

IP02 | BUILD TO ATTACK AROUND

NC ADVANCED SESSION PLAN | FAW-ALIGNED STRUCTURE

PREPARE | CONNECT | RECOGNISE | CREATE | EXPLOIT | TRANSFER | REFLECT

Moment	In Possession
Age Group	U16
Duration	90 minutes
Reference Formation	4-4-2 (reference structure; IP/OOP occupation may change)
Primary Principle	Build to Attack Around
Supporting Principle	Create the Overload & Find the Spare Player
Session Outcome	Recognise central protection -> create a wide overload -> attack around -> get back inside to threaten goal.

FAW WELSH WAY PRINCIPLE

BUILD TO ATTACK AROUND Build with balance, create the overload and use the spare player outside to progress around pressure before getting back inside to attack.

Supporting principle: Create the Overload & Find the Spare Player - use width, support and movement to attack around the opposition and regain inside access.

SESSION RATIONALE

The session moves from physical preparation and position-specific reference pictures into increasingly representative football problems. Players learn to recognise when central access is protected, create a wide overload, attack around the opposition and get back inside to threaten. The practices are linked by one learning objective rather than operating as isolated drills.

REFERENCE 4-4-2 ROLES

- 1 - Goalkeeper | 2/3 - Full backs | 4/5 - Centre backs | 6/8 - Central midfielders | 7/11 - Wide midfielders | 9/10 - Forwards.
- In possession: retain width, depth, balance and occupation of the five lanes; use the outside player to create access back inside rather than treating circulation as the end objective.

SESSION TIMELINE

0-10	S&C / Physical Preparation - PREPARE
10-22	Position Specific 4-4-2 - CONNECT
22-37	Practice A: Possession - RECOGNISE
37-52	Practice B: Wide Overload - CREATE
52-67	Practice C: Directional SSG - EXPLOIT
67-87	4-4-2 Game - TRANSFER & CONSOLIDATE
87-90	Player Debrief - REFLECT

COACHING METHODOLOGY

- Coach primarily one team and manage the opposition to provide realistic central protection and outside pressure.
- Use concurrent, individual, terminal, walk-through and coaching-process interventions according to the picture presented.
- Do not stop the practice merely to deliver planned content. Observe first; intervene when the intervention can improve recognition, overload creation or the inside return.
- Use questions and environmental manipulation before automatically giving the solution.
- Progressions and regressions are options, not compulsory stages.
- Primary observation lens throughout: did width and support change the picture, and did the team get back inside with purpose?

OPPOSITION REFERENCE BEHAVIOUR

- Protect central space and remain connected.
- Force play outside, but do not give up the inside return.
- Protect the outside-to-inside route and delay the final action.
- Recover quickly after the ball goes around.
- On regain, transition positively to maintain realism.

SESSION SUCCESS INDICATORS

- Players recognise when central access is available and play through with appropriate timing and quality.
- Players recognise when the centre is protected and can create/use a wide overload without treating circulation as the end objective.
- Players go around the opposition and regain inside access through a pass, carry or combination.
- Players maintain balance while supporting the ball outside and the return inside.
- After getting back inside, players accelerate the attack and exploit the temporary advantage before the opposition reorganises.
- Players create and access spare players rather than simply passing because a numerical overload exists.

1 | S&C / PHYSICAL PREPARATION - PREPARE

Duration	10 minutes
Practice Type	Physical preparation / activation
Purpose	Prepare players physically and cognitively for repeated wide-to-inside actions, changes of direction and accelerations around pressure.
Ownership	S&C-led; football plan defines movement outcomes rather than prescribing the exact physical programme.

Physical emphasis: Multidirectional movement; acceleration/deceleration; lateral shuffle; change of direction; hip mobility/opening; short explosive actions; reaction to visual information; readiness to repeat actions around and back inside.

Football connection: Where appropriate: check away -> accelerate outside; open body -> receive forward; support underneath -> combine; overlap/underlap -> accelerate beyond; get back inside -> finish or connect.

Coach observation: Players finish physically prepared to enter football work immediately. Use football actions as cues, but do not turn this phase into a tactical lecture.

TRANSITION Wide-channel equipment and two goals should already be set so the session moves directly from physical preparation into football.

2 | POSITION SPECIFIC 4-4-2 - CONNECT

Duration	12 minutes
Practice Type	Position Specific
Reference	4-4-2 wide relationships and five-lane occupation
Primary Purpose	Connect Build to Attack Around to recognisable 4-4-2 relationships, with width, support and balance.

