

15 Ready To Run Sessions For Outstanding Attacking Play

Attacking play in football is a crucial aspect of the game that can determine the outcome of a match. Teams need to develop strong attacking strategies and execute them on the field to create goal-scoring opportunities.

In this article, we will explore 15 ready-to-run training sessions that coaches can implement with their teams to enhance their attacking play. These sessions focus on various aspects of attacking, from individual skills to team coordination, ensuring that players are equipped with the tools to excel in this area of the game.

1. Developing 1v1 Dribbling Techniques

In this session, players will work on their individual dribbling skills in 1v1 situations. The emphasis will be on ball control, quick changes of direction, and beating opponents with skillful movements.



Soccer Training Blueprints: 15 Ready-to-Run Sessions for Outstanding Attacking Play

by Zondervan, (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 2162 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

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Lending : Enabled



2. Passing and Movement Patterns in the Final Third

This session aims to improve players' passing and movement patterns in the final third of the pitch. It focuses on creating space, making intelligent runs, and executing accurate passes to break down the opposition's defense.

3. Crossing and Finishing from Wide Areas

Players will practice crossing and finishing from wide areas, simulating game scenarios where they need to create scoring opportunities from crosses. This session will improve their delivery accuracy and their ability to position themselves for optimal finishing chances.

4. Building Attacks from the Back

In this session, teams will work on building attacks from the back, emphasizing the importance of proper ball circulation and intelligent movement to break through the opponent's defensive lines. Players will enhance their passing accuracy and decision-making skills.

5. Combination Play in the Midfield

This session will focus on developing combination play in the midfield to unlock tightly packed defenses. Players will learn how to create passing triangles, make quick exchanges, and exploit spaces to set up attacking opportunities.

6. Attacking Set Pieces

Set pieces provide excellent goal-scoring opportunities, and this session will teach players how to effectively attack corners, free kicks, and throw-ins. They

will learn various set-piece routines and positioning strategies to maximize their chances of scoring.

7. High-Intensity Counter-Attacks

This high-intensity session will focus on quick and effective counter-attacks, where players will work on their speed, decision-making, and ability to exploit spaces left by the opposition's defensive transitions.

8. Overloading the Final Third

Teams will practice overloading the final third of the pitch to create numerical advantages and overpower the opposition's defense. This session will develop players' ability to identify and exploit gaps in the defense.

9. Target Man Play

This session is centered around developing target man play, where players will learn how to effectively hold up the ball, bring teammates into play, and create goal-scoring opportunities through aerial dominance or lay-offs.

10. Quick Combination Attacks

Players will practice quick combination attacks in this session, focusing on one-touch passes, quick movements, and precise timing. This training will enhance their ability to break down defenses with rapid attacking plays.

11. Tactical Width and Overlaps

This session will emphasize the importance of tactical width and overlaps to stretch the opposition's defensive shape. Players will learn how to create overlapping runs, exploit wide areas, and provide dangerous crosses into the box.

12. Attacking Transition from Defense to Attack

Teams will work on their attacking transition from defense to attack, focusing on swift transitions, vertical movements, and exploiting spaces left by the retreating opposition. This session will improve their ability to seek immediate counter-attacking opportunities.

13. Attacking with Fluidity and Creativity

This session encourages players to express their creativity and develop fluid attacking movements. They will learn to combine different attacking principles while adapting to ever-changing game situations, enhancing their overall attacking prowess.

14. Strategic Overloads in Wide Areas

Teams will practice strategic overloads in wide areas to disrupt the opposition's defensive structure. This session will develop players' ability to create numerical advantages and deliver dangerous crosses into the box.

15. Utilizing Quick Throw-Ins

Quick throw-ins can catch opponents off guard and create attacking opportunities. Players will work on their ability to take quick throw-ins, make intelligent runs, and capitalize on the element of surprise.

These 15 ready-to-run training sessions provide coaches and teams with a diverse range of exercises to enhance their attacking play. By incorporating these sessions into their training regimen, teams can improve their individual and collective attacking skills, strengthen their decision-making abilities, and ultimately maximize their chances of success on the pitch.



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Are you a busy coach and time is tight? Would you like to get hands on with ready-to-use session templates quickly? Then this book is for you! Minimizing jargon and looking to maximize the limited contact time you have with your players, Soccer Training Blueprints is a must-read practical book for coaches of all levels.

Utilising a game-based approach to soccer – where individuals actually play games rather than growing old in semi-static drills – author James Jordan offers 15 detailed session plans (comprised of 75 cutting-edge exercises) to help coaches develop attacking mindsets and improved skills in their players, and, most of all, nurture a love for soccer.

Through his approach, James has won six High School State Championships and one Classic 1 Boys' Club Championship over the past decade.

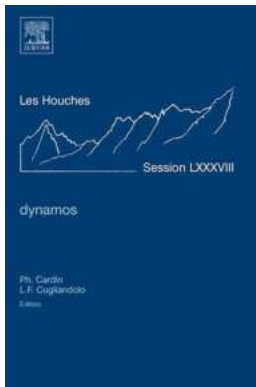
Aimed at coaches of both young male and female players, from 5-18 years of age, and adaptable depending on age group and skill set, Soccer Training

Blueprints combines game-based soccer concepts with contemporary ideas from educational research on training and preparation to develop players who can think for themselves, execute their skills, and work to a plan. This is not about coaches standing on the touchlines yelling at their youngsters – this is about developing footballers to love and play the game as best they can!

What the book offers:

- > A specific topic (e.g., creating opportunities from wide areas).
- > A detailed overview of the session including instructions on setting up the playing field, what players need to do, and scoring outcomes.
- > What players will learn from the session.
- > Coaching points for the session.
- > Guided discovery questions.

Please Note: This is the sister book to The Volunteer Soccer Coach. If you already have a copy of that book, please do not purchase this one.



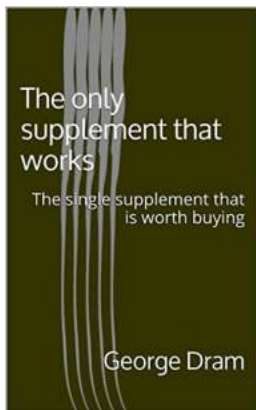
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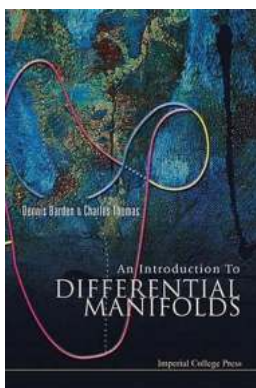
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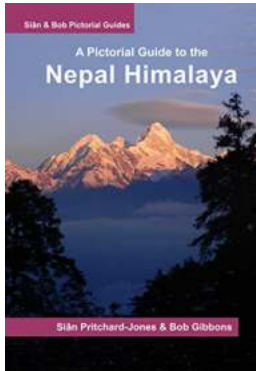
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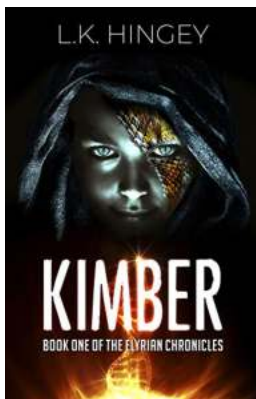
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