



DEVELOPING MOVEMENT OF THE FRONT TWO

SESSION OVERVIEW

OBJECTIVES

- The main focus of this training session is to foster a strong relationship between two forward players, enabling them to create effective attacking opportunities. The specific objectives include:
- **Opposite Movements:** Teaching players how to coordinate and execute complementary movements to confuse and outmanoeuvre opponents.
- **Creating Goalscoring Opportunities:** Emphasising teamwork and collaboration between the two forwards to generate chances and score goals.
- **Quality in the Final Third:** Enhancing the players' decision-making, technical skills, and composure when in the attacking third of the field.

PART 1: 1V1 DOMINATION

For this part of the session, we will use a semi-opposed practice with small groups of players working in different practice grids. Each grid should ideally measure 10m x 15m, accommodating four players.

PART 2: MOVEMENT TO CREATE OPENINGS

In this phase, we will work with 13 players, forming one team of seven players and another team of six players, including a goalkeeper. The setup will be a 3-2-2 formation versus a 1-2-2-1 formation. The recommended area size for this activity is 45m x 30m, featuring a defined final third with a full-size goal defended by the goalkeeper.

PART 3: SMALL SIDED GAME

- The final practice will involve two teams with equal numbers of players. We will set up an area measuring 45m x 30m, allowing for an 8v8 setup, with each team having a goalkeeper. The formation will be 1-3-2-2 against opposition arranged in a 1-2-3-2 shape.
- Throughout the session, players will have the opportunity to develop their understanding of forward partnerships, improve their communication on the field, and refine their ability to create and capitalise on scoring chances. Encouraging a positive and competitive environment will help players grow and excel in their roles as attacking players.

Note: It is essential to adjust the session's complexity and intensity based on the players' age, skill level, and overall development. Regular feedback and constructive coaching will further enhance their progress. Let's have a productive and enjoyable session!



1V1 DOMINATION (PART 1)

In this engaging semi-opposed practice, players will focus on improving their forward transition skills while honing their 1v1 abilities. The session involves two target players (A) positioned at opposite ends of the grid, and two players (B and C) engaging in a 1v1 battle within the grid.

SET UP

- Two target players (A) are placed at opposite ends of the grid.
- Two other players (B and C) will play against each other in a 1v1 scenario within the grid.
- Objective:
- The main objective of this drill is for the attacking player (B) to receive the ball from one target player (A), turn with it, and then play it forward to the other target player (A) positioned at the opposite end of the grid. Successful execution of this transition scores 1 point for the attacking player (B).
- Process:
- The ball is fed into the attacking player (B) from one of the target players (A).
- The attacking player (B) must showcase their skill in receiving and turning with the ball while striving to play it forward accurately to the other target player (A) at the opposite end.
- The defending player (C) aims to prevent the attacking player (B) from receiving and turning effectively, striving to disrupt the forward transition.
- If the defender (C) successfully wins possession of the ball, they should quickly return it to either of the target players (A) to restart the practice.
- After a set period of work, the roles of the players should be switched, allowing everyone to experience both attacking and defending situations.

OBJECTIVES

- Encourage quick and decisive decision-making by the attacking player (B) when receiving and distributing the ball.
- Emphasise the importance of using different turning techniques to evade the defender (C).
- Remind the defender (C) to apply pressure intelligently and focus on cutting off passing lanes effectively.
- Promote communication and teamwork between the target players (A) and the attacking player (B).

This dynamic drill not only enhances players' forward transition abilities but also sharpens their defensive skills in 1v1 situations. Frequent role rotations keep the session engaging and give players a well-rounded understanding of both offensive and defensive roles on the field.

COACHING PROCESS

The coaching process for improving players' ability to turn and play forwards involves a series of key principles and strategies. The central players must create space to receive and distribute the ball effectively. The attacking player's goal is to outmanoeuvre the defender using clever off-the-ball movement, creating space and favourable angles to face forwards. Here are the coaching points to focus on:



MOVEMENT

- Central players should actively create space by moving intelligently to receive the ball in advantageous positions.
- Attacking players must use their off-the-ball movement to exploit gaps in the defence and find space to receive the pass.

