



# COACHING CLINICS WINTER 2007

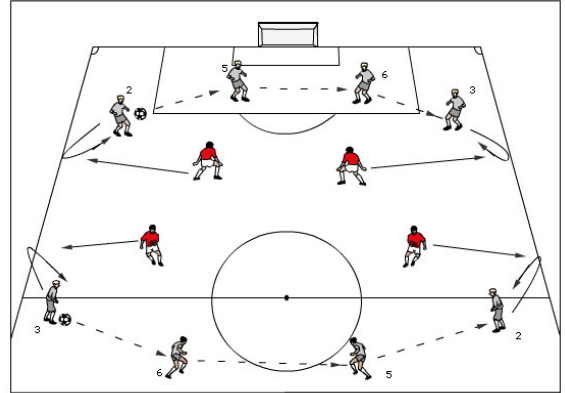
## SESSION 4

### TRANSITION FROM MIDFIELD TO DUAL STRIKERS

### Session 3: Transition from Midfield to Dual Strikers

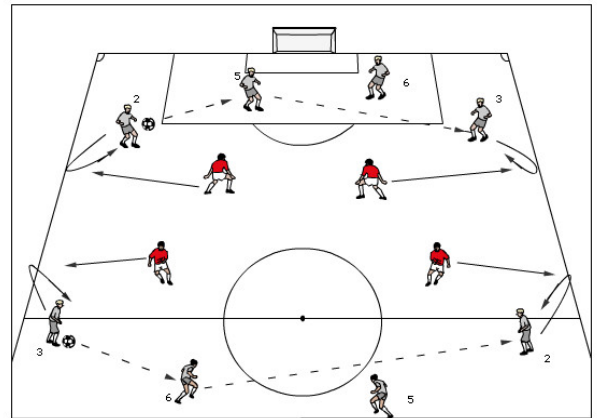
#### 1. SWITCHING THE POINT OF ATTACK

- Four midfield players switch the point of attack from one side to the other
- As the ball goes from the CMF player to the WMF player, the red defender steps up and closes the option of going forwards
- As the ball goes side to side, the player receiving the ball has to drop back to support
- After passing the ball, the passer the ball should provide an option by dropping back to support



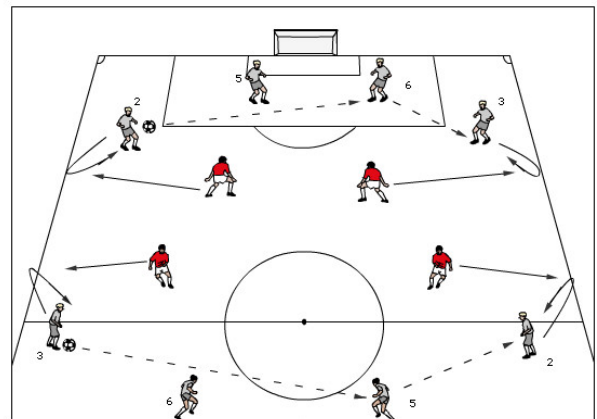
#### 2. SKIPPING A PLAYER

- #3 plays it to #6
- #6 bypasses #5 and plays #2
- #5 should drop back to provide #6 with a passing option



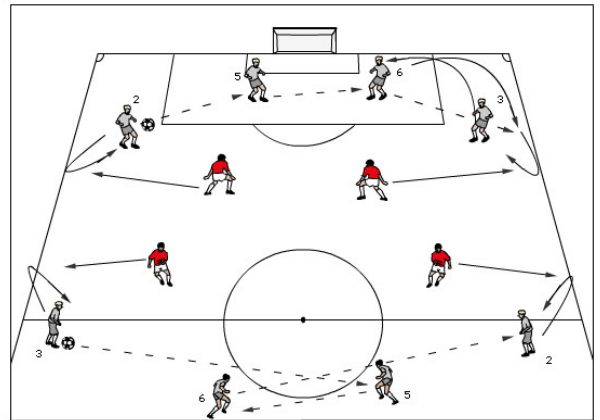
#### 3. SKIP THE FIRST PLAYER

- #3 plays it to #5 (by passing #6)
- #6 should drop back to provide #3 with the original passing option



