

TOPIC: ATTACKING FROM THE FLANKS

Age: U12

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EQUIPMENT: DOTS & DISK CONES, 10 BALLS, 2 COUNTERATTACK GOALS, 2 REGULATION U12 GOALS, 8 RED BIBS, 8 YELLOW BIBS & 4 CORNER FLAGS

Crosses are a key factor in successful team performance. The first step to creating opportunities to attack the opponents' goal from a cross is to recognize the spaces on the flank of the field. Players in the U12 age group are becoming more tactically aware and utilizing the space in the flank channels of the field should be expected of them.

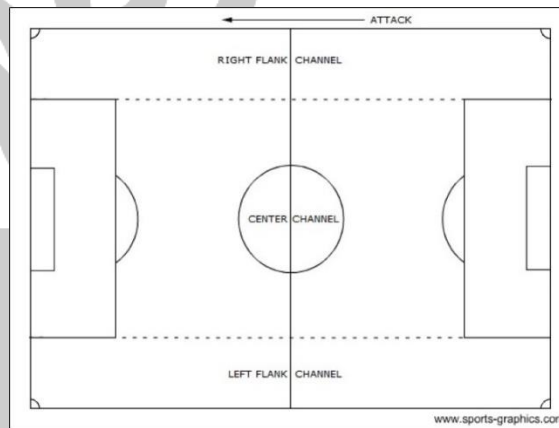


DIAGRAM 1 CHANNELS OF THE FIELD OF PLAY

Once teammates and the ball are in a flank position then penetration down the wing and into the attacking third is required to set up the cross. We want the players to see specific spaces in the attacking third on the flank (D. 5).

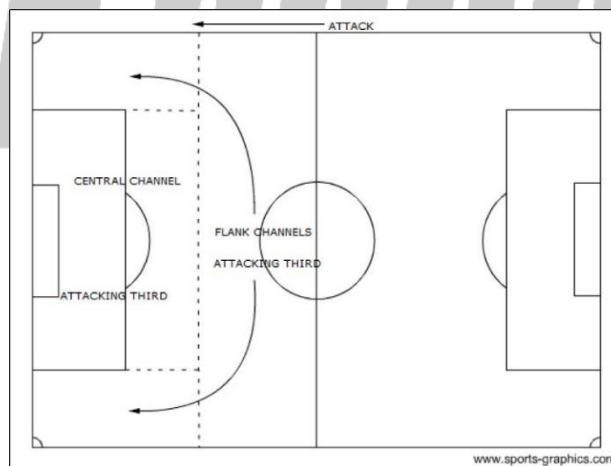


DIAGRAM 2 ATTACKING THIRD CHANNELS

ACTIVITIES

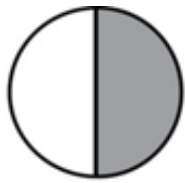
1: PAIRS – LONG PASSING

Players get into pairs. Begin at 15 yards apart and end at 30 yards apart.

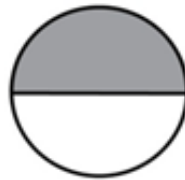
Use an instep drive to serve the ball to your partner at various heights. Players may begin in stationary positions, but must progress to both partners moving as the ball is passed and received.

Strike the ball where lines A and B bisect and the ball will fly straight (D. 3). Strike the 'east' side of the ball and it will be an outswinger. Strike the 'west' side of the ball and it will be an inswinger.

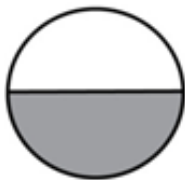
Intersperse the activity with dynamic stretching.



