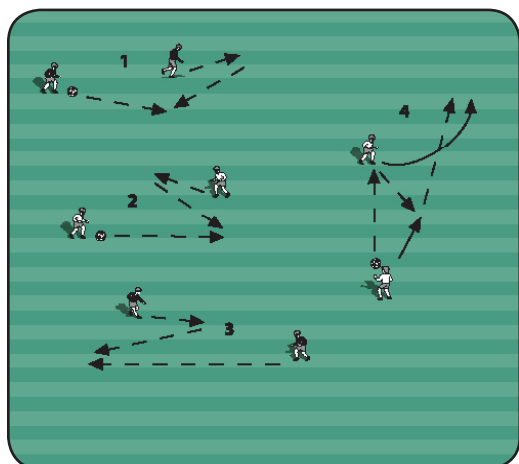


This session on attacking movements and combination plays to score, was submitted by Michael Beale, coach of the U10 Academy team for Chelsea F.C. of the English Premier League.

Attacking and scoring goals is the ultimate aim of football. To score goals in a real match, players must possess qualities such as; pace, skill, strength, creativity, imagination, awareness, technique, etc. Therefore, finishing practices must develop these qualities in order for the players to maximize their goal-scoring potential.

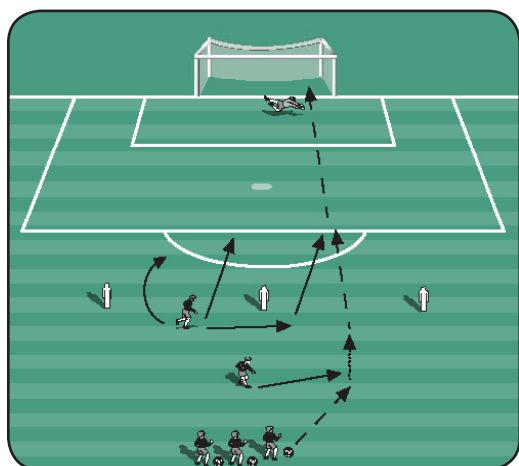
I am a life long fan of Chelsea Football Club and hold Hernan Crespo in high regard for his performances in the 2005/6 season. Crespo has a number of qualities. He can play as a solo striker or combine well in a partnership. He holds the ball up well for the team and can drop into a deeper position to help in the build up. He scores with both feet and with his head and is capable of scoring spectacular goals from distance and poachers goals in the penalty box. However, I believe that Crespo's best quality is his movement off the ball. In my opinion he has the best movement of any forward currently playing in Europe. He never stops making runs and is constantly on the move. He always works his defenders concentration and often the only thing that lets him down is the lack of imagination and awareness from his team mates to pick out his clever runs. In short, he inspired me to design practices that would inspire my players.



Movements to Receive – Warm-Up

This warm-up looks at movements to receive the ball in pairs. The players take turns at using various movements to receive a pass from their team mates. The players should be reminded that eye contact and communication is crucial in this exercise. The players have a choice of four movements to be made:

- Away and back to feet
- Left to receive right and vice versa
- Towards and receive in the space
- Set and spin into space behind



Free Movements to Score

This practice helps the coach to see the imagination and creativity that the players currently possess.

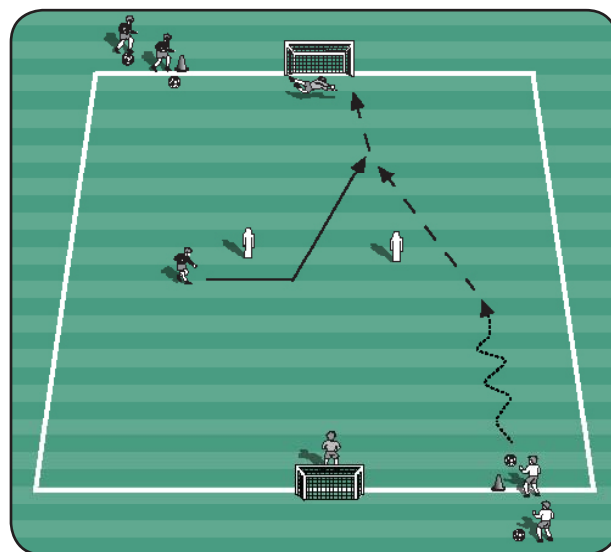
The forward can start anywhere along the defensive line. The midfielder makes a movement to receive a pass and then turns to dribble at the defense. The forward must now make a run to receive a through pass from the midfielder.

For the next attack the midfielder becomes the new forward.

Blindside Runs

This practice looks at the forward making blindside runs in order to gain a goal-scoring opportunity.

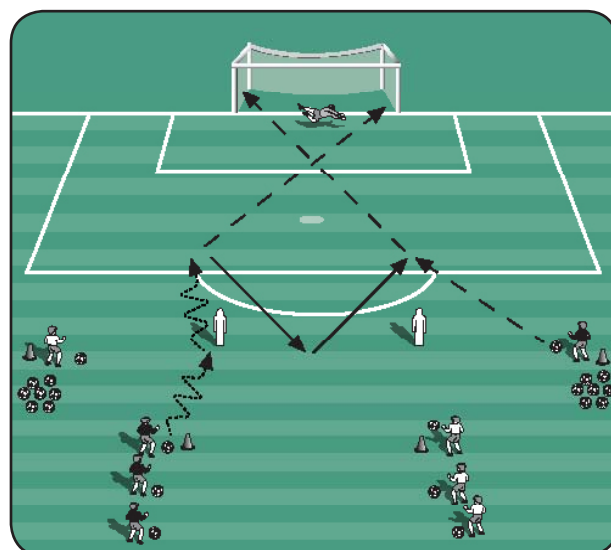
To start, the midfielder dribbles and passes down the outside of the defence for the forward to make a blindside run and score. The midfielder then becomes the forward for the attack that's going in the opposite direction.



Hernan Crespo

This practice looks at the movements of the forward to get back outside and receive a second opportunity to score. This practice was designed around the new offside rule and in appreciation of Hernan Crespo who regularly uses this type of movement. Ruud van Nistelrooy is another good example for young players wanting to exploit these opportunities.

The forward must dribble and use a skill to beat the mannequin and then shoot at goal. The forward must react immediately to get back outside in order to receive a second through pass to score.



Pass and Move to Combine and Score

This practice forces the players to move after their initial pass in order to support and combine with their team mates so they can create a goal-scoring opportunity.

Player A passes to Player B who switches the ball to Player C. Player C plays a give-and-go with Player A who has made a supporting run. Player C receives the return pass and crosses for Player B who has made a run into the box. If Player B cannot shoot one-touch then the player must set back to Player A who has made a supporting run to the edge of the box.

