



# Into the Final Third

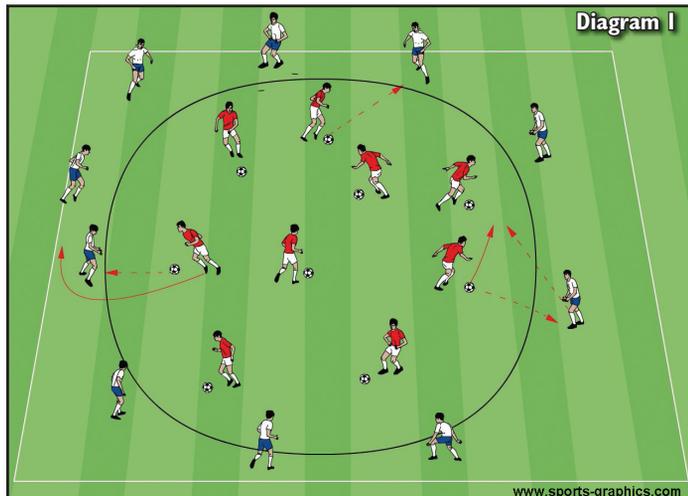
## A Training Session from the NSCAA Academy

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Topic: Playing from the middle third to the final third by encouraging flank play and runs into the box

### Organization and Equipment

- 20 soccer balls
- 10 red bibs and 10 blue bibs
- 12 cones
- 20 field players
- Two goalkeepers



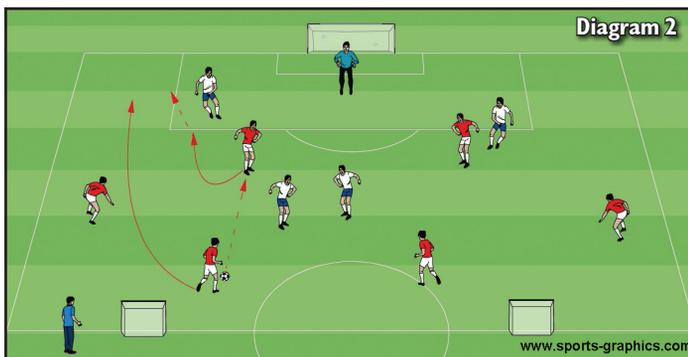
### WARM-UP (Diagram 1)

#### Organization

- Half of the players inside space
- Half of the players outside
- Players inside have a ball
- Players inside combine – wall pass, overlap, double pass – with the players outside.
- Intersperse dynamic movements.

#### Coaching Points

- Wall pass: Attack the player with the ball. Player with the ball chooses to beat defender on the dribble or play 1-2.
- The “Wall” moves close to the defender to make two short passes.



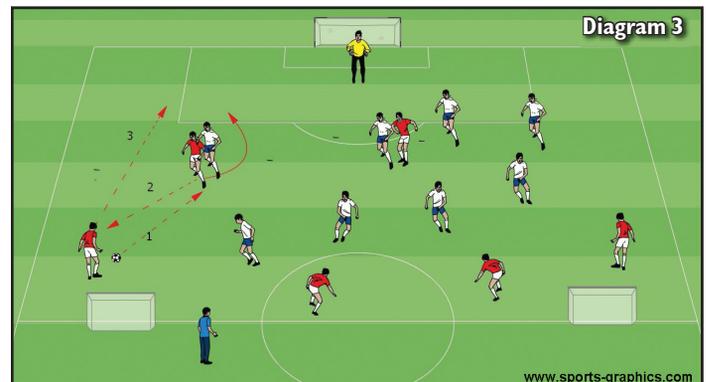
### EXERCISE 1 (Diagram 2)

#### Organization

- Red players are attacking with four midfield players and two forwards.
- Blue players are defending with two midfield defenders and two backs.

### Coaching Points

- Overlap: Attacker finds the player in front who can receive the ball and turn to face goal.
- After turning, the player creates space for the overlap by dribbling inside.
- Player with the ball decides – depending on the defenders – whether to keep the ball and go forward or find the runner.



### EXERCISE 2 (Diagram 3)

#### Organization

- Red players are attacking with four attacking midfielders and two forwards.
- Blues are defending with four midfielders and four backs plus the keeper.

#### Coaching Points

- Double Pass: The midfielder with the ball lets the forward bring his defender toward the ball. This creates space behind the defender.
- The midfielder passes the ball to the far foot of the forward who plays the return ball at an angle and spins behind the defender.
- The midfielder steps up and plays the ball through to the forward



### FINAL ACTIVITY/GAME (Diagram 4)

#### Organization

- Each team has four defenders; four midfielders and two forwards.

#### Coaching Points

- The players should recognize the opportunity to get forward through combination play.
- Recognize when to combine versus keeping the ball on the dribble.