

## Attacking the Box - Inspiring spectacular finishing ~ Brad Murphree

### Warm up: 15 min.

Ping – Two teams, three balls 25x30.

One team maintains possession attempting to score by completing ten passes. The other team has to “ping” their ball into one of the possession balls in order to win possession this team is allowed to play European handball style. First team to 3 points wins.

### Technical: 10 min.

Finishing in front of goal – half volley, full volley – teaching bicycle kick, scissor kick

I place the players about 8yds from goal and divide them into the three teams I need for the next two activities at this time. I have one team behind the net retrieving the balls and two servers in front of the other two teams. The players doing the finishing toss the ball to the server step towards goal on an angle and receive the ball back for a repetitive volley. This quickly turns into a timed competition between the three teams. I focus intently on the player’s technique.

Important: spend time on the technical breakdown to perform each of these types of finishes. I review the proper way to perform a bicycle and scissor kick with the players on the ground and explain that if done improperly serious injury may occur.

### Passing: 10 min.

Three teams each team with two balls. Players look to split another team on the dribble and then with a pass. Receiving touch is across the body.

### Patterns: 25 min.

Out to get in, clockwise and counterclockwise runs to open space.

Set up two areas 10 yards larger than the 18. Use two goalkeepers in each net and a defender at each post. Defenders pressure as soon as the play starts but have to touch the 18 before attempting to win the ball.

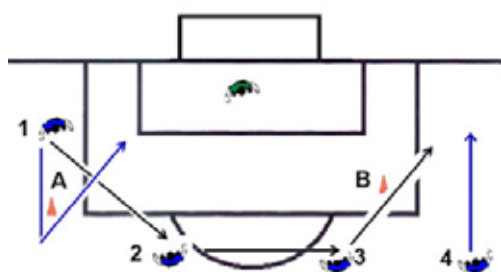
Player 1 passes to player 2, and then runs around cone A to attack the back post.

Player 2 has two touches and passes square to player 3, player 3 lets the ball come across his body and then plays player 4 in to cross.

Player 4 runs onto the pass and crosses, 1, 2 and 3 all run in to attack the cross. Look for opposite movements of players 2 and 3. I have player 2 drive to the six and then hard to the near post, and player 3 curves his run along the half circle and then attacks the ball at the penalty mark.

Change defending players frequently.

Award 1pt for a goal, two points for a header, three points for a bike or scissor.



### 8v8 restricted: 30 min.

Field

Goalkeepers, 4 backs, 1 midfielder and two forwards for each team. Two neutral outside midfielders located in channels. Backs and forwards are limited to their half; midfielders may be played in to help the attack. 3pts for a win or automatic win for spectacular goal.

Players looking to play second runner

Not playing away from goal

Backs finding target

Forwards linking midfielder in.

Backs serving to opposite neutral

### 8v8 unrestricted: 30 min

Play games to three points in a best of five games record for the winner. Award an instant win for the most spectacular goal scored; i.e. a great volley, bicycle kick, scissor kick, diving header, etc.