

Topic: Attacking the Middle to Final Third

Organization	Variations	Diagram	Coaching Points
8 v 4 (define area if necessary). Three teams of four, each team in a different color pinney or bib. Example: Red and Blue versus Yellow. Team losing possession transitions to defend. Stretch.	 Award goals for successful combination play (i.e., takeover, wall pass, double pass, short-short-long, overlap, etc.) and/or consecutive number of passes in possession (8-10). If necessary, limit number of touches in possession to encourage speed of play. Impose dribbling to commit a defender before passing and combining. No restrictions. 	R Y B R Y B R Y	 ✓ Body mechanics and general technique ✓ Proper weight and timing of pass ✓ Correct angle and timing of support and runs ✓ Verbal and visual communication
Restricted			
6 v 6 + 2 (40 x 40 area divided equally into 4 grids). Neutral players play for team in possession.	 Players are allowed to move freely throughout the area. Award 1 point for linking (8-10) passes together without losing possession. Players are allowed a maximum of three passes in each quarter of the grid. Limit players to [no more than] 2 touches. Limit neutral players to one touch. 	40 yds. O X X X O N O O N X X X X O	 ✓ Combination play to break pressure ✓ Disguise and deception of pass ✓ Rhythm of play (short-short-long) ✓ Look for longer passes to break the pressure and maintain possession



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