

Attacking Principles

Attacking to score goals is the basic idea behind the game of soccer and is covered in detail in this segment. The overall objective of every move and strategy should be to score more goals than the opponent. Effective attacking skills will keep the defensive team off guard opening up more opportunities to shoot for goals.

BASIC POINTS COVERED:

1. Maintain deep and wide team positioning.
2. Use speed and anticipation when changing direction.
3. Constantly interchange team positions.
4. Break through a solid defense by combining a sudden burst of speed with the basic one-two wall pass.

TRAINING EXERCISES:

1. This is a warm-up exercise using five players on each side plus two goalkeepers. Each team occupies half of the field area practicing interpassing the ball back and forth while constantly interchanging positions.
2. Another warm-up exercise, the five men teams practice dribbling as well as interpassing.
3. Adding a schemer positioned in center field the players practice passing the ball back and forth to him and going for the goal.
4. The teams practice breaking away from the defense by leading them in one direction then turning into an attacking position.
5. The offensive team practices breaking away from the defense by interchanging positions.
6. The teams practice the one-two wall pass and shooting for the goal.
7. The teams practice the return wall pass.
8. Attacking principles are practiced in a real game situation.