



FINAL 3RD ATTACKING TRAINING GAMES

11V11



7v4 Arteta Central Overload Game

- Twelve players are organized into an attacking team of seven, versus four defensive players, plus a goalkeeper. The exercise takes place in two 20x20 yard areas with a 5 yard median in between. The top half acts as a possession area, while the bottom half is designed to replicate a penalty area.
- The game starts with a 5v2 in the top half. The possession team (white in the example) are looking to use their initial overload to complete three passes and then play into the attacking square.
- Once the ball is played into the attacking square, one attacker can join to create a 3v2 towards goal. The objective for is for the attacking team to score as quickly as possible.
- If the defending team win possession, they can score in any of the mini-goals for two points.



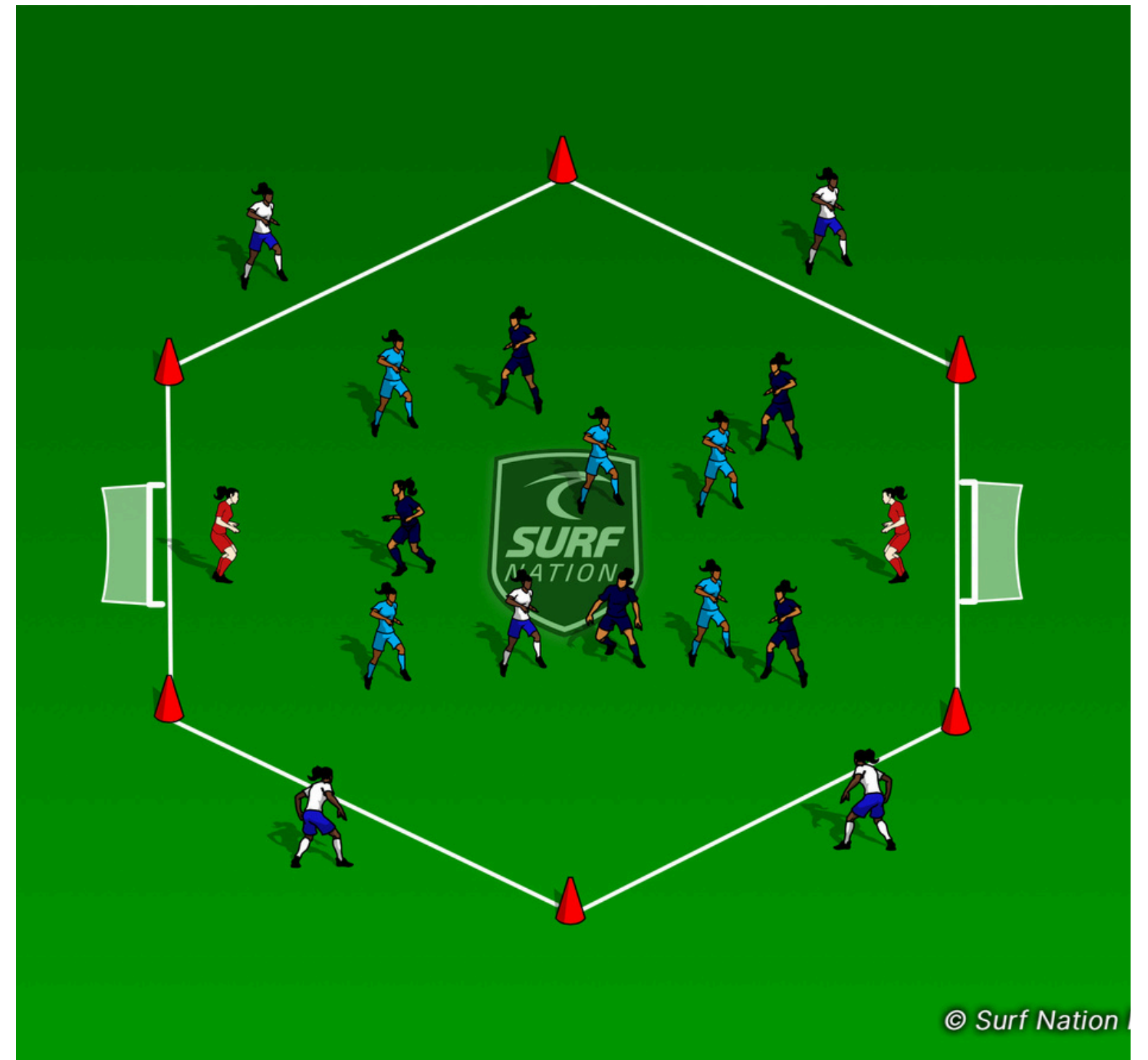
Jose Mourinho 5v5 Attack vs. Defense

- This exercise takes place inside a 30x30 yard area outside the box
- Defensive team are organized into a back four and one holding midfielder
- Attacking team are organized into a midfield four and one center forward
- Ball is served into the attacking team who are simply looking to create a goal-scoring opportunity, either by a shot at the edge of the box, a cross or individual creativity
- If the defensive team win possession, they are looking to score in the min-goals and the attacking team are encouraged to counter-press aggressively
- The defensive team can use the goalkeeper as a 'plus one' in transition moments



5v5+5 Thomas Tuchel Hexagon Game

- Seventeen players are organized into 3 teams of five plus two goalkeepers.
- The game is played in a hexagon shape.
- Two teams play 5v5 with the third team working as neutrals for the team in possession.
- There are four neutrals on the outside and one in the middle.
- Games are played with an emphasis on attacking combinations to create shots on goal
- Neutrals are limited to one-touch
- Play 6x2 minute games and switch roles after each game



