



CELTIC 2014

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LIKE NO OTHER

ATTACKING IN CENTRAL AREAS

‘THE CELTIC WAY’



Attacking in Central Areas

Warm - Up



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Set up: Large squared area – 40 x 40 (yellow), small squared area - 10x10 (red), Multiple groups (3-5 depending on numbers and space), ball between group.



Initial stages: Focus on passing and moving, freedom of movement, a degree of shape, and after every pass, a dynamic stretch to the perimeter before jogging back in to get on the ball.



Option 1: On command, player receiving ball must drive/dribble into the central area and play positive forward pass out to team mate (at an angle).



Option 2: On command, player must receive ball in the central area and bump back to another player on an angle (as if protecting the ball from an opponent), to then go forward with the next pass.



Option 3: On command, player must receive ball in central area and take first touch forward to then play a forward pass.



Option 4: On command, player must receive ball on the move from a weighted pass out in front of them and play a first time forward pass to another team mate.



Points: Body shape for receiving the ball, speed or weight of pass, angle of pass, scanning area, communication.

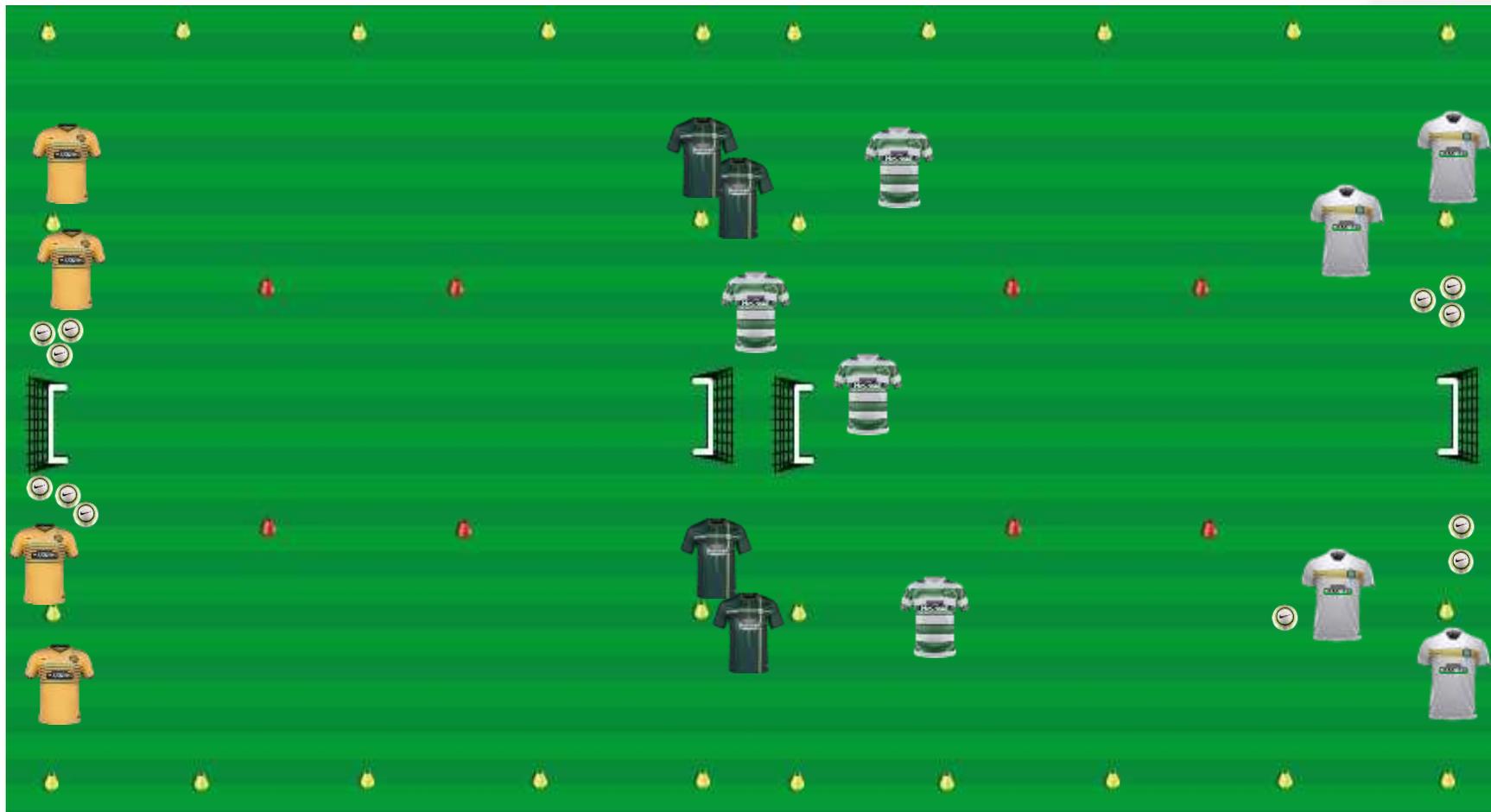
Attacking in Central Areas

Warm Up – Coaching Points



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Attacking in Central Areas

One Directional; Progress to two directional



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Set up: Use warm up area and duplicate back to back, 4 small goals, 4 small groups/teams, supply of balls.



3v2 towards small goals. Starting positions illustrated on left and developing positions illustrated on right.



Start drill with pass out to attacking group. Attacking team can only score by developing play through the central box. Encourage direct play when attacking. Don't want it to become possession play.



Promote the use of shape. Have a point player to play forward to, in the central area, as an option in order to quicken the tempo.



Put in a maximum number of passes to quicken decision making process (4). Promote flexibility of movement – don't get caught waiting in the central area.



Give defenders an 'out' option – win ball back and try to score in opposite goals.



Increase to a 4v2 option. Diamond formation with flexibility of movement.



Make sure teams swap over so both have chance to attack. Evenly match groups so that rotation can work. Every group attacks against all available opponents.

Attacking in Central Areas

One Directional; Progress to Two-Directional – Coaching Points



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Attacking in Central Areas

Multi-Directional, Two Goal Conditioned Game



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Set up: As with one-directional drill, but add two more small goals. Position these in the centre of the other two sides of the perimeter box. Place balls in the centre of perimeter for coach to keep game flowing with new balls when required.



Rules: One team can only score in opposing goals facing North and South and the other in the ones on the East and West of the area. Goals can only be scored from positive play through the central area.



Refer to body shape when receiving the pass – open out to see as much of the playing area as possible, be $\frac{1}{4}$ or $\frac{1}{2}$ turned to go forward if possible.



