



# “Staggered Attack”

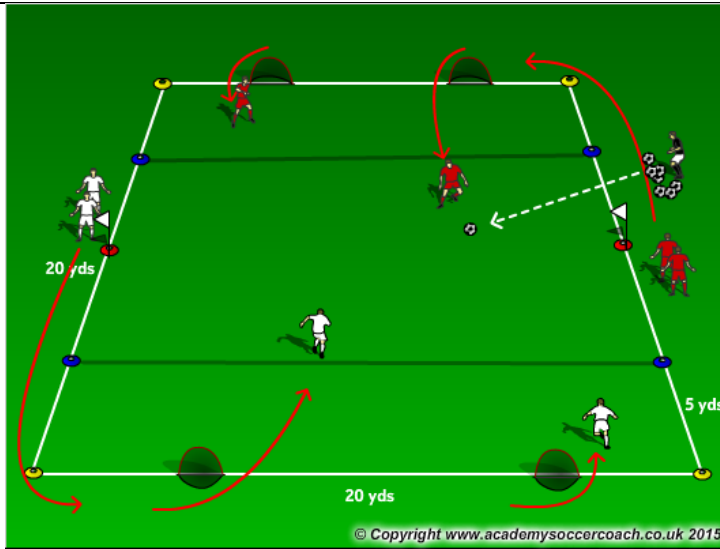
*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** 1 v 1

**Primary Objective:** To expose players to unpredictable, unbalanced situations to foster creativity/decision-making in attack.

**Duration:** 10 minutes

**The Basics**



## Organization

20yd x 20yd grid with cones at corners and 4 goals, and a 5yd shooting line at each end, and a cone or flag at midline of each sideline.

Group split into 2 teams (w/ pinnies), standing behind team flags as shown.

Coach with a supply of balls.

## Activity

At the coach’s signal, the first two players for each team race around the corner cone, the 1<sup>st</sup> player rounding the 1<sup>st</sup> goal and entering the field, 2<sup>nd</sup> player rounding 2<sup>nd</sup> goal and entering field. The 1<sup>st</sup> player from either team entering the field receives a pass from the coach to begin their attack.

Goals can only be scored from shots inside the 5yd shooting line.

Play to 5 goals, recognize the winning team in a fun way, then play again.

**Coach Pts**  
**Mods**  
**Progression**

Encourage overlaps, take-overs, wall passes, as well as moves like scissors, Cruyff, pull-back and shield, etc.  
Encourage communication between teammates.  
Remind players they aren’t open unless they’re moving and open.

None

Play 3v3 to add complexity