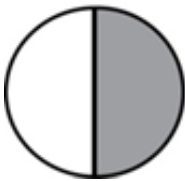
Strike shaded side with the outside of the left foot to bend to the left



Strike shaded half to propel ball downward



Strike shaded half to propel ball upward



Strike shaded side with the inside of the right foot to bend to the left

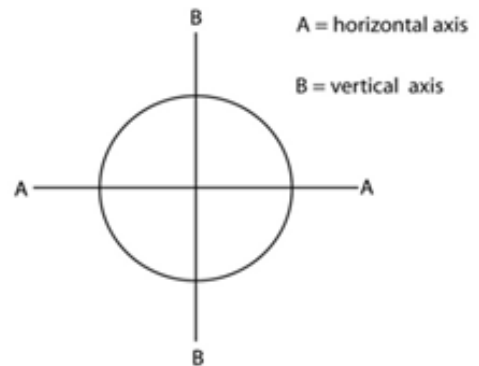


DIAGRAM 3 HEMISPHERES OF A BALL

GUIDED DISCOVERY QUESTIONS

[Author's note: **Tech** = Technique | **Tact** = Tactics]

Tech: When you strike the different hemi-spheres on the ball how does that impact the flight of the ball?

2: SHORT-SHORT-LONG

Divide the players into groups of 5. Build the combinations up to going toward the goal line.

Wall pass or double pass to get into Space E or D

Conclude with near and far post runs; finish off a cross

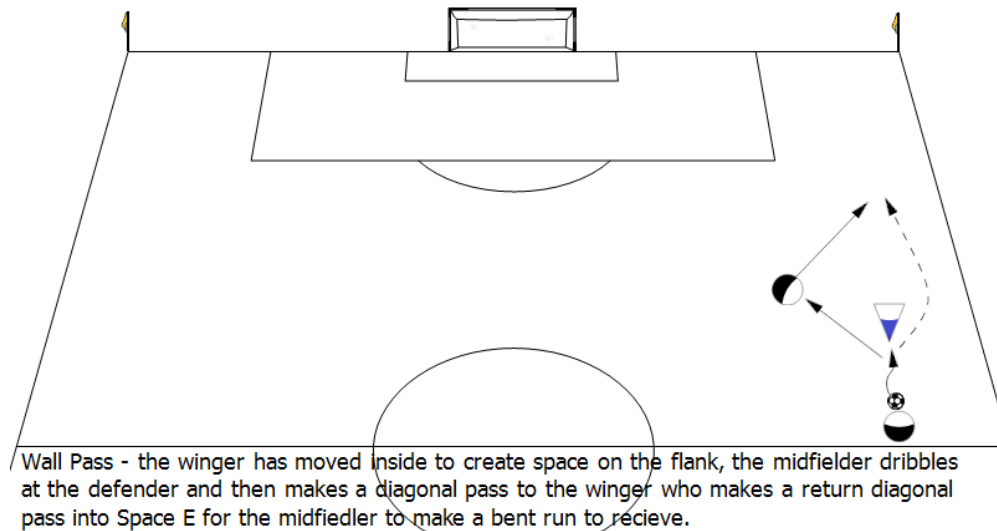


DIAGRAM 4 USE PASSING COMBINATIONS TO GET INTO THE ATTACKING THIRD

Space C is the deepest space. From here the best options are to cross the ball to the near post space or cut it back toward the top of the goal area or the penalty spot space. The ideal situation is created by going to the goal line and passing the ball back diagonally, thereby playing the goalkeeper out.

