

Attacking Principles and the System of Play

Hans Mewiss, KNVB

An interesting thesis of this session involved the concept of what are the resistances a player encounters in the game. Throughout the session four particular resistances were introduced:

1. the ball
2. the opponent
3. the direction
4. space
5. time

I. Open: the resistance of the ball and opponents

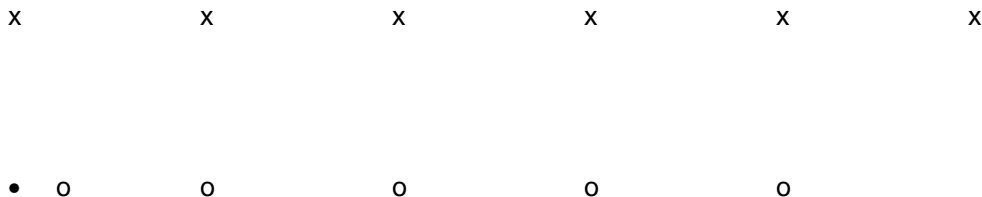
area = 40 x 40 players = 12 targets = two different colors

- A. With a partner, dribble and pass about the area. Players are free to move, dribble and pass as they please. This is a good place to start talking about soccer with the ball as it is the first object of resistance. It quickly becomes clear who has trouble with the ball and therefore needs first to overcome this first object of resistance.
- B. Create a 1 v 1 moving about the area. Note how players handle the ball and how they keep it. Give the yellow targets 60 seconds and then the green targets 60 seconds.
- C. Coaching moments
 1. See and discuss how players deal with the ball
 2. Show how to protect ball in small spaces with body, i.e. learn to use space better by shielding the ball from opponent rather than dribbling about so much to escape as using your body is less taxing physically.

II. The resistance of direction and space

area = 50 x 60 players = 12 to 18 targets = two different teams

- A. Partners 20 yards apart on coned line. Yellow with the ball can score by dribbling to green's line. Green moves off line to pressure. If green steals ball they attempt to score.



This game introduces the resistances of direction and time. Coach should read solutions players are choosing to dribble and score. These styles depend on players so coach does not have say, "Do it this way." The coach can praise different styles that beat opponents and use time effectively.

B. Now add the resistance of a goal and a keeper. Play the same game with a goal twenty to thirty yards behind the opposing line.

keeper
shot etc.

x x x x x x

• o o o o o

This introduces the resistance of space and how players deal with it. It is easy to build this game up to greater levels of competition: 2 v 1, 3 v 2, etc.

Make it competitive, i.e. can offense score 3×2 number of goals in 3 minutes. Quickly to goal and possession in the area are the keys.

III. Dutch passing

area = 20 x 20 (this can vary according to skill. Higher skill = smaller area and lesser skill = bigger area. A good way to do this traditional game of Dutch Passing is to have three sets of players all in different color targets as this makes easy transition to defense.

A. Players work within the area.
3 greens, 3 yellows, 3 reds, and 3 blues

g g r b
r y y y g
b r b

The greens, reds, and blues inter-pass and the yellows defend. If a yellow wins the ball the color responsible for losing it becomes the defense.

B. This game incorporates all of the areas of resistance:

1. the ball
2. the opponent
3. the direction
4. space
5. time

This was as an excellent session. In fact, I would rate it as one of the top three. Hans Mewiss¹ ideas and session were clear and covered not only a philosophy but a way to practice and get better at dealing with the resistance's players meet in the game. Ideas could be used at many levels and coach could design practices that dealt with a teams or player's main levels of resistance.

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