Organisation: Use both sides where numbers permit. Start from realistic 4-4-2 reference positions, using five vertical lanes to make width and inside access visible. Present a small number of starting pictures, then progress to choice based on pressure.

- **THROUGH** - If the central route is open, do not force the wide solution. CB -> CM -> forward; 6/8 receives beyond pressure and plays forward.
- **AROUND** - Central route protected. CB -> FB -> wide midfielder -> forward/inside player. The wide player fixes or attracts pressure so the next pass can get back inside.
- **OVER** - If the opposition presses high and space is available beyond, recognise when GK/CB can play over; 7/11 or 9/10 provide appropriate movement.
- **CARRY** - If the defender does not engage, CB/CM/wide player carries to commit pressure before releasing or combining around.

Positional detail: GK: scan/support/pass range. CB: body orientation, carry, disguise, forward pass. FB: width and timing. 6/8: support underneath, scan, receive to play forward. 7/11: hold width, fix defender, combine, move inside/beyond. 9/10: pin, connect, threaten behind and attack the inside return.

Progression (Harder): Move from fixed reference pictures into choice. Change the defensive pressure so players must recognise whether to play through, around, over or carry, then get back inside.

Regression (Easier): Reduce or temporarily remove pressure to rehearse the wide overload and inside return, then reintroduce the decision.

Coach Observation: Avoid making "around" a fixed script. The evidence is whether width, support and timing change the picture and create an inside route.

3 | PRACTICE A - RECOGNISE

Duration	15 minutes
Practice Type	General Practice / Possession
Organisation	6v6 + 3 common players; one common player at each end and one internal common player. Total = 15 players.
Area	Approx. 30-35m x 40m; five vertical lanes (L1-L5).
Focus	Recognise central protection and use the outside solution.

Explanation: Transfer from one end common player to the other. The internal common supports possession. Recognise central protection, use the outside lane and get back inside. Direction reverses after a successful transfer.

PLAYER PROBLEM Can we recognise when the centre is protected, use the outside player and get back inside?

Start condition: Free play. No touch restriction, mandatory wide pass or compulsory use of every common player.

Technical detail: Scan before receiving; receive to see forward; first touch away from pressure; pass with appropriate weight/direction; disguise; carry when space is available; finish the action with quality.

Tactical detail: Recognise central protection; create width and depth; find the spare outside player; support underneath; combine/overlap/underlap; get back inside; play forward when appropriate.

Challenges / Conditions / Targets: Begin without conditions. If required: successful end-to-end transfer = 1 point; transfer that goes around pressure and returns inside = 3 points.

Progression (Harder): Reduce space; restrict common-player time; allow pressure on end common players; remove the internal common player or narrow one side.

Regression (Easier): Increase area; free the common players; reduce opposition pressure; restart from the outside lane.

Coach Questions: What is the opposition protecting? Where is the spare player? Can we go forward? If the centre is closed, how do we get around and back inside?

Coach Observation: Do not treat every wide pass as success. Judge whether the players recognised central protection, created the overload and used the outside route to regain inside access.

4 | PRACTICE B - CREATE

Duration	15 minutes
Practice Type	General / Wide Overload
Organisation	7v6 + 3 common players (16 total); approx. 30-35m x 40m; five-lane reference (L1-L5).
Focus	Create a 2v1 outside, progress around the opposition and regain inside access.

PLAYER PROBLEM Can we create the wide overload, go around the opposition and return inside with purpose?

Key behaviour: Find the wide spare -> commit the defender -> release -> move, but not as a compulsory sequence. If the defender does not engage, continue carrying or retain.

Coaching detail: Effective width; support angle/distance; carry at the defender; commit; timing of release; overlap/underlap; movement beyond; third-player combination; accelerate back inside after going around.

Progression (Harder): Start with 2v1 in the outside lane; add a recovering defender; then allow the opposition to choose when/where to press so the overload must be created.

Regression (Easier): Increase width; return to 2v1; manipulate defender starting position so the spare player and inside return are clearer.

Coach Questions: Who is spare? What makes the defender commit? When do we release? Who supports underneath? How do we get back inside after going around?

Coach Observation: Do not reward a wide pass merely because an overload exists. The correct decision may be to carry, retain or wait until pressure commits.