DOMINATING THE DEFENDER

- The attacking player's objective is to gain an advantage over the defender by using clever movements and positioning.
- Timing is crucial; the attacker should wait until the defender focuses on the ball before making their move, catching them off guard.

BODY SHAPE

- Encourage the attacking player to position themselves with open shoulders whenever possible to receive the ball on the half-turn.
- Being on the half-turn enables quicker decision-making and improved awareness of the surrounding players and space.

AWARENESS

- The attacking player should be aware of the type of pressure they face from the defender upon receiving the ball.
- Adjusting body shape accordingly helps the attacker maintain possession or execute a forward pass if the opportunity arises.

PROTECTING THE BALL

- Emphasise the importance of protecting the ball through quick and skilful ball movements.
- Disguising their intentions keeps the defender guessing and allows the attacker to maintain control and avoid turnovers.

COACHING DETAIL - OPPOSITION MANAGEMENT

OPPOSITION PRESSURE:

- To challenge the attacking player's decisions and actions, the coach can provide varied instructions to the defender during the practice.
- If the defender applies tight pressure, the attacking player will need to work harder to create space and angles to play forward passes.
- When the defender drops off slightly, the attacker should recognise the opportunity to attempt dribbles or passes to break the defensive line and find the opposite target player.

By focusing on these coaching points and encouraging adaptability and creativity, players will enhance their ability to turn and play forwards effectively, contributing to a more dynamic and incisive attacking play on the field.

MOVEMENT TO CREATE OPENINGS (PART 2)



In this session, 13 players will participate, divided into two teams: Team A, which focuses on possession, set up in a 3-2-2 formation, and Team B, the defending team, organised in a 1-2-2-1 shape. The attacking third will be clearly defined with flat markers, establishing a designated area for offensive play.

The primary objective of this practice is to develop effective attacking play and create scoring opportunities for Team A. Emphasis will be placed on player movement and creating spaces for passes to penetrate the opposing defence.

PROCESS

- The practice commences with the coach playing the ball to one of the three defenders from Team A.
- Upon receiving the ball, Team A should promptly expand their formation, ensuring width and depth to open up spaces for passing options.
- The midfielders on Team A should actively work to create space, allowing the defender in possession to find opportunities to play forward passes into the attacking third of the pitch (as illustrated in Diagram 2, for instance).
- The front two players in Team A should consistently be on the lookout for opportunities to receive the ball, either to turn and take a shot at goal or to create space for their strike partner.
- While one of the forwards is permitted to drop out of the attacking third to receive the ball, a defender from Team B is allowed to follow and apply pressure.
- If the possession team (Team A) encounters difficulty in playing through to the forward players, they should focus on building up play and creating space to find passing lanes into the attacking third.
- Upon winning possession, Team B (the defending team) should swiftly transition to a direct attack mode and attempt to score in one of the three mini-goals situated at the opposite end of the playing area.

OBJECTIVES

- Encourage quick and intelligent movement by Team A players to create space and passing angles.
- Emphasise communication and coordination among Team A players to exploit defensive gaps effectively.
- Remind the front two attackers to be proactive in seeking opportunities to receive the ball and create scoring chances.
- Encourage Team B to apply pressure strategically and maintain defensive shape when attempting to regain possession.
- Reinforce the importance of transition play for Team B, focusing on being direct and purposeful in their attacks.

Through this practice, players will improve their offensive skills, teamwork, and decision-making, contributing to a more dynamic and goal-oriented style of play for Team A, while Team B sharpens their defensive and transition abilities.

COACHING PROCESS



To ensure effective attacking play and build-up from the back, follow these coaching details during the session:

REALISTIC OVERLOAD

- Maintain match realism with a 5v3 overload in favour of the possession team in the defensive and middle thirds.
- This ensures players experience game-like situations during the build-up phase.

LATE EXPLOSIVE FORWARD MOVEMENTS

- Instruct the forward players to time their movements late and with explosive bursts of speed.
- Encourage them to make runs in behind the defence, drag defenders deep to create space for their partner to exploit, and pin defenders while retaining possession in 1v1 situations when facing pressure from behind.

TRIGGERS

- Advise the forward players to initiate their movements when the player in possession lifts their head up.
- This synchronisation helps the team capitalise on potential openings in the opposing defence.

