

Implementing a Style of Attack Through Phase Play

Presented by Lang Wedemeyer, NSCAA National Staff Instructor

Objective: To utilize midfield and forward personalities to implement a style of attack to generate quality scoring opportunities.

Players: 14 field players, 2 GKs

Area: 70X55

PHASE	ACTIVITY	DIAGRAM	COACHING POINTS
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	<p>WARM UP: Groups of 3-4 passing through tactical patterns of attack.</p> <ul style="list-style-type: none"> ^ Up, back, and through. ^ 2 & 3 player combinations. ^ Vertical and Horizontal running off the ball. 		<ul style="list-style-type: none"> * Direction awareness. * Weight, angle, and texture of pass. * Distance of support and penetrating runs. * Timing of passes.
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<p>Exercise 1: 2 Outside Backs, 3 Mids, 3 Forwards in Blue attacking GK, 4 Red Backs & 2 Red Mids on defense.</p> <p>Red Backs & Blue Forwards must start in middle zone. Red Mids must stay in their zone defensively. Blue attacks goal, Red outlets to Blue Outside Backs/Targets to release pressure. All but Blue OBs can move into attacking grids.</p> <p>Trigger is ball back into Blue Mid.</p> <p>Dashed line is off-side line.</p>		<ul style="list-style-type: none"> * Finding penetration space * When to play fast vs. slow * Maintaining width in the attack * Passing and movement options
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<p>Exercise 2: Same set up.</p> <p>1 Blue Outside Back can move into attack. One Red Mid can track defensively. Red Backs may step into forward grid to play defense.</p> <p>Red gets a point for finding Blue GK.</p>		<ul style="list-style-type: none"> * Recognition of penetration space. * Timing of runs forward. * Balance in the attack. * Flank penetration. * Box organization. * Creating isolation.
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<p>Game: 1-4-2-1 in Red vs. 1-1-3-3 in Blue to big goals.</p> <p>Offside lines still apply.</p> <p>Free play.</p>	<ul style="list-style-type: none"> * Emphasis on Blue Mids combining with Forwards to create quality scoring opportunities.
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