5 | PRACTICE C - EXPLOIT

Duration	15 minutes
Practice Type	Directional Small-Sided Game
Organisation	8v6 + 2 goalkeepers; two goals. Coached team has 8 outfield players, opposition has 6, and both GKs are active. Total = 16 players.
Area	Approx. 30-35m x 40m; vertical five-lane reference (L1-L5); adjust only if realism or intensity is lost.
Focus	Exploit a wide overload, attack around and get back inside to threaten goal.

Scoring: Goal = 1. Goal after attacking around and getting back inside = 3.

Qualifying line break: A qualifying attack goes outside through a wide overload, then returns inside through a pass, combination, carry or third-player action before the finish.

PLAYER PROBLEM Once we go around, can we get back inside quickly enough to threaten goal before the opposition recover?

Before the attack: Scan; recognise central protection; hold width/depth; find the spare player; pin or move opponents; maintain balance behind the ball.

Around the opposition: Quality of pass/carry; receive forward; positive first touch; overlap/underlap; movement beyond; support around the ball.

Back inside: Accelerate; attack the inside return; support forward; finish or connect before the opposition reorganises.

Progression (Harder): If players go around but allow recovery, add a bonus for scoring within approximately six seconds of getting back inside. Reduce space or add a recovering defender if appropriate.

Regression (Easier): Increase area; allow an extra attacking player; reduce defensive numbers; give the wide player more time to receive and face forward.

Coach Observation: Do not allow the practice to become a crossing or finishing session. Observe what created the overload, how the team went around, and how quickly it regained inside access.

6 | 4-4-2 GAME - TRANSFER & CONSOLIDATE

Duration	20 minutes
Practice Type	Representative Game
Reference	4-4-2 relationships; use 7v7 + 2 GKs with 16 players, or 7v6 + 2 GKs with 15.
Structure	Block 1: coached game 8-10 min. Block 2: free game 10-12 min. Use the same five-lane references, then remove most conditions.

Block 1 - coached game: Minimal conditions. Look for transfer of Build to Attack Around into positional football.

- CB/GK: recognise when to play through, around, over or carry; secure balance behind the ball.
- 6/8: support underneath, create the overload, receive forward and connect to the inside return.
- FBs: provide width, timing and the outside route; support balance if the ball travels inside.
- 7/11: hold width, fix the defender, combine, move inside and threaten beyond.
- 9/10: pin, connect, attack the inside return and create space for one another.
- Team: maintain balance behind the ball while supporting forward progression and inside access.

Managed opposition: Protect central space; prevent easy inside access; force outside without overcommitting; protect the inside return; transition positively on regain.

Block 2 - free game: Remove bonus scoring and most conditions. Play football. Coach mainly through observation and concise concurrent information.

Transfer test: Do players still create the wide overload, go around and get back inside once the practice stops explicitly rewarding it?

7 | PLAYER DEBRIEF - REFLECT

Duration	3 minutes
Purpose	Consolidate understanding through concise player reflection on central protection, the wide overload and the inside return.

- What tells us that the centre is protected and the around solution is available?
- How can we create and use the spare player outside?
- What should we do immediately after going around the opposition?

COACH REFLECTION - COMPLETE AFTER SESSION

Principle: Did players improve their ability to build to attack around?

Decision Making: Were players choosing the outside solution from pressure, or simply following a practice rule?

Transfer: Did behaviours from A/B/C appear in the final game without prompting?

Position Specific: Which relationships need further work: GK/CB, FB/Wide, CB/CM, CM/Forward, Front Two?

Individuals: Who recognised central protection? Who struggled to create width? Who failed to support around the ball? Who consistently got back inside?

Practice Design: What was too easy, too difficult, unnecessary or missing?

Live Adaptation: What did I change during delivery, and why?

Next Action: What learning should transfer into the next in-possession session?

FAW / SOURCE ALIGNMENT NOTES

Framework terminology and practice-design fields are aligned to the supplied FAW Welsh Way, FAW Breaking Lines General Practice, FAW Practice Design, and Coaches' Voice / SSP examples. This is an NC-branded planning document based on those structures; it is not an official FAW template.

- Welsh Way: Build with Balance; Create & Exploit Overload; Find the Spare Player.
- FAW practice fields: organisation/area, explanation, challenges/conditions/targets, key points and interventions.
- Coaches' Voice / SSP fields: focus area, players, timings, progressions/regressions and positional/individual detail.
- Advanced additions: session rationale, success indicators, opposition behaviour, transfer test and post-session reflection.