



Build to attack around

Recognise central protection, create the wide overload, attack around pressure and return inside with purpose.

Organisation: A: 15 players; B/C: 16. Transfer: 7v7 + 2 GKs (16), or 7v6 + 2 GKs (15). A/B/C: approx. 30-35 x 40 m. Five lanes are references. Balls, team/common-player bibs, markers and two secure goals.

Time	Stage	Starting format
0-10 min	Prepare	Adapt to the group
10-22 min	Connect	4-4-2 positional relationships
22-37 min	A - Recognise	6v6 + 3 common players
37-52 min	B - Create	7v6 + 3 common players
52-67 min	C - Exploit	8v6 + 2 goalkeepers
67-87 min	Transfer	7v7 + 2 goalkeepers; 7v6 + 2 with 15
87-90 min	Reflect	Whole group

Prepare: Prepare for wide-to-inside actions, changes of direction and accelerations around pressure.

Connect: Connect full backs, wide players, midfielders and forwards to create an outside route and return inside.

Recognise

See what the opposition protects; find the outside spare player; get back inside. Begin freely; if needed, end-to-end = 1, around-and-inside transfer = 3.

Create

Use width and supporting angles to create the 2v1. Commit pressure, release and support the inside return. If nobody engages, carry or retain; avoid a compulsory sequence.

Exploit

Accelerate back inside through a pass, carry or combination. Goal = 1; goal after going around and returning inside = 3. Observe the overload, not just the finish.

Harder: Reduce space, add recovering pressure or reduce common-player time. In C, use a time bonus only if recovery is the issue.

Easier: Increase width, reduce pressure or return to a clearer wide 2v1. Give the receiver time to face forward.

Transfer test: Coached 8-10 min + free play 10-12 min, 20 min total. Remove rewards: do the wide overload and inside return remain?

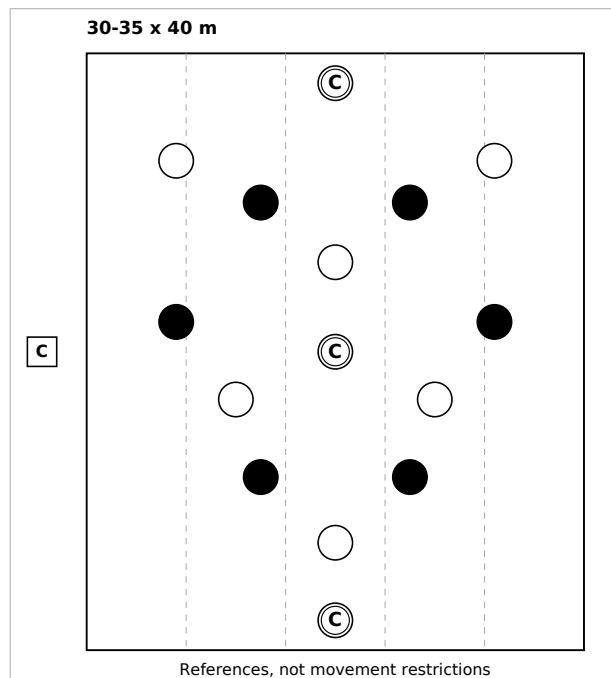
Debrief: What showed the centre was protected? How did we use the spare player outside? What followed the return inside?



