LA Galaxy Academy
Game Principle
Project

US YOUTH SOCCER
WORKSHOP
LOS ANGELES • 2017
Game Phase:
Unbalance/Destabilize Opponents on the Last Line

Game Principle:
Switching the Point of Attack
Why Did I choose This Principle?

LAG Philosophy

The Way Opponents Defend Against Us
Deep Block

STYLE OF PLAY
Offensive Phase: Unbalance/Destabilize Opponents (On the last line)
Principle: Switching the Point of Attack

Switching the Point of Attack
Offensive Phase: Unbalance/Destabilize Opponents (On the last line)
Principle: Switching the Point of Attack
Rules of the Principle

• **Width and Depth**: Objective: to spread and stretch the Opponents Line

• Taking on an opponent to **create Attacking Numerical Superiority**. **Objective**: Create superiority in the center or on the wings.

• **Showing**: **Objective**: Make yourself available for the player on the ball: **Wide**, **under** or **deep**.

• **Fixing** the Opposing block in position and the speed of the ball movement.

• By taking on the width, find 1 or more players getting in behind defense.
Essential Criteria for Successfully Switching the Point of Attack

• **Attract** the opposing team in high #'s towards the ball

• The player on the opposite side must be able to make himself available *(weak side attacker)*

• Quality of the pass (weighing, accuracy, direction)

• Trigger uncertainty for the opponent (creating multiple choices, inside, underneath, in behind and 2v1’s overloads)

• A real **passer-receiver** synchronization: into space or to feet.
EFCL Week 2 Feedback

**Theme of the session:** Possession from the attacking team to draw the opposition to one side of the field and then change the point of attack and attack in wide channels.

**Category:**
- **Phase Type:** Unbalance/Destabilize

**Principles of play:** Offensive: Unbalance of back 4/ Destabilize defenders by switching the Point of Attack

**Used Pedagogy:**
- PSAM
- PIM
- PTDM

**Expected Results:**
- Players will recognize when and how to switch the point of attack. Destabilize the defenders and attack at a different tempo through a wide channel when appropriate.

**Performance Criteria:**
- 1 point if 5 passes are connected.
- 2 points if played through a wide channel and goal is scored off cross.

**Instructions / Player Rights or Guidelines:**
- Players must have clear lines of communication with teammates.
- Players must be aware of where their teammates are.
- Players must constantly be aware of the space available.
- Players must be able to read the game and anticipate movements.

**Workload / Rep Series:**
- 2 games x 5 minutes

**Achievement criteria: How to do it:**
- Move defenders to one channel by connecting passes with offensive players around the ball. Ball width and depth must be provided.
- DC must recognize when to play out of channel to opposite channel and RPOA. Supporting players are in between gaps vertically and horizontally as an option to allow the switch to occur.

**Workload / Rep Series:**
- 7 patterns x 6 minutes

**Achievement criteria: How to do it:**
- Play the ball into the channel and turn to receive the ball.
- Move and shift defenders to one channel, DC must not get too close to one defender.
- Players off the ball must lose their mark, get open and be an option to receive and to be able to play out of channel and find a teammate in an opposite channel. Once time and space have been created their needs to be a tempo change to attack at a faster pace to exploit the opposite side to goal or endline and not allow the defenders to recover.

**Coaching points:**
- Communication is key in switching the point of attack.
- Players must trust their teammates to receive the ball.
- Stay alert to the movements of the opposition.

**External load of the session:**
- Mental Impact: Medium
- Physical Impact: High

**Coaching points:**
- Mental load will be high because it is a T5 where mental and visual awareness will have to be alert and switched on. Players must recognize it's up situations and when to recognize to play out of channels to switch the point of attack. Correct decision making and speed of play must be instantaneous.

**Coaching points:**
- Cognitive: Anticipate movements of opponents.
- Physical: Stay alert to space and timing.

**Evaluation:**
- Pedagogical correction on the layout.
- Pedagogical correction on the behavior.

**Additional Athletic Workflow:**
- Stats about the T5
## Training Session #1: PSAM: Exercise

<table>
<thead>
<tr>
<th>Used Pedagogy: PSAM</th>
<th>Layout / Space: 9v9+1 joker +2 gks attacking wide gates to big goals. Field is 60 yards in length x full width. Game is divided into 3 vertical zones</th>
<th>Instructions / Player Rights or Guides: 9v9+1 wth 2 gks.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expected Results:</td>
<td>Players will recognize when and how to switch the point of attack, destabilize the defenders and attack at a different tempo through a wide channel when appropriate.</td>
<td>- Defenders must collectively be within 2 vertical channels protecting the DGC.</td>
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<td>- When attacking wide channel, ball must be played on floor through gates or with a dribble and must score within 5 seconds. Attackers can also dribble through middle zone for 1 point. Defenders are not allowed to drop below restraining line.</td>
</tr>
<tr>
<td>Performance Criteria:</td>
<td>2 points if played through wide channel and goal is scored off cross. 1 pt for middle channel dribble</td>
<td>Achievement criteria &quot;how to do it&quot;?:</td>
</tr>
<tr>
<td></td>
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<td>- Move defenders to one channel by connecting passes with offensive #s around the ball. Width and Depth must be provided.</td>
</tr>
<tr>
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<td></td>
<td>- BC must recognize when to play out of channel to opposite channel and SPOA. Supporting players are in between gaps vertically and horizontally of defenders as an option to allow the switch to occur.</td>
</tr>
</tbody>
</table>

