

Program: <b>Coaching</b>	<b>Attacking Technically and Tactically</b> <b>Lesson Plan</b>	Identifier: Revision: Page: 1 of 10 Last Revision: 10/20/2014
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## Attacking Technically and Tactically

Identifier	
Revision	
Effective Date	1/1/2013
Class Length	1 hr 15 min

Change Summary	
10/20/2014	New Lesson Plan Format

Program: <b>Coaching</b>	<b>Attacking Technically and Tactically Lesson Plan</b>	Identifier: Revision: Page:             2 of 10 Last Revision:   10/20/2014
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## 1. Lesson Plan Goals

This presentation is designed to provide AYSO volunteer coaches with a greater knowledge and understanding of how to consider different formations and systems of play, their benefits and disadvantages.

## 2. Class Length

1 hour 15 minutes (Allow time for questions and discussion during this time)

## 3. Instructor Requirements

Coach Instructor or Advanced Coach Instructor

## 4. Learning Objectives

To give coaches an understanding of some of the many different formations and tactics used in the world of soccer today.

Tactics, formations and individual responsibilities are all part of a young soccer player's development, and they should be exposed to different styles of play in order to enhance their overall knowledge of the game.

## 5. Student Skills Required

Intermediate or advanced coaching knowledge

## 6. Prerequisites

None required.

## 7. Materials

Power Point Presentation pre-loaded to Section Meeting Laptop

## 8. Equipment

- Flip Chart
- Markers
- LCD Projector and screen

## 9. Special Instructor Notes

Presenter notes have been added to each slide in addition to this Lesson Plan.

Program: <b>Coaching</b>	<b>Attacking Technically and Tactically Lesson Plan</b>	Identifier: Revision: Page: 3 of 10 Last Revision: 10/20/2014
--------------------------	---	--

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## 10. Slide Notes (numbers in Bold)

**1:** Title page

**2:** Calm Before the Storm

**3:** Video...

**4:** Agenda and Jose Mourinho statement. Emphasize, "We don't have to win, but we cannot lose!"

**5:** Vision and Mission Statements: It is important that we always connect our value system to the topic (and incorporate where possible). Audience should try and connect.

### ***World class youth soccer programs...enrich children's lives...***

In order to provide a world-class soccer program we must be able to deliver basic formation and tactical coaching. By introducing our players to a broad range of systems, we incorporate these aspects of our mission and vision.

**6:** AYSO Philosophies.

Again, try and connect our philosophies to the specific topic. Audience should try and connect.

**Open Registration:** Interest and enthusiasm are the only criteria for playing, therefore, as coaches we should be challenged to tactically adapt our system to accommodate the players...not vice versa.

**Balanced Teams:** Assuming skill level is somewhat even then tactical understanding and play can be the difference between teams.

**Everyone Plays:** We should try to give all the players an understanding of the different roles of the formation you are trying to play. Avoid position-specialization too early.

**Positive Coaching:** Positive feedback is required when your players show good tactical formation and understanding regardless of the score.

Program: <b>Coaching</b>	<b>Attacking Technically and Tactically</b> <b>Lesson Plan</b>	Identifier: Revision: Page: 4 of 10 Last Revision: 10/20/2014
--------------------------	---	--

**Good Sportsmanship:** Changing formation or personnel may be needed in order to show good sportsmanship to your opposition.

**Player Development:** The tactical side of the game is equally as important as the technical side in a player's development. Players have left AYSO in the past in order to acquire better tactical coaching. Tactical insight and understanding is a key component to Player's "overall" Development. (Continued on slide 7). Being aware and utilizing Psychosocial Elements, is a key to motivation and mental activation required for player development.

**8:** In this slide we lay the foundation that technical ability must be present in order to challenge players tactically.

#### **Basic Pillars of Building Technique to Achieve Tactics**

- Ball Mastery
  - Individual development of first touch
  - Dribbling, receiving, ball control, etc...
- 1v1's with moves
  - Progression to implement elements learned in ball mastery to attack and beat a defender
- Passing and receiving
  - Attacking defenders with using passing with teammates
- Small Group Tactics
- Goal Scoring
  - Creating goal scoring opportunities with numbers created from small group tactics. Why numbers up??

