### Module 4: Attacking
#### Topic: Creating Scoring Opportunities from Central Positions

**Objective:** To improve the player’s and team’s ability to create and finish scoring opportunities from central positions

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| **Stage I**<br>Technical Warm up | **Scoring Patterns:**<br>Player 1 to 2 (checking to the ball). Player 2 to 3. Player 3 passes to 4 in the corner. Player 4 then crosses the ball in for players 1, 2 and 3 who make runs to the front post, penalty area and back post. GK optional. The drill is then repeated on the opposite side. | ![Diagram](image1.png) | • What determines the type of pass you will utilize? What part of your foot?  
• What makes a good pass?  
• What do players do before receiving a ball?  
• How should a player’s body be when receiving? Where is their first touch?  
• When do players off the ball make their run/check to the ball?  
• How do you commit a defender towards the ball?  
• How does an attacking team know when to attack in the central channel?  
• When and how to penetrate?  
• Where and when to support  
• When, where and why to make runs?  
• How and why to use improvisation? |
| **Stage II**<br>Small Sided Activity | **5v5 + Neutral to Goals with Gates:**<br>In a 60Lx40W area, play 5v5 plus a neutral player to goal with gates. Players must play a ball to a teammate, make a run through either of the outside gates, and get the ball back before going to goal. | ![Diagram](image2.png) |  |
| **Stage III**<br>Expanded Small Sided Activity | **7v7 to Goal:**<br>In a 70Lx45W area, play 7v7 to goal with gates as incentives.  
If a goal is scored=1 point. If a player plays a ball to a teammate, make a run through either of the outside gates, and get the ball back before going to goal = 10 points.  
Goal off of a cross = 20 points. | ![Diagram](image3.png) |  |
| **Stage IV**<br>Conditioned Game | **6v6 or 7v7:**  
• Two teams with a specific formation  
• Play the game and encourage the players to recognize when and how to combine and penetrate with passes in central positions. | ![Diagram](image4.png) |  |