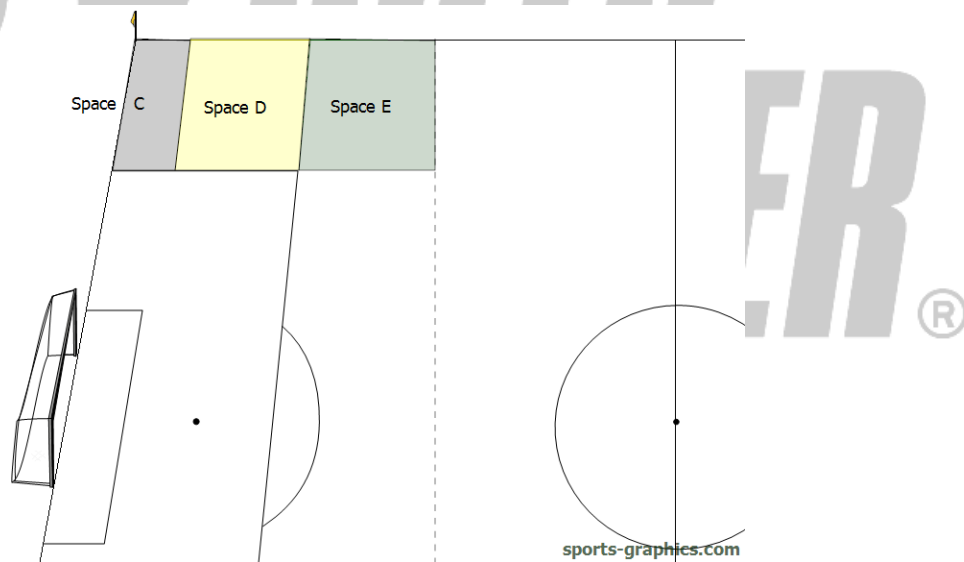


DIAGRAM 5 THE ATTACKING THIRD FLANK IS SUBDIVDED BOTH HORIZONTALLY & VERTICALLY

Space D is deeper space. From here the best options are to cross to either post or cut the ball back toward the top of the penalty area.

How a team plays its way into Space C, D or E is an objective in this training session.

Triangle Combination - a midfielder makes a diagonal pass to the center forward, who makes a quick diagonal pass to the opposite midfielder, who then plays a quick penetrating pass into Space E for the opposite winger to run to receive.

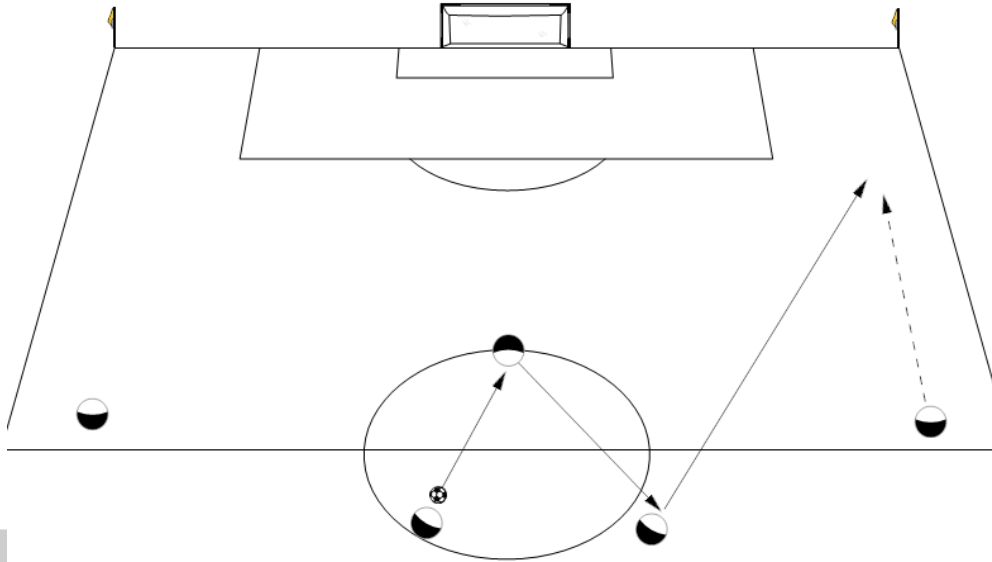


DIAGRAM 6 CREATE PASSING COMBINATIONS TO MOVE FROM THE MIDFIELD THIRD TO THE ATTACKING THIRD

GUIDED DISCOVERY QUESTIONS

[Author's note: **Tech** = Technique | **Tact** = Tactics]

Tech:

- 1 - Why is the touch to the inside of the field and the prep step important to hit a good cross?
- 2 - How is the flight of the ball affected depending on the part of the ball struck?

Tact:

- 1 - How can you shape up as a group to get down the flank?
- 2 - Once you get into space D or space E what kind of crosses can you serve?
- 3 - Can you finish your combination passes with a penetration pass into Space C, D or E?