Positive forward touch into space. Recognise where to take the ball and play with purpose.



Scan the area prior to receiving and know options in advance to quicken the speed of play.



When ball leaves field of play, receive new ball from coach – encourages players demanding the ball and gives opportunity to coach body position for receiving the pass.



Coach as it happens – revisit the options in the warm up where they could have been used to create goal-scoring opportunities.



Make sure players can be seen to receive a pass. Create 'passing lanes' by being seen/available for passes at all times. Constant moving and creating of angles – no square passes.

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Multi-Directional, Two Goal Conditioned Game – Coaching Points



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Attacking in Central Areas

Multi-Directional, Four-Goal Conditioned Game



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Develop to become a multi-directional, score in any goal game. Teams can score in all 4 goals. Opportunities must be created through the central area.



Speed of decision-making is paramount to play through congested area.



Be brave and confident in busy areas. Clear the central area when required and make space for a team mate to occupy if the ball doesn't arrive quickly. Timing of movement is important.



Encourage players to defend the opponent and the space, not the central area.



Rotate teams to be challenged against different opposition.



Develop to become competitive – first to score in all 4 goals. Encourages both speed of play in the beginning through central area, and then patience as the game gets tighter and nearer completion.

Attacking in Central Areas

Multi-Directional, Four Goal Game – Coaching Points



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Attacking in Central Areas

Game - Conditioned and Free Play



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Set up: Combine two small areas by removing cones dividing area and all small goals. Place 2 larger goals at either end of bigger area (16x7/7v7/8v8 goals). Leave two red central areas. Supply of balls at either goal. GKs or rotating players, 7v7, with 2 neutral to create overload and move ball quicker.



Can only score goal by creating through central area. Encourage teams to defend as normal and not deliberately crowd that zone.



Positive play (goals) rewarded by retaining possession from own GK.



Further overload created by making players collect stray balls.



Emphasis on direct, positive, forward play. However, if it isn't on, DON'T FORCE IT. Be patient and probe with purpose. Eventually a change of tempo will break the opponent down.



Halfway through game remove neutral players and even up sides – 8v8. Open up to free play. No specific conditions. Maybe add extra goals/points for a goal created through the central area, as an incentive to try and continue being imaginative in busy areas.



Try and finish with a degree of success, either a goal scored or chance created. 'Next time the ball goes out, we're done' – vast majority of the time the players will try very hard to keep the ball in play and end with positive play!

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Game – Coaching Points



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tmassie@celticfc.co.uk



@celticfcccoach

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