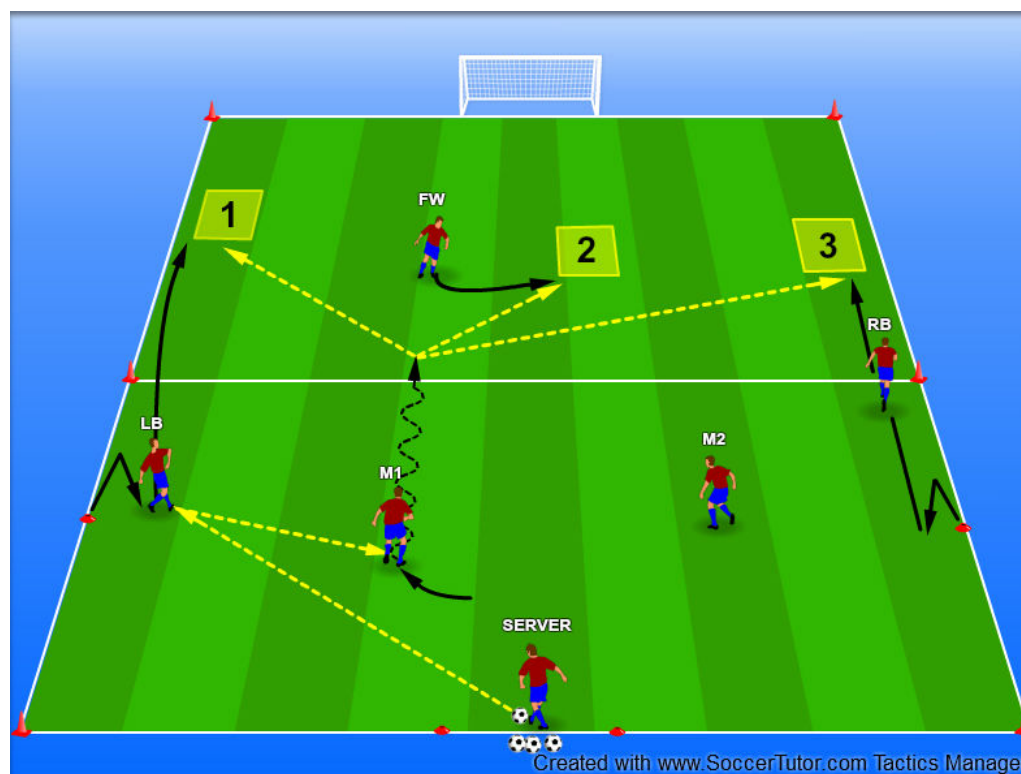


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FC Barcelona - Midfield Driving Runs to Create Attacking Options



Author: Coach George **Players:** 6
Date Submitted: 18 Aug 2014 11:40 **Level / Age Group:** U11 -18+

Description: The server plays the ball out wide to a choice of either full back that must check to create space before receiving the ball. The full back plays the ball inside to either midfielder (M1 or M2) who quickly runs with the ball forward to create attacking opportunities in the final third.

In this case runs made off the ball have created 3 different attacking options.

Objective: To develop midfield driving runs forward with the ball and create attacking opportunities in the final third.

Coaching Points:

1. Check to create space before receiving the ball
2. Open body shape to be aware of other players
3. Midfield runs with the ball straight and at an angle - this will create different attacking runs.
4. Vary the attacking runs - inside to out, out to in.

Progression: 1. Introduce GK and 1 or 2 defenders.

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