3: 5 VS. 3 + GK – BUILD UP & PENETRATION ON THE FLANK

When playing 8-a-side on an appropriate sized field U12 players can switch the point of attack to create chances for penetration into the attacking third down the flank (D. 7).

Switch the Point of Attack - a midfielder makes a diagonal pass to a winger, who makes a quick diagonal pass to the opposite midfielder, who then plays a quick penetrating pass into Space E for the opposite winger to run to receive.

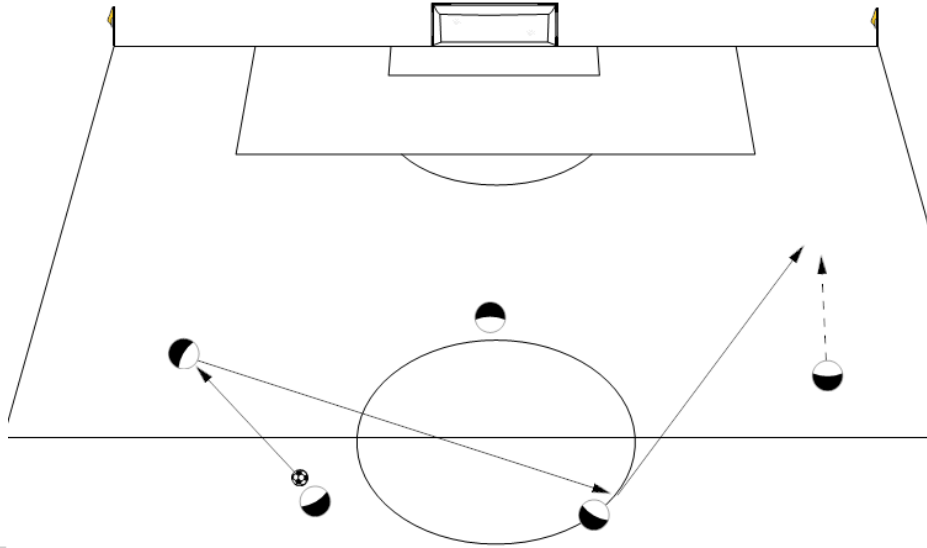


DIAGRAM 7 SWITCH THE POINT OF ATTACK TO PENETRATE INTO THE ATTACKING THIRD FLANK

Space E is deep space. From here the best options are an early cross toward the top or far side of the penalty area. The earlier that crosses are delivered against a “back-pedaling” defense, the more danger they create. The early cross is most effective when the opposition is outflanked and has to turn and run back toward their own goal.