**Work load (Rep & Series):** 3 games x 4 minutes
Wrong Set Up = No Principle

Spacing Way Too Big to bring out Principle = Wrong Set Up
Not Realistic to the Game! Spacing between lines not real!
Fixed Defenders = Never

Never Able to Fix the Defenders to 1 Side
1. No Width and Depth
2. Spacing Poor
3. No Opportunities
Failures = High Level Opponent
## Training Session: PEM

<table>
<thead>
<tr>
<th>Used Pedagogy: PEM</th>
<th>Layout / Space: 3/4 fields with Defender Mannequins as Reference Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expected Results:</td>
<td>Players will improve their first and 2nd touch, speed of play, their focus to the details and how to execute properly how to switch play.</td>
</tr>
<tr>
<td>Instructions / Player Rights or Guides:</td>
<td>1. Players will get to their starting positions 2. Players must play in 1 or 2 touches depending on the opportunity. Speed of play and circulation must be fast. Coach will deem how many touches each players receive. Coach will deem the players movement.</td>
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<tr>
<td>Performance Criteria:</td>
<td>Every play must finish with a shot on target. Can implement competition between competing teams for number of goals</td>
</tr>
<tr>
<td>Work Load (Rep &amp; Series):</td>
<td>3 patterns x 4 minutes</td>
</tr>
</tbody>
</table>
| Achievement Criteria "how to do it"?: | 1. Initial entry pass starts the attack. Pass must be hit with pace to move defenders side to side so BC can't get closed down increasing teams time edge. Pass must be played to correct foot. Attention to detail of receiving correct based on defenders positioning and where next pass needs to be played. 2. Awareness and communication of next pass. 3. Timing of movement to create time edge and unbalance defenders.
Training Session: PEM

Spacing/Distance too long for quality PEM

Create Less Passes and incorporate Combinations to Attract Defense
Training Session: PEM

**Penultimate Pass**: Behind Attacker

Not Penetrating Pass to increase speed and break back line
Progress
### EFCL Week 3

<table>
<thead>
<tr>
<th>Date:</th>
<th>Theme of the session: Possession from the team in an area of the field to draw defense and quickly change the point of attack</th>
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<tbody>
<tr>
<td>Category:</td>
<td>136</td>
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<tr>
<td>Phase Type:</td>
<td>Unbalance/Destabilize opponent on the last line</td>
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<tr>
<td>Principles of play:</td>
<td>Switch the point of attack</td>
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<tr>
<td>Used Pedagogy:</td>
<td>PSAM, PEM, PDPM</td>
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<tr>
<td>Layout / Space:</td>
<td>9x9 attacking 2 small goals with 3 yard endzone in front of each goal full width of field length</td>
</tr>
</tbody>
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#### Expected Results:

**1**

- Attacking players will improve recognition when there is a defensive overload and how to switch the point of attack.
- Performance Criteria: 4p+ score in small goal 2p+ if team connects 4 passes in one channel SPOA and scores

**2**

- Attacking players will improve recognition when there is a defensive overload and how to switch the point of attack.
- Performance Criteria: Get every time ball is switched from one channel to the other.

**3**

- Players will improve on changing the point of attack quickly and efficiently. They will become better at drawing the defense and then recognizing the moment to circulate the ball to opposite channel. Once DGC is open penetration must happen at pace and speed.
- Performance Criteria: 1st ball played through gate 2nd dribble through gate 1 pt for defending team scoring on big goal

#### Instructions / Player Rights or Guides:

- **Attacking team:** Starts with ball deep in their zone and try to build out into either small goals on opposite side. They have to do this by finding a runner in the zone or wide player can dribble in zone. 2) Defending team must shift and defend in only two zones when ball is on one side leaving the far zone free of defenders.
- **Server (CB) Initiates play by playing with 3 players in the middle, it is a 4v3 in the first box. After 5 passes they switch the point of attack to player waiting in the weak side space.**
- **Game is constant side to side.**
- **Ball is divided into 3 zones. Attacking team is trying to score through 3 gates to a target or dribble over the endline. Defending team when ball is wen goes to the big goal. Defending team must be in two channels at a team when defending always leaving one channel open.**

#### Achievement Criteria: "How to do it?"

1. Attacking team will circulate the ball and pass the defenders to one side creating an overload. JGC must have recognition when to switch the point of attack SPOA. 2) JGC must find space and be between lines vertically and horizontally to provide an option to get the ball from one channel to the opposite channel and then attack at pace.