COORDINATED PARTNERSHIPS

- Emphasise the importance of coordination between the forward players.
- Encourage them to make opposite movements and react to each other's actions, creating space and opportunities for each other.

COMBINATIONS

- Coach the forward players to work together and form effective combinations around corners, provide support in front if pressed, and link up with midfielders to advance play.

TRANSITION

- Remind the team of the importance of swift defensive transition upon losing possession.
- Players should immediately shift into a defensive mindset and work together to regain control of the ball.

COACHING DETAIL - PLAYING INTO THE FORWARD PLAYERS

QUICK DELIVERY

- Instruct players involved in the build-up phase to deliver the ball into the forward players quickly.
- A speedy transition helps catch the opposition off guard and exploit potential gaps.

PASS DETAIL

- Encourage versatility in passing from defenders and midfielders to the forwards.
- Differentiate passes by driving them through tight lines, lofting them over pressing opponents, reversing them in wide areas, disguising them, or bouncing them to midfield players to draw defenders out.



By implementing these coaching details, players will become more proficient in building from the back and effectively playing the ball into the forward players, leading to enhanced attacking opportunities and improved offensive coordination during matches.

SMALL SIDED GAME (PART 3)

The main focus of this practice is to foster a strong partnership between the front players within a realistic game situation. This small-sided game involves two teams of eight players each. Team A adopts a 1-3-2-2 formation, while Team B organises themselves into a 1-2-3-2 shape.

The primary objective of this session is to encourage the development of a cohesive relationship between the forward players in Team A. They should work together to create attacking opportunities and score goals.

PROCESS

- Both teams aim to build up play from the back and maintain possession when in control of the ball.
- The defenders on both teams, when in possession, prioritise finding passes, with the main focus being on playing the ball directly into one of the two forward players (see Diagram 2).
- To shift the defensive structure of the opposition, the midfield players on both teams vary their movement strategically.
- Once build-up patterns are established, the forward players must employ different types of movements to create scoring chances.
- If either team successfully scores a goal, the game restarts from their goalkeeper, promoting continuous play and quick transitions.
- The designated time period for the game will determine the winner, with the team scoring the most goals emerging victorious.

OBJECTIVES

- Encourage effective communication and understanding between the forward players.
- Emphasise the importance of movement and positioning to receive passes in dangerous areas.
- Promote quick decision-making and smart passing choices from the defenders and midfield players to exploit openings.
- Remind the forwards to coordinate their movements, making opposite runs to create space and confuse the opposition defence.

Through this small-sided game, players will improve their coordination and synergy as forward partners, leading to more fluid and effective attacking play on the field. The competitive nature of the game will challenge players to apply their skills in a realistic setting, further enhancing their understanding of the forward role and overall team dynamics.



COACHING PROCESS

To enhance the forward players' movement and create more scoring opportunities during the practice, focus on the following coaching details:

REALISM

Emphasise the importance of realistic game scenarios throughout the practice. Encourage the forward players to utilise their movement to create openings and generate attacking opportunities.

MOVEMENT

Instruct the forwards on both teams to time their movements late and execute them with explosive bursts of speed. Guide them to make runs in behind the defence, drag defenders deep to open up space, and retain possession when facing pressure from behind.

TRIGGERS

Advise the forward players to initiate their movements when the player in possession lifts their head up. Teach them to be alert and responsive to potential passing opportunities.

COORDINATED PARTNERSHIP

Stress the importance of coordination between the forward players. Encourage them to make opposite movements and respond to each other's actions, creating space and opportunities for their partner to exploit.

COMBINATIONS

Coach the forward players to work effectively as a partnership, executing combinations around corners and providing support in front if they face pressure from defenders. Emphasise their role in linking up with midfielders to build cohesive attacks.

TRANSITION

Remind the team of the significance of quick defensive transition upon losing possession. Instruct players to shift immediately into a defensive mindset and reorganise to regain control of the ball.

By focusing on these coaching details, the forward players will improve their movement and synchronisation, leading to more dynamic and effective attacking play during the practice and in actual match scenarios. Encouraging realistic game situations and teamwork will further enhance their overall understanding of the forward role and contribute to the team's success in creating scoring opportunities.