#### **9: Player Moments of Recognition: When To Apply the Attacking Principles and Objectives of Play**

##### **Attacking Objectives of the game**

Advance the Ball  
Score  
Maintain

##### **Principles of Play**

Penetration  
Support  
Width  
Mobility  
Creativity

There are 5 identifiable moments in the game that influence decision making within the game.

Program: <b>Coaching</b>	<b>Attacking Technically and Tactically</b> <b>Lesson Plan</b>	Identifier: Revision: Page: 5 of 10 Last Revision: 10/20/2014
--------------------------	---	--

### **10: 5 Moments of Decision Making**

1. When your team has possession of the ball
2. When the other team has possession of the ball
3. When your team wins the ball (Transition – spread to create space)
4. When the other team wins the ball (Transition – get compact)
5. On Set Pieces

### **11: Cornerstones of Technical & Tactical Attacking Training**

- a. Possession
- b. Patience to possess
- c. Penetrating past the defense
- d. Player Rotation during the play
- e. Player insight and reading the game

### **12: 4 Phases of Play**

- a. Build-up/Dispersal/ possession play
- b. Consolidation (increasing numbers)
- c. Incising through (penetrating) the defense
- d. Finishing

### **13: Possession Play**

- a. What are the technical elements required for Possession based play?
  - i. Passing (technical elements of good passing)
  - ii. Receiving (technical elements of ball good control)
  - iii. Head up when on the ball (technical elements of good dribbling - looking for options)
  - iv. Off the ball runs (create options & space)
  - v. Communication (support)
- b. Training possession will fill psychosocial elements as well as technical and tactical development because the players are engaged and forced to work within a group.

### **14: Patience to possess**

- a. Develop patience, and you develop constructive play
- b. Avoid “Hopeful Soccer”
  - i. Hopeful soccer becomes overly direct play
- c. Avoid forced passes
- d. What techniques should we focus on here?
  - i. Head up!

Program: <b>Coaching</b>	<b>Attacking Technically and Tactically</b> <b>Lesson Plan</b>	Identifier: Revision: Page: 6 of 10 Last Revision: 10/20/2014
--------------------------	---	--

- ii. Looking for teammates, opponents, best opportunity (risk vs advancement, penetrating the defense)

### **15: Penetrating past the Defense**

- a. Timing when to get in behind the defense
- b. Isolating opponents
- c. Creating critical gaps in a defense to play through
- d. Recognize when to play over the defense
- e. Training players to find numbers up situations and change objectives when necessary

### **16: Player Rotation and Mobility**

- a. Train players to rotate with each other on the field
- b. Create attacking triangles
- c. Have an awareness that transition could occur at any time
- d. Decisions based on these elements create player insight which creates the choice of techniques they use

### **17: Managing play**

- a. Possession
- b. Patience
- c. Penetration
- d. Rotation
- e. Insight

### **18: Attacking Objectives – Which to emphasize in which third (where).**

Score

Advance

Maintain Possession

### **19: Phase 1: Build up and Dispersal (Maintain Possession and advance the ball)**

- a. Managing attacking play in the Defensive 1/3
- b. Using the Goalkeeper as a field player when back pass is needed
- c. Techniques needed:
  - a. One and two touch passing
  - b. Ability to shield ball from opposing players
  - c. Quick dribbling to the outside only when necessary
  - d. Good vision to play ball to open objective, players wide or up the pitch
  - e. Good crossing/switching technique

Program: <b>Coaching</b>	<b>Attacking Technically and Tactically</b> <b>Lesson Plan</b>	Identifier: Revision: Page: 7 of 10 Last Revision: 10/20/2014
--------------------------	---	--

Play can go to next phase when a player is able to turn and play the ball forward without pressure (How does player know when to turn, when to play in the direction faced?)