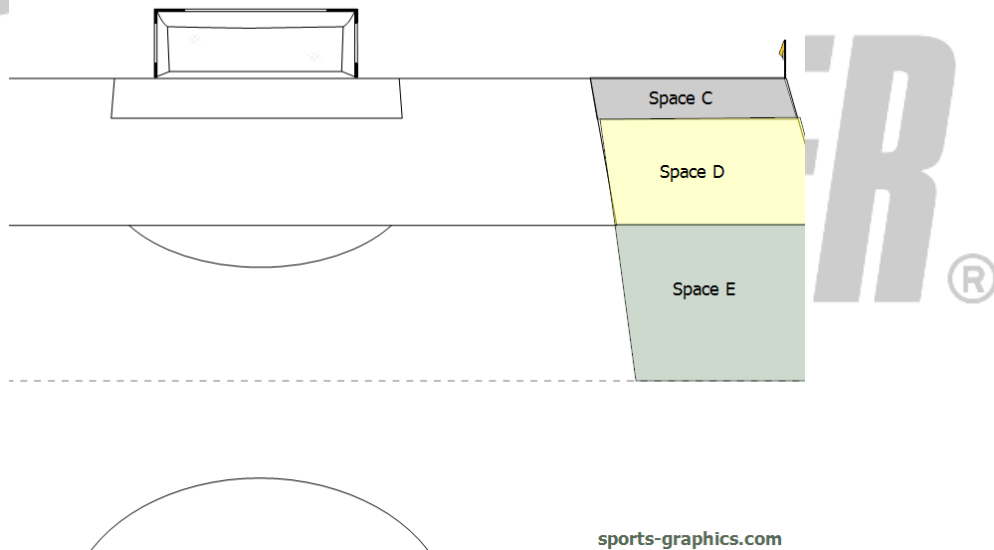


DIAGRAM 8 AN EARLY CROSS FROM SPACE E REQUIRES AN APPROPRIATE SIZE FIELD FOR U12 TEAMS

Once a player is in the flank space in the attacking third with the ball the best shooting or passing opportunities will come from Space B. An attacker who beats an outside back down the flank should try to turn the corner to dribble from Space A into Space B.

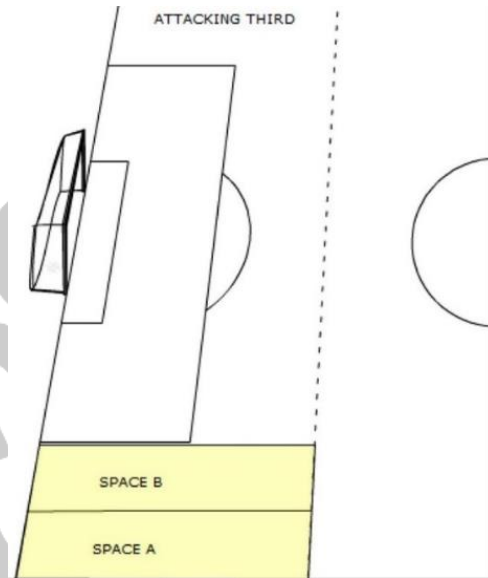


DIAGRAM 9 TURN THE CORNER TOWARD THE PENALTY AREA WHENEVER POSSIBLE

GUIDED DISCOVERY QUESTIONS

[Author's note: **Tech** = Technique | **Tact** = Tactics]

Tech: What passing combinations can you use to get past the opponents to go down the flank?

Tact:

- 1 - Why and when would you hit a cross from space E?
- 2 - Who should be farther up field in the attacking third, the player with the ball on the flank or the players running down the middle of the field?

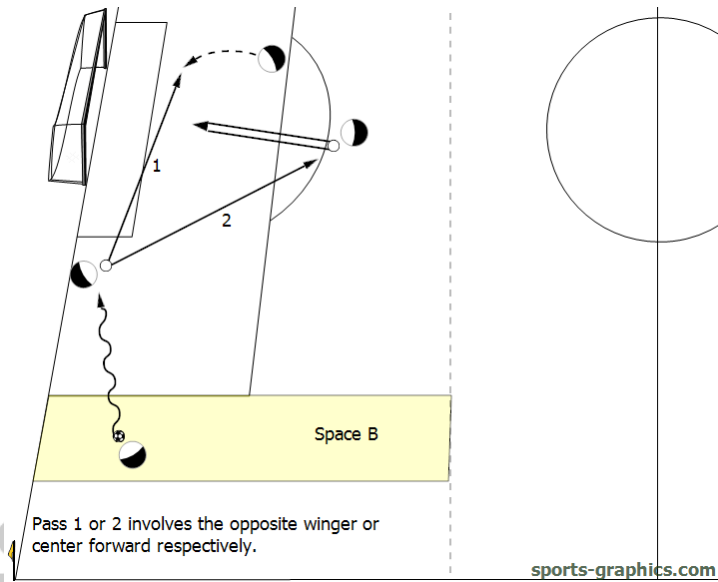


DIAGRAM 10 PASSES FROM THE GOAL LINE CAN CREATE QUALITY SCORING CHANCES

3 - Once you are in Space D or C can you get into Space B to create a quality crossing chance?