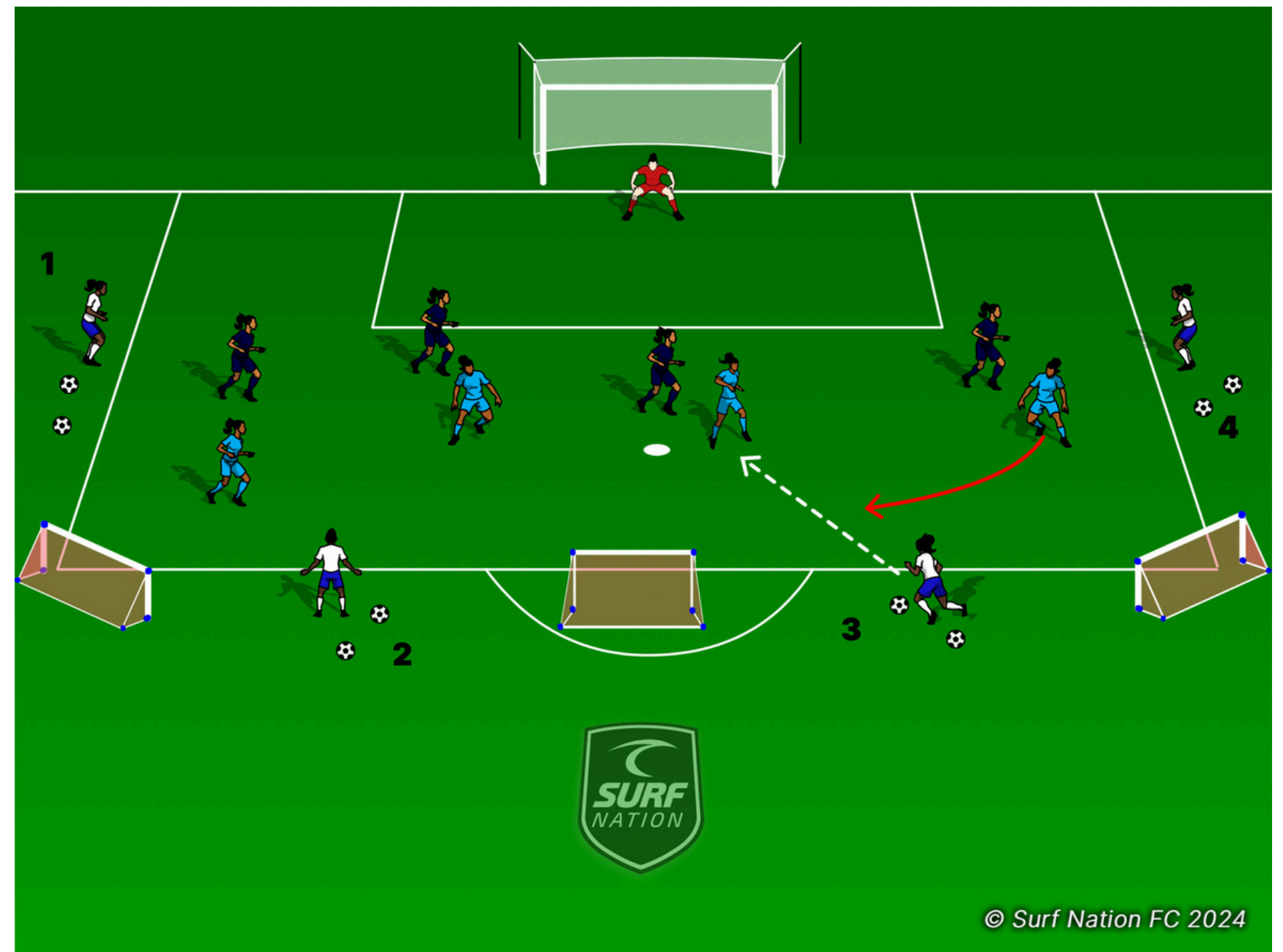
Penalty Box Overload Game

- 13 players are organized into two teams: one attacking of six, one defending team of four, plus a GK and two neutrals
- Game takes place in the final third of the pitch with a 10-yard triangle outside the penalty box
- Three attackers will start in the triangle against one defender
- In the penalty box there are three forwards against three defenders, with two neutrals wide on the edge of the box
- The objective of the game is to start with a 3v1 rondo and for the attacking team to complete 3 passes and then pass into the penalty box (or into a neutral)
- Once the pass is played into the attackers in the penalty box, one attacker from the rondo can support on the edge of the box and the two neutrals become attackers too, creating a 6v3 to goal.



