

Attacking SOCCER

***Mastering the
Modern Game***



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**MEYER
& MEYER
SPORT**

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For reasons of better readability, we have decided to use the male (neutral) form of address throughout the book, which of course also includes the female form.

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Peter Schreiner & Norbert Elgert

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Preface

Soccer fans all over the world love attacking soccer with its quick combinations, spectacular dribbling, and beautiful goals. Top teams like Real Madrid, Arsenal London, and Bayern Munich demonstrate how modern and successful soccer is played. All players immediately switch to offense after they gain possession of the ball. They do not wait until the opponent has gotten organized but quickly utilize holes in the opposing defense. They penetrate the opponent's penalty area with very few, mostly direct plays.

After gaining possession of the ball, it is crucial to quickly mount a counter attack while the opposing line is still disorganized and open. If the opponent quickly reorganizes and switches to defense, it is best to launch a possession attack.

Counter attacks and possession attacks are two of the three main themes in this book. But what good are counter attacks and possession attacks without the finish? In Chapter 5 of this book, we will therefore focus extensively on the successful finish, the high point and objective of all attack efforts.

But first a few tips:

- Drills and plays aren't what help your players improve, but rather how the players use them.
- How do you motivate your players? Do you encourage and compliment your players?
- How do you correct your players? What are your areas of emphasis?
- The sections on tips and suggestions are particularly important.

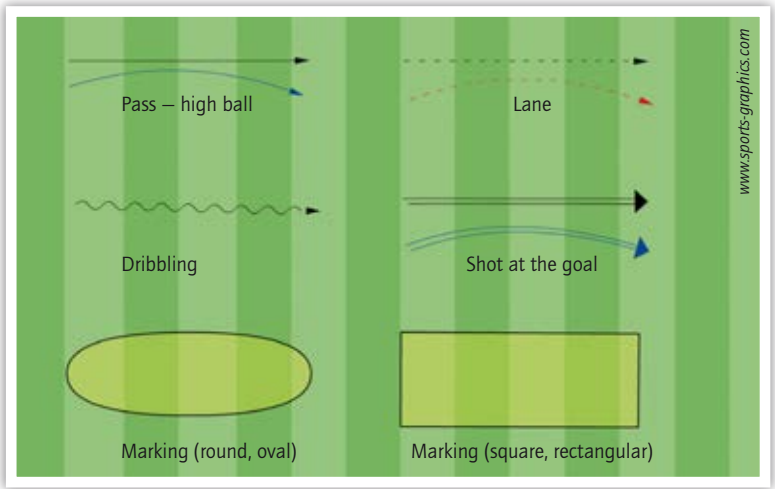
This book provides a systematic compilation of drills.

First, the theoretic aspects of each topic are covered extensively to lay the foundation for the subsequent practical segment. In the practical segment, you will find complex passing and dribbling drills. We recommend these for the second warm-up phase of training, which prepares your players for the main part of training.

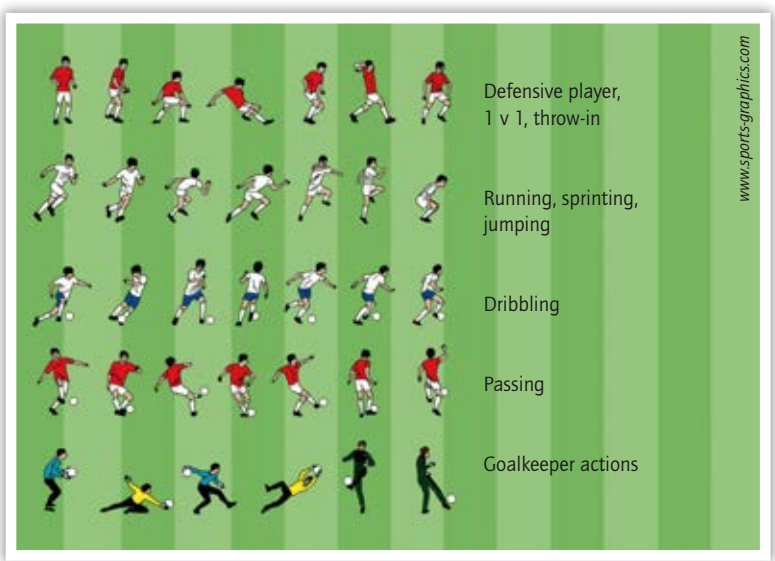
All drills and plays have been tested and tried on different age groups and ability levels.

Legend

Actions and markings



People (players, goalkeepers, trainer)



The illustrations in this book are created with easy Sports-Graphics (www.easy-sports-software.com/)



I Counter attack

1 Introduction

In today's soccer, the amount of space around the ball is becoming increasingly smaller, but the pressure on the player in possession of the ball from opponent and pressure of time continue to increase. In addition, modern, ball-oriented approaches to defense and strategies make successful actions in the orderly, safe structure of the possession attack more difficult. This fact warrants the development of offensive counter strategies.

This makes the quick counter move after winning the ball all the more important. Many of the goals scored during a game come after a quick touch directly after the ball is won. It is no coincidence that most of the goals in a game are scored after fewer than five passes.

Successful teams switch from defense to offense at lightning speed. In fact, the entire team should mentally prepare for their possible counter attack during the defensive phase. Immediately after gaining possession, the players purposefully utilize the opponent's brief disorganization (ideally as a majority). They don't waste time looking for the quickest, most direct path to the opposing goal.

Successful counter attacks require meticulous and thorough preparation and development during training. There is an important and crucial difference between counter attack and attacking play, or rather attack tactic. Pure attacking play as a team tactic is characterized by the entire team retreating completely into their half when the opponent has possession of the ball and, after regaining possession, starting quick, targeted counter attacks against the opponent, who has moved well up the field and whose defense is thus open.

After gaining possession of the ball, the counter attack produces a quick gain of space and a majority with few passes or high-speed dribbling. Ideally, the first or second pass reaches a teammate in front of the ball.

1.1 Counter attack mentality

During the game, all players closely watch the opponent's defense so they can offer a coordinated and appropriate reaction. They read the opponent's game independently but also view it through the same eyes.