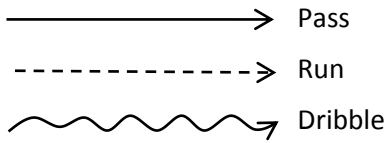
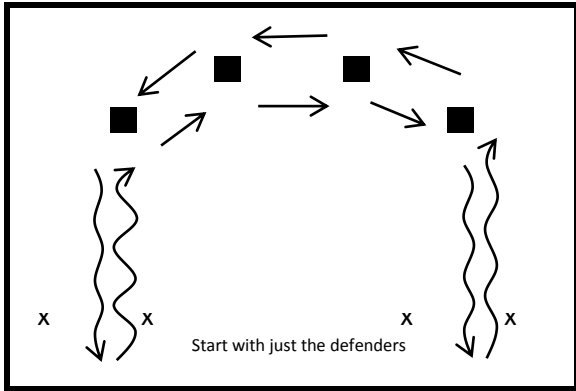


# Building an Attack out of the Back

Clinician: Brandon Ermels  
Iowa Central Community College



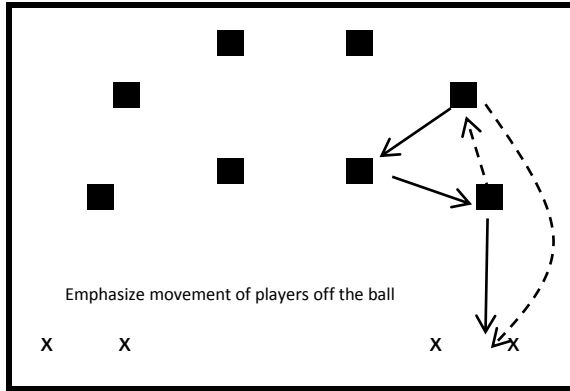
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**Coaching Points**

- ~ Begin very simple and allow the players to be successful
- ~ The passing and movement will likely be very rigid and sloppy once the players find their rhythm they will begin to have success. Make sure they stick with it!

