

ATTACKING GAMES FOR AGES 14 TO 18

by Horst Hrubesch

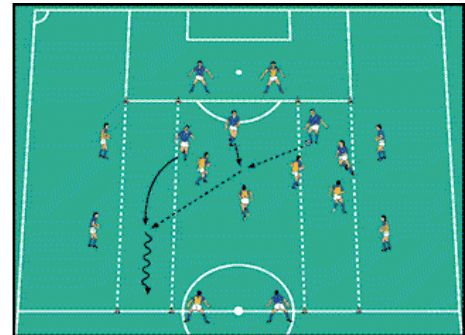
Main session exercise 1: 4 v. 4

Setup:

- Mark out a field between penalty box and centerline, with 10-yard-wide wing zones.
- Divide players into two teams of eight.
- Four players from each team take the field while the others stand outside and act as passers.

Sequence:

- Teams play 4 v. 4 inside the field.
- The attacking team tries to dribble across the opposition's endline inside one of the wing zones. If successful they score one point and remain in possession.
- Whenever the ball is in a wing zone, the defending team must stay out of the opposite zone. They can only enter it after the attackers pass the ball into it.
- The outside players can be used as wall players (they must pass directly).
- After two minutes, both teams switch roles and positions with the outside players. Which team can score more points within 12 minutes?



Variations:

- Attackers are allowed to attack up the middle as well, but goals scored on wing attacks count double.
- Set up a goal with goalkeeper 16 yards behind each endline. After dribbling across the endline, attackers try to score on the goal.

Tips and corrections:

- Players should receive and control passes in "open position."
- By following and blocking the ball, defenders force attackers to shift from wing to wing.
- Attackers should also change speed when shifting the attack in order to take advantage of temporary numbers-up situations.
- For more advanced players, make the field smaller.

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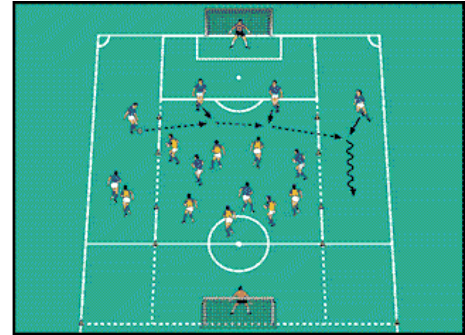
Main session exercise 2: 8 v. 8 on six goals

Setup:

- Field is two-thirds of a standard field, with two goals with goalkeepers.
- Using cones, mark out two four-yard-wide goals on each side, in line with the penalty box side-lines.
- Teams are the same as in Exercise 1 (4 v. 4).

Sequence:

- Teams play 8 v. 8 on the goals with goalkeepers.
- Each goal scores one point.
- Teams can score additional points by shifting the point of attack and then passing through one of the small goals.
- To shift the point of attack successfully, attackers must play the ball from one side to the other without letting any opponents touch it.
- Which team can score more points within 15 minutes?



Variations:

- Limit players to three touches in the middle zone.
- The defending team must stay off the wing opposite the ball.

Tips and corrections:

- Players must provide passing options in all directions (form triangles).
- Players should receive and control passes in "open position."
- Attackers should play decisively, taking advantage of available space after shifts of play and moving quickly to finish.

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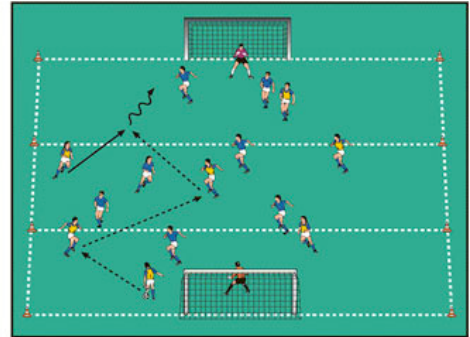
Concluding game: Dribbling zones

Setup:

- Mark out three zones of equal size on a field with two goals and two goalkeepers.
- Divide players into two teams of equal size.

Sequence:

- Teams play 7 v. 7 on the goals with goalkeepers.
- Players are limited to three touches in their defensive zone and in the center zone.
- They have unlimited touches in their attacking zone.



Variations:

- Players are limited to four touches in their defensive zone and three in the center zone.
- Players have unlimited touches in their attacking zone and in the center zone.
- One player from each team has unlimited touches everywhere and can slow things down if necessary.

Tips and corrections:

- Players need to learn to do most of their dribbling in certain areas of the field.
- They should play safely in their defensive zone and speed up in the center zone. In their attacking zone they should play assertively and take more risks.
- Players should trade positions with their teammates on their own so that all players get a chance to play in the attacking zone.