

2nd Attacker – The player who really makes your offense tick!

Equipment: 10 training bibs (5 yellow/5 blue); 1 ball per player; 2 regulation goals; 3 small goals; 8 large cones; 30 disc cones

1st Activity (warm-up): in pairs with one ball make wall passes around a cone; intersperse dynamic and static stretching

Variations – diagonal second pass and a straight off-the-ball run or straight second pass and a diagonal off-the-ball run

2nd Activity: 2 vs. 1 to end zone; grid is 15 x 10; set up four grids so that all players are active; play one minute rounds and then switch defender

3rd Activity: 2 vs. 2 to target cones; grid is 20 x 15 with four tall cones diagonally apart on opposite end lines; set up two grids with two substitutes (1/team) at each grid; play two minute rounds

4th Activity: 4 vs. 4 to three goals; grid is 35 x 25 with one small goal centered on a goal line and the other two small goals near the corners on the opposite goal line; three groups of four with one group in reserve

5th Activity: 6 vs. 6 to two regulation goals; grid is 60 x 40; goalkeepers in goal

6th Activity (cool-down): begin with dynamic movement and finish with static stretching; rehydrate

Coaching Points

- ☞ Support player (2nd attacker) constantly adjusting distance and angle to the 1st attacker
- ☞ Mental alertness to the needs of the 1st attacker
- ☞ Move close to support when 1st attacker is in tight space and under pressure
- ☞ If marking is quite tight then a take-over combination is the likely option
- ☞ If marking is not so tight and space is available then a wall pass or double pass are the likely options
- ☞ Support (2nd attacker) must read the space available to the 1st attacker and the amount of pressure from opponent and the number of opponents
- ☞ Spot on the field and available attacking space determines if support should be from behind, square or in front of the 1st attacker

Guided Discovery Questions

Are you at a spot where your teammate with the ball can see you and make a pass to you?

Have you made your supporting run soon enough?

When should your distance of support be close to your teammate?

How do you know when your support is too close?

When could your distance of support be far from your teammate?

What are your cues to anticipate your run?

Can you make a run to pull away opponents from the teammate with the ball?