

## ATTACK-BUILDING GAMES FOR AGES 14 TO 18

by Erich Rutenmüller

### Main session exercise 1: Building the initial attack 1

#### Setup:

- Players take their assigned positions in a half in front of a goal with goalkeeper.
- Each inside defender has several soccer balls.
- Assign two players to each forward position.

#### Sequence:

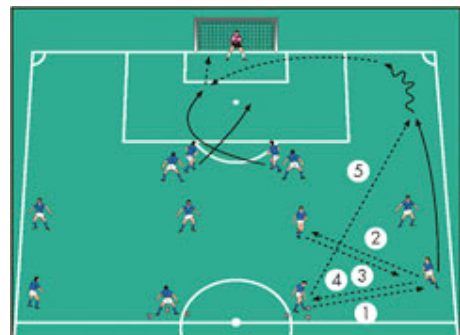
- The right inside defender passes to the right defender (1), who passes off to the central midfielder (2).
- The central midfielder passes directly back (3). The right defender passes back to the inside defender (4) and immediately starts running up the line.
- The inside defender passes into the path of the right defender (5), who controls the pass and crosses to the forwards, who cross paths and try to score.
- Afterwards the sequence starts again on the other side.

#### Variations:

- The inside and outside midfielders switch positions after each play.
- The forward switches positions with the central midfielder.
- While the inside defender plays the first pass, the central midfielder moves toward the goal, then breaks off and moves to meet the outside defender.

#### Tips and corrections:

- Poorly aimed balls should be briefly controlled and then played on the second touch.
- The combinations should flow smoothly after a few rounds.
- Forwards should go assertively for the crosses and not wait for the ball.



## ATTACK-BUILDING GAMES FOR AGES 14 TO 18

by Erich Rutenmüller

### Main session exercise 2: Building the initial attack 2

#### Setup:

- Players take their assigned positions in a half in front of a goal with goalkeeper.
- Each inside defender has several soccer balls.
- Assign two players to each forward position.

#### Sequence: Phase 1

- The right inside defender passes to the right defender (1), who passes off to the central midfielder (2).
- The central midfielder passes directly back (3). The right defender passes back to the inside defender (4).
- The inside defender passes into the path of the right midfielder (5), who controls the pass and crosses to the forwards, who cross paths and try to score.
- Afterwards the sequence starts again on the other side.



#### Sequence: Phase 2

- Sequence is the same as in Phase 1.
- After receiving (5), the right midfielder dribbles toward the goal. The right defender overlaps, receives the ball (6) and crosses to the forwards.



#### Tips and corrections:

- Poorly aimed balls should be briefly controlled and then played on the second touch.
- Forwards should go assertively for the crosses and not wait for the ball.