#### Before the TS  ➔ About the Players

- Mental Impact
- Athletic Impact

### External load of the session

- **Work load (Rep & Series):** 3x5 minute games
- **Achievement criteria "how to do it?"**

### After the TS: Coach comments about Observed effects

- Pedagogical correction on the layout
- Pedagogical correction on the behavior

### Additional Athletic Workflow:

1. Players look to get into the attacking 1/2 to score. Fast ball circulation from side to side to try and draw the defenders into a certain channel or area. If the defensive team does not protect the DGC the attacking should exploit the area at pace to score. If the defending team creates density around the DGC then the attackers must find solutions to penetrate in a different channel.
Good Moment
Analysis

Fixed Defenders to One Side
EFCL Week 4

Date: 5/1-16

Theme of the session:

Category: U16
Phase Type: Unbalance/Destabilize opponents (on the last line)

Principles of play: Switching the point of attack

External load of the session

Characteristics of F1 (Vol. Int.):

Before the TS

External load

Mental impact:
Mental impact will be high because it is a PSAM: Anaerobic, high intensity, vertical and lateral movement, quick sprints 7/10

Expected RPE was 7

PSAM: Anaerobic, high intensity, vertical and lateral movement, quick sprints 7/10

Work load (Rep & Series): 3x5 minute games, 1 minute rest

After the TS

Coaching comments about observed effects

Pedagogical correction on the layout

Pedagogical correction on the behavior

In the PSAM 1 it had to add the restraining line to keep the defenders high and make sure they weren’t sitting on top of their goal. Their head had to be space to unbalance the back 4. In the PSAM 2 I had to fix the defenders to make sure that the attackers recognized where the defensive overload was, as well as the space where they needed to attack.

Observation - Comments - Level of learning:
At first the BC’s had a tendency to go right back into pressure. Their body shape was poor, their first touch would take them back into the same channel. We made some corrections in terms of starting spots, body shape, awareness of checking where...
### Training Session #1: PTDM

**Used Pedagogy:** PTDM

**Layout / Space:** 50 yards width x 40 length. 3 zones vertically so the game is divided into 3 equal zones.

**Expected Results:**
Players will recognize defenders overloading and trying to trap to one side and being able to play out of one channel to the opposite channel. Players will learn to lose their marks, receive passes correctly and raise tempo of play from one side to the other.

**Performance Criteria:**
- 1 point if defense is destabilized
- 2 points if ball is switched, defense is penetrated and then scored on
- Defense scores by winning ball and scoring on small goal from anywhere on field

**Instructions / Player Rights or Guides:**
- 5 attackers vs 4 defenders.
  - Defender starts with the ball and play to closest attacker who initiates game with a pass.
  - Once defender plays attacker he is allowed to recover and defend.
  - Defenders can score if they win the ball and dribble or pass to a teammate over the endline.
  - Defenders must all be shifted over and defend in two zones at a time based on where the ball is.
  - Defenders must be in 2 out of 3 vertical channels.

**Work load (Rep & Series):** 20 reps x 2 series (40 reps total)

**Achievement criteria "how to do it":**
1. Good technique to keep possession to fix the opponents on one side. Initial entry pass starts the attack.
2. Pass must be hit with pace to move defenders side to side so BC can't get closed down increasing teams time edge. Opposite movement between 2 central midfielders.
3. Balance between depth, pooping into gaps, skipping channels and opposite movement of players to create gaps and lines.

[Diagram of soccer field with players and instructions]
Training Session #1: PTDM

1. Intensity too low from defenders
2. Balance of Power too much in favor of attackers – needed back pressure

Distance too wide – defenders didn’t have enough time to get fixed to one side and get into 2 defending channels
Training Session #1: PTDM

1. Good job of creating principle
2. Penultimate pass was on: instead pass was behind runner slowing destabilizing moment down and moment was lost
# Club Visit

## COACH OBSERVATION SHEET

### Game situation:
- **TS1**
- **TS2**

### Items / Topic:
- Ex: Switch the point of attack after attracted the defense

### Training Session

<table>
<thead>
<tr>
<th>Def</th>
<th>Av</th>
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<th>VG</th>
<th>Comments on main points</th>
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<td>Set up</td>
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<td>Objectives (+Perf Criteria)</td>
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<td>Pédagogy</td>
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<td>Achievement Criteria</td>
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<td>Evaluation (Objectives reached)</td>
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### The Coach

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<td>Learning environment</td>
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<td>Pedagogic behavior &amp; Com</td>
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<td>Démonstration* - Correction</td>
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<td>Pedagogic adjustment</td>
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<td>Self Evaluation (Debrief)</td>
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### The Players

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<td>Intensity* - Activity -</td>
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*First TS*

*2nd TS*
Progress = Goal
Thank you