## **20: Phase 2: Consolidation (Advance the ball & maintain possession)**

- a. Add a back row player into the midfield to increase attacking numbers
- b. Ball movement and off the ball runs to create critical gaps in the opposing defense
- c. Techniques needed:
  - o Vision
  - o One and two touch passing
  - o Quick release of ball to teammates
  - o Winning the ball in the air
  - o Inside of foot and laces passing
  - o Patience and communication are key

## **21: Phase 3: Incising the Opponents back line** (Still in middle 1/3 of the field)

1. Playing the ball through or over the opposing defense
2. Playing the ball to weak side
3. Reset the attack to phase two when needed
4. Techniques needed:
  - a. Vision
  - b. One and two touch passing
  - c. Player knowledge of showing fresh angles to the ball as it is passed
  - d. Forward players organized with runs
    - i. One shows to the ball
    - ii. One threatens behind showing forward
    - iii. One stays Wide (Blind side)

## **22: Phase 4: Finishing**

1. 1v1 vs keeper still a possibility, less likely
2. Box organization is important, especially on Crosses:
  - a. Four runs to cover critical areas in front of the goal:
    - i. Near post
    - ii. Towards the goalkeeper
    - iii. Far Post
    - iv. Penalty Mark
3. If scoring opportunity doesn't happen, look to advance ball to a player who can score with one touch off pass or reset to phase 3 (Incising)
4. Techniques needed:

Program: <b>Coaching</b>	<b>Attacking Technically and Tactically</b> <b>Lesson Plan</b>	Identifier: Revision: Page: 8 of 10 Last Revision: 10/20/2014
--------------------------	---	--

- a. Courage to shoot the ball
- b. Crossing
- c. Heading
- d. Volley with inside of foot or laces
- e. Power and finesse shots

### **23: Basic play management within Phases**

1. Phases 1-3 should incorporate one and two touch passes as team builds up the field
  - a. Allows quick build-up
2. Phase 4 can employ more creativity to create goal scoring opportunity
  - a. Extra touches
  - b. Extra passes

### **24: Possession Based Training to help you get there**

1. Rondos
  - a. 5v2's (sometimes called Monkey in the Middle)
    - i. Start simple
    - ii. Progress to players following their passes to create movement and enhance psychosocial elements
    - iii. Players will be more engaged than passing in pairs
2. 4v4+3
  - a. Using neutral objective players to encourage directional play (numbers up should always favor space and passing – key is movement and patience!)
3. Technical & tactical elements can be addressed using freeze methodology.

### **25: Balanced Training Models (con't)**

1. Games and activities found in all of the AYSO training manuals can be used as well:
  - a. Examples:
    - i. <http://bit.ly/XeVbOT>
    - ii. <http://bit.ly/11zxgjU>



Program: <b>Coaching</b>	<b>Attacking Technically and Tactically</b> <b>Lesson Plan</b>	Identifier: Revision: Page: 9 of 10 Last Revision: 10/20/2014
--------------------------	---	--

- iii. The main differences, especially for older players, are that increased speed of play and enhanced communication are essential for success.

### **26: Can you see the Phases a little better now?**

1. Let's look at the very first video we put up and see what you now identify
2. What did we see?
3. What did we see in phase one?
4. Did we see patience?
5. Did we see bringing the ball back (resetting to phase 1, then back to 2)?
6. Did we see good technique?

### **27: Concluding thoughts**

1. Engage your players in training
2. Provide an understanding of how play should be managed dependent on where they are on the field in the progression to the goal.
3. Identify how your team can be successful in their attempt to maximize tactical advantage by understanding the technical aspects they need to execute.

### **28: Conclusion**

1. Any Questions?
2. Please remember to turn in your course evaluation form before you leave.
3. Have a great EXPO!!!!!!

### **29. Coaches: Our Role in the AYSO Experience**

1. What is our key role in this process?
2. Why are coaches so important?

### **30. Who are the Coaches' "Customers?"**

1. Who do we serve?
2. Everyone! Players, parents, the game...

**31: Everyone Plays!** It's our attitude, to serve, and to elevate everyone's enjoyment of the game.

Program: <b>Coaching</b>	<b>Attacking Technically and Tactically Lesson Plan</b>	Identifier: Revision: Page: 10 of 10 Last Revision: 10/20/2014
--------------------------	---	---

**32: We are all AYSO ambassadors, we all carry the message, the passion.**

**33: Great Coaching = Great Customer Service**

1. Player Development Matters!
2. It's why We Play the Game the Way We Do
3. A key part is Nurturing New Coaches

**34: Great Soccer Starts with Great Communication**

- You're the Source!
- You Set the Tone
- Communicate, Communicate, Communicate!
- Use Your Tools
  - Shutterfly Team Site
  - Team Parent
  - Division Coordinator, Coach Administrator, Board
  - Region Website

**35: We're all AYSO Ambassadors!**

**36: YOU are a critical part of our program! Thank you!!!!**