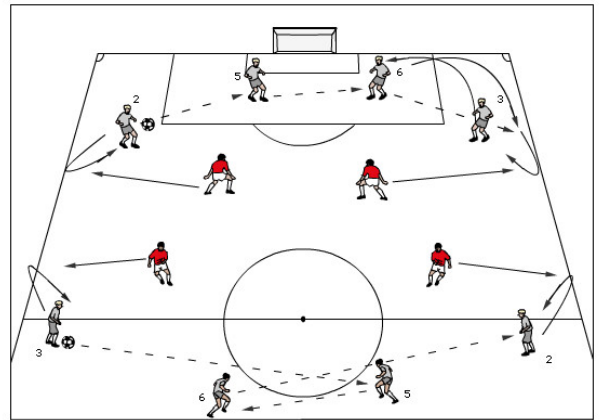
**4. LAY OFF TO FIRST MIDFIELDER**

- same as the previous pattern, but this time, #5 lays the ball back to #6 who plays a diagonal lead pass into #2
- #6 has to provide a good passing option for #5 before he/she receives the ball so that the opportunity to pass the ball exists



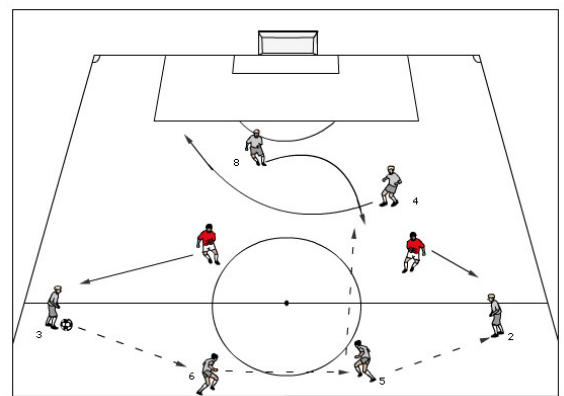
**5. EXCHANGE OF WIDE MIDFIELDER AND CENTRAL MIDFIELDER**

- #2 passes it to #5
- #6 and #3 exchange positions
- #5 passes it into #3 who opens up and plays a lead pass into the #6



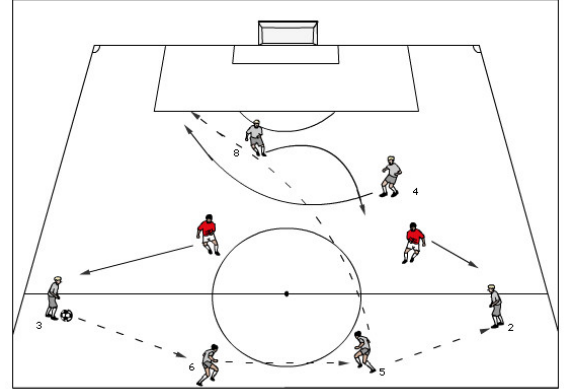
**6. PENETRATING PASS INTO STRIKER SHOWING FOR THE BALL**

- As the midfield players pass the ball around, the strikers look to provide supporting options for a penetrating pass which splits the oppositions MF
- One striker shows into the space to receive the ball while the other striker makes a run in behind the defense
- Once the strikers receive the ball, they turn and go to goal
- Striker should be sideways on when receiving the ball



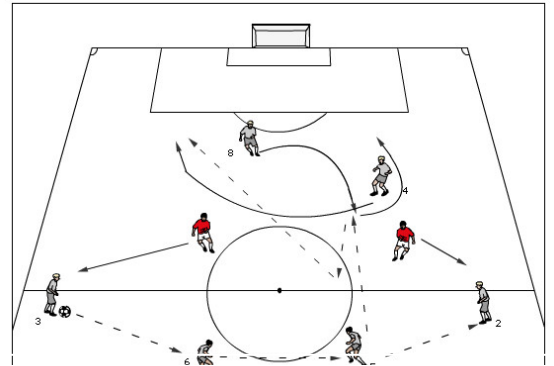
### 7. PENETRATING PASS INTO STRIKER RUNNING IN BEHIND THE DEFENCE

- Same as above, but this time the first pass is played beyond the 1<sup>st</sup> striker into the 2<sup>nd</sup> striker for a through ball to goal
- The striker should look to receive the ball while opening up to the play



### 8. COMBINATION WITH THE STRIKER AND MIDFIELDER

- The ball gets played into an incoming striker who lays it off first time for the MF player
- The Striker then spins out and looks for a return pass
- The MF player has an option of playing either Striker



### 9. SMALL SIDED GAME 3 + 2 V 3 + 2

- The field is split in half so that players are not allowed to cross over half.
- 3 Midfielders play the ball around the back with their goalkeeper and eventually look to play the ball into the strikers who are attempting to create an opportunity for themselves to receive the ball
- Strikers will then play 2 v 3 to goal
- Strikers need to create DEPTH on the field by pushing up to create space in front of them

#### PROGRESSION:

- MF player who plays it into the Striker can join in to make it a 3 v 3
- Best available player can join in to the attack
- MF player can dribble the ball into join the attack
- If you don't achieve success going forward, you can come back around the back and regroup to go forward.

