

8V8 RAPID ATTACK TO FULL GOALS

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Transition and attacking rhythm
- + Switching the point of attack
- + Counter attacking and finishing breakaways

Competencies:

- + Short and medium passing
- + Receiving using different surfaces of the body.
- + Mobility on and off the ball.
- + Attacking in pairs and small groups.
- + Defending in pairs and small groups.
- + Shooting technique

WHY USE IT

This game trains your team to push out of the back quickly on transition from defense to offense.

SET UP

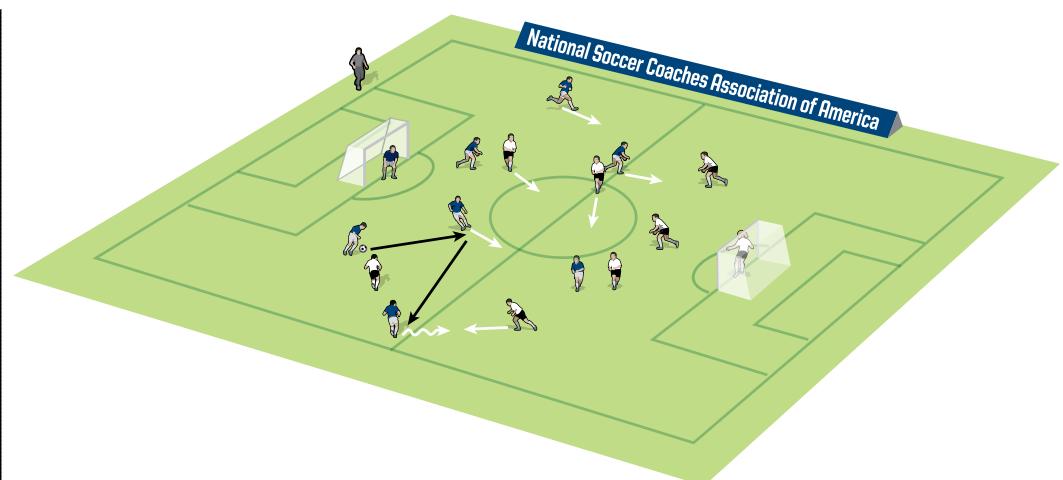
On a full-length field, place a goal on the top of each penalty area to create a 2/3-length field. Divide your players into two teams, with one wearing vests.

HOW TO PLAY

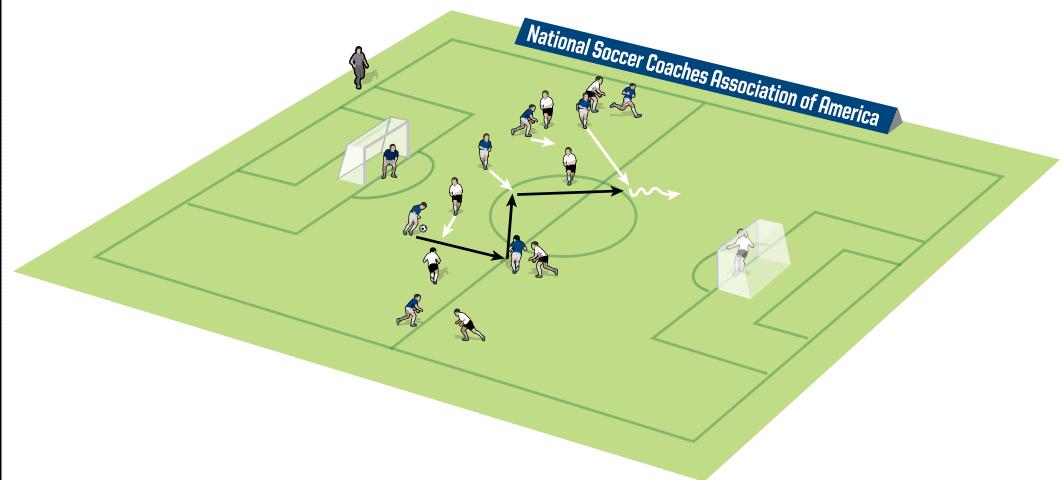
Play a game of 8v8 (7v7 plus goalkeepers). Require each team to have all 7 field players in the attacking half of the field before they can shoot on goal to score.

COACHING NOTES

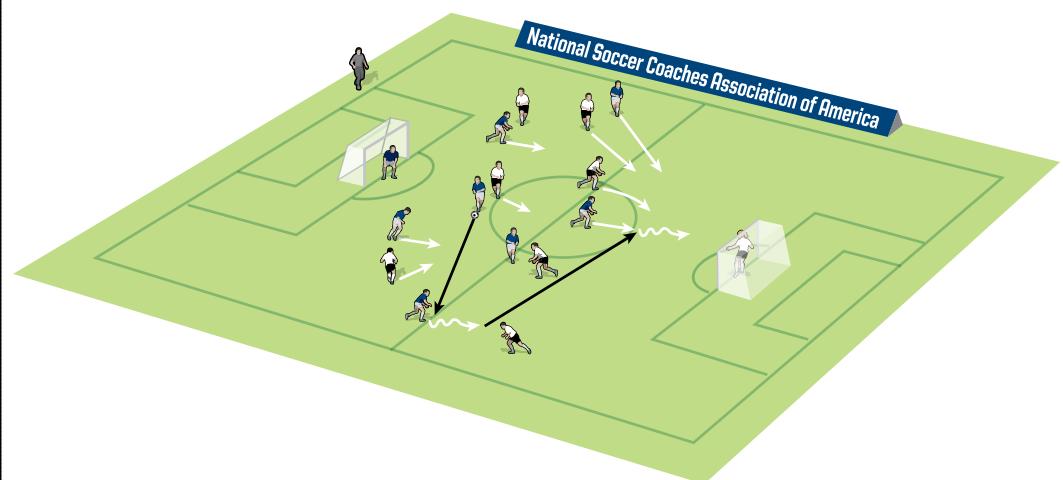
- + Coaching objectives – This restriction will force your players to move forward quickly on transition to support the attack.
- + Coaching tip – By forcing all defenders to start from a high position up the field, this game naturally creates space behind the defense in which to counterattack.
- + Adaptations – Expand to 11v11 and play with the same restriction on a full-length field.



- + After regaining possession, there should be space to attack behind the opposing defenders.
- + All field players must rush forward into the attacking half before scoring.



- + Match direct passes with diagonal runs.
- + Direct passes generally don't work with direct runs!



- + Match diagonal passes with direct or opposing diagonal runs.
- + Early forward crosses from deep positions can create dangerous breakaways!



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