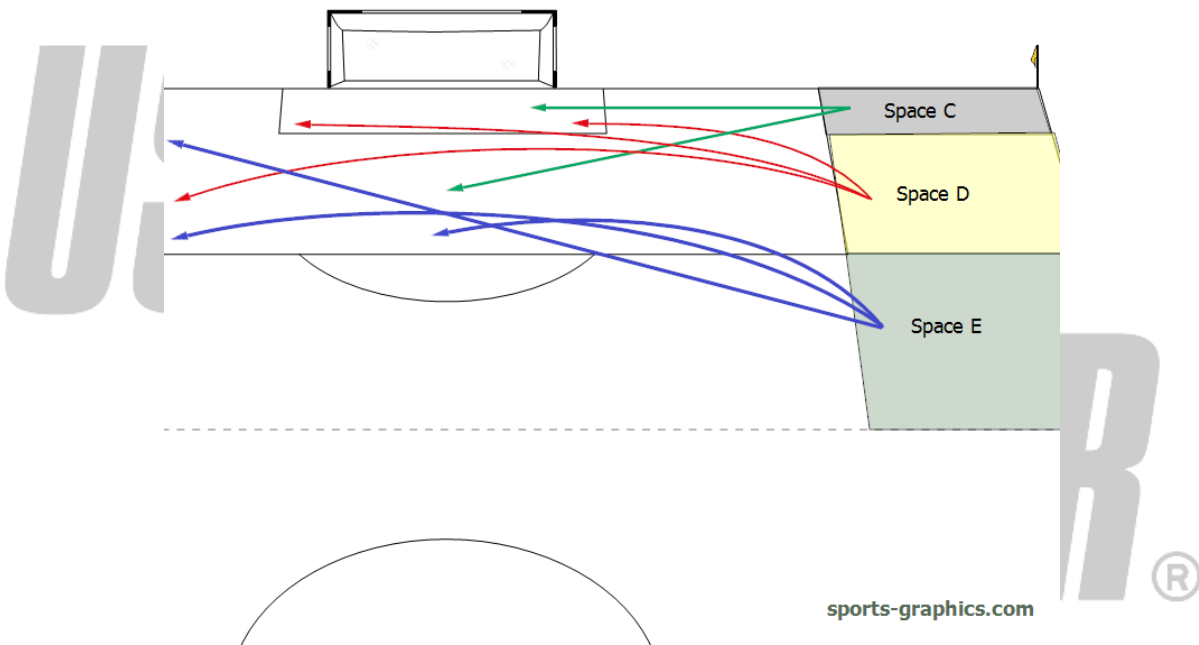


DIAGRAM 11 PROBABLE TARGET AREAS FOR CROSSES

These colored arrows show probable crossing options from the three attacking flank spaces.

For advanced teams in the U12 age group and for U14 and older teams delivering balls from the midfield third is a possibility, especially on the counterattack.

