

Support in the Attack: Rob Holstein

Description

What:

- Teaching Support in Attack

Who:

- all players on the field

Where:

- Defensive third to midfeidl third

When:

- Playing out of the back on goal kicks and gk restarts

Why:

- to possess the ball up the field

2v1

Dimensions:

- 2v1 possession game. Multiple 10yds by 10 yds

Equipment:

- 4 cones, 3 players per gird.

Objective:

- 15 min. To keep the ball away from the opponent. Each player defends for 30 seconds. The player that steals the ball the least has a technical consequence at the end of the minute and a half.

Key Words:

- Body Shape, Angle of Support, Distance of Support

Guided Questions:

- Are you under immediate pressure? Can the 1st attacker clearly find a pass to you? How can you create more space in your small area?

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5v5 Zonal game

Dimensions:

- 30 by 30 grids split into two 15 by 15 zones.
- 5v5 + 4 possession
- Cannot have more than 3 players in a zone when in possession.
- 20 min, 10 passes is a point. Four 5 min games. Rotate the 4 outside guys in

Equipment:

- Cones, Pennies, balls

Objective:

- Teach support in attack. Can the players efficiently use the space on the field to stay spread out moving the ball quickly?

Key Words:

- Get connected
- Angles of support
- Distance of support



Guided Questions:

- How many players need to be in immediate support of the ball?
- How many options does the player on the ball have?
- Does he have enough support/options to play out?

11v11 Zonal game

Dimensions:

- Full Field split into thirds - 20 min
- No more than 6 field players from one team in each zone

Equipment:

- Cones, Balls, Pennies

Objective:

- Teach support in attack. The attacking team understanding which players need to get connected to keep possession of the ball.

Key Words:

- Get connected
- Angles of support
- Distance of support
- Attacking and defending numbers

Guided Questions:

- How many players need to be in immediate support of the ball?
- How many options does the player on the ball have?
- Does he have support to play out?



1-4-2-3-1 11v11 game

Dimensions:

- Full Field 11v11 30 min game

Equipment:

- Ball, 22 players, 2 full size goals

Objective:

- Teach support in attack.

Key Words:

- Get connected
- Angles of support
- Distance of support

Guided Questions:

- How many players need to be in immediate support of the ball?
- How many options does the player on the ball have?
- Does he have support to play out?