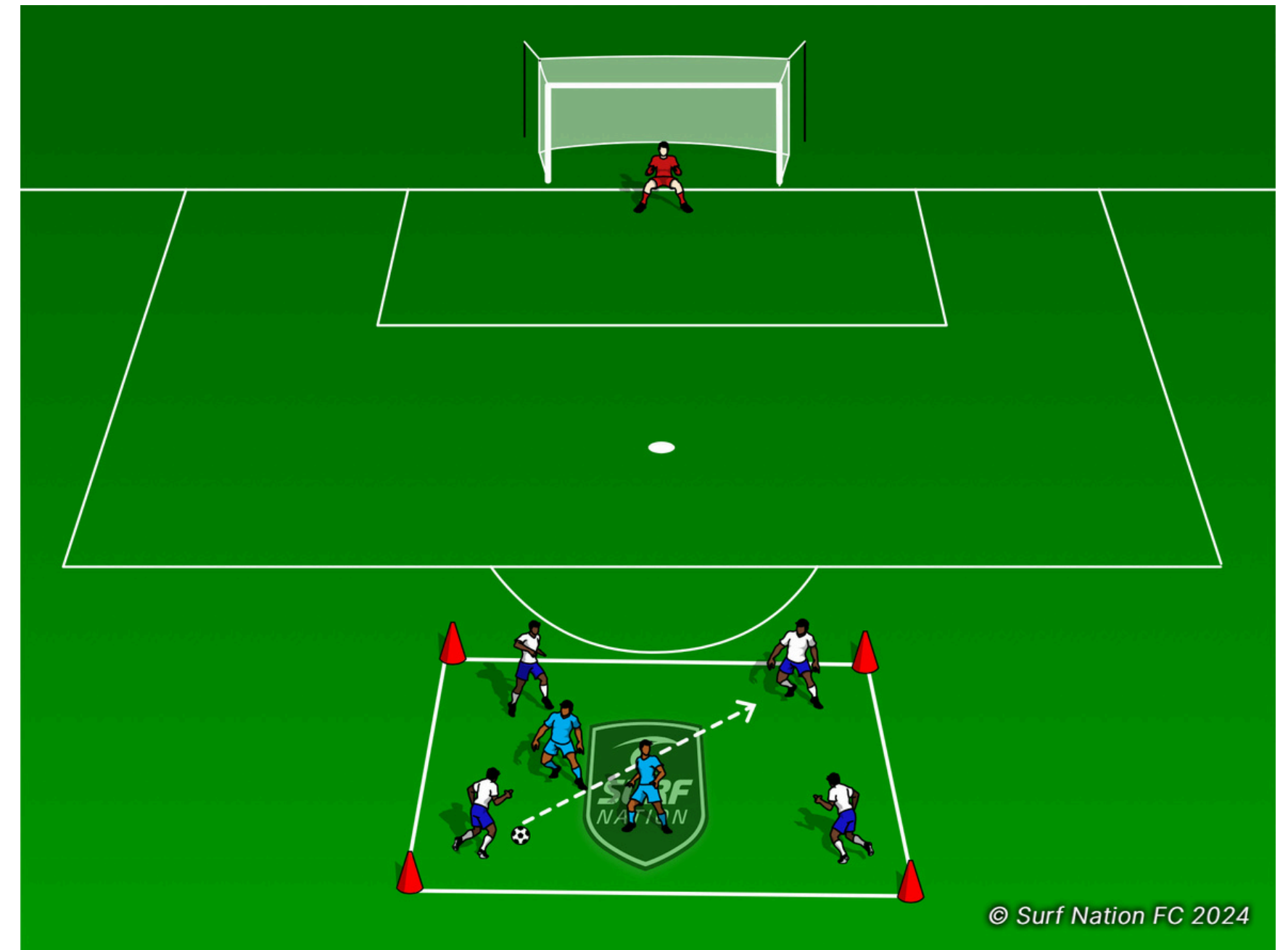
4v4+4 Penalty Box Game

- Thirteen players organized into three teams of four players plus one goalkeeper
- Two teams start in the middle (one attacking team and one defending team)
- Perimeter players are organized around the box with two balls each and each player is given a number
- Coach calls out a number and that perimeter player passes into the attacking team
- Unlimited touches in the box but goal has to be scored with one touch finish
- Angle of the pass from perimeter should create a situation where attackers are supporting underneath players to look for first-time finishes
- Twelve balls total - then teams rotate



4v2 Through Ball Finish

- Six players are organized into a 10x10 yard square located 25 yards from the goal
- Teams organized into four attackers and two defenders and game starts a 4v2 in the square
- After four consecutive passes from the attacking team, they can release a teammate into a 1v1 goalscoring chance with the goalkeeper to beat
- Finish must be first time and the attacker cannot stand ahead and wait for the ball so timing of the runs are important
- As attacker is finishing, the server dribbles a ball in and the game flows again



6v6+3 Attacking Overload Game

- Fifteen players are split into two teams of six plus three neutrals
- 6v6 game takes place on a 30x50 yard pitch (adapt size to level of your players).
- There are three neutral players total - two will play on the outsides and one in the middle.
- The objective of the game is to build-up, using either central or wide progression, to create a goal scoring opportunity.
- If one of the neutrals are involved in the goal it counts as two points. If not, the goal counts as one point. The neutral players are restricted to two touches.





THANK YOU



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