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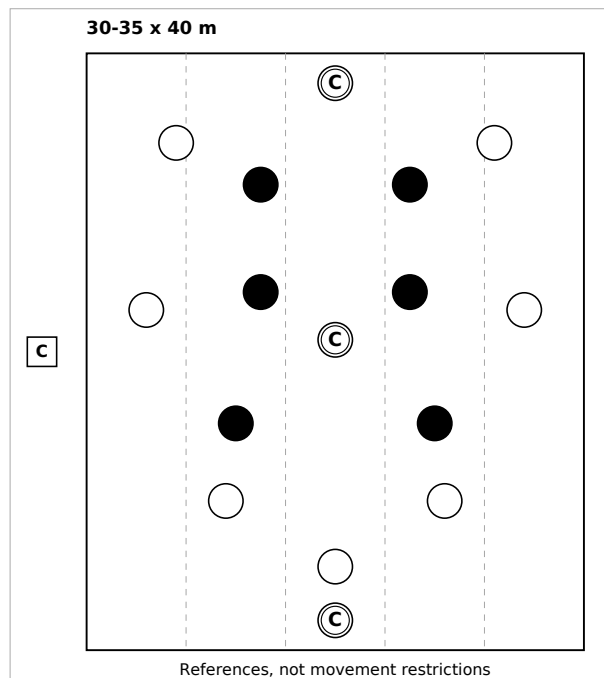
A - Recognise | 15 min

6v6 + 3 common players



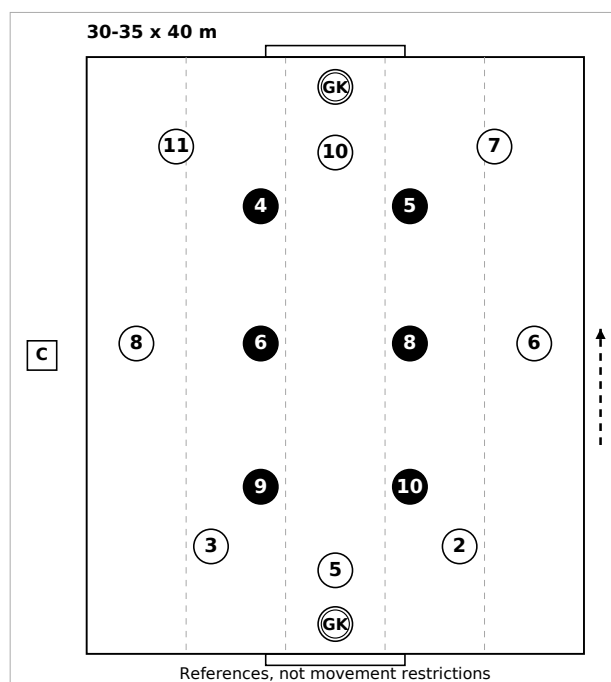
B - Create | 15 min

7v6 + 3 common players



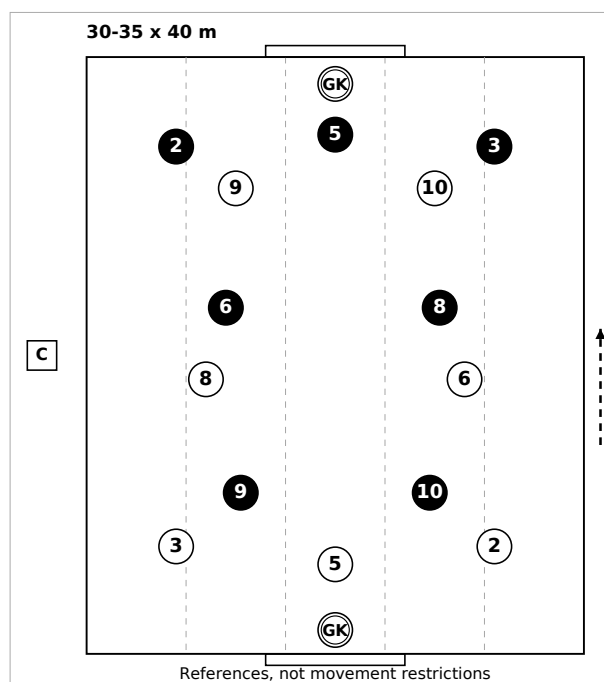
C - Exploit | 15 min

8v6 + 2 goalkeepers



Transfer | 20 min

7v7 + 2 goalkeepers; 7v6 + 2 with 15



Outlined = coached team | Filled black = opposition | Double ring = common / GK | Square C = coach (excluded)

Coached team attacks up; opposition down. Passing arrows connect teammates/common players. Full preparation and positional diagrams are in the activity pack.