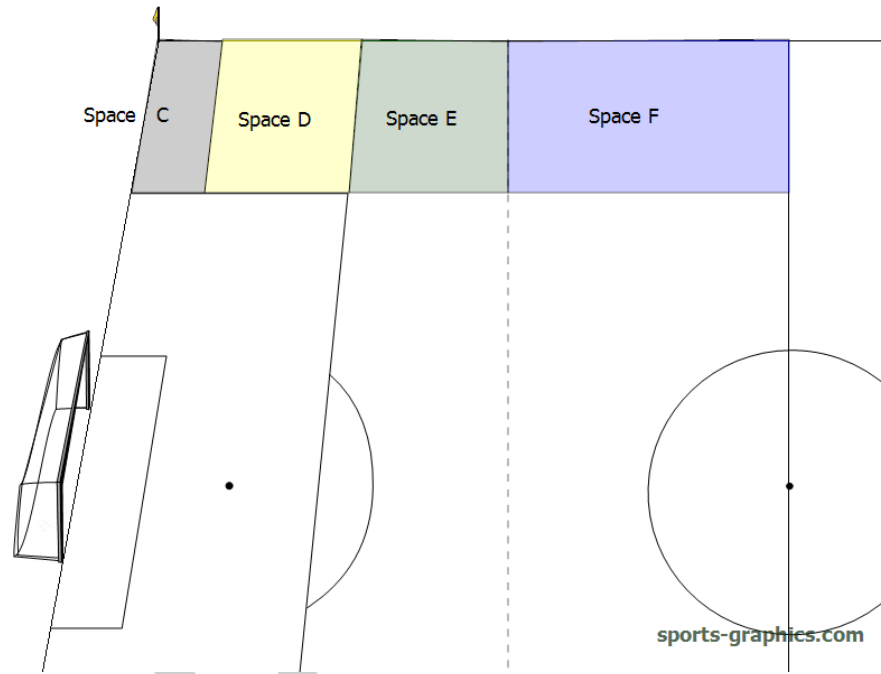


DIAGRAM 12 EARLY OR LATE CROSSES OFTEN DEPENDS ON THE SPACE THE BALL COMES FROM

Space F is shallow space. From here the best options are crosses into space behind the recovering defense.

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4: 8 vs. 8 MATCH

8 vs. 8

1-2-2-3 Formation to emphasize flank play.

80 x 50 yard field

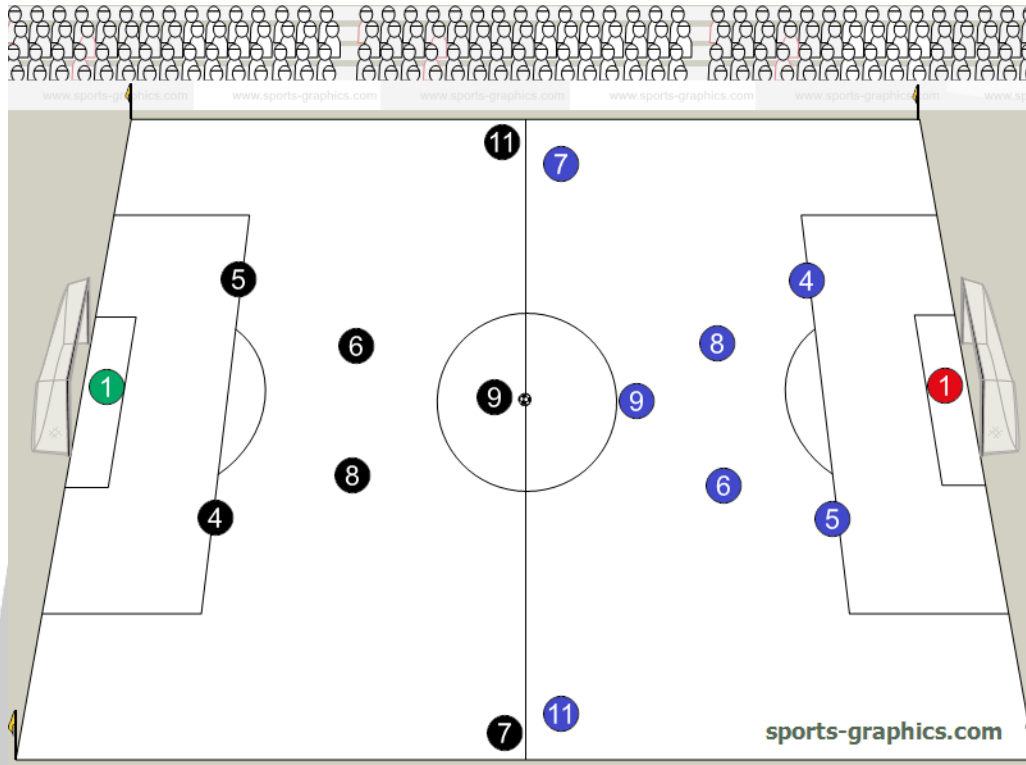


DIAGRAM 13 MATCH PLAY TO RECOGNIZE WHEN TO ATTACK DOWN THE CENTRAL OR A FLANK CHANNEL

Goal = 1 point | Score from a Cross = 2 points | Score with a Header from a Cross = 3 points | Score on a Volley from a Cross = 4 points | Score with a Diving Header = 5 points

Observe the players attempts to get into and attack from the flank spaces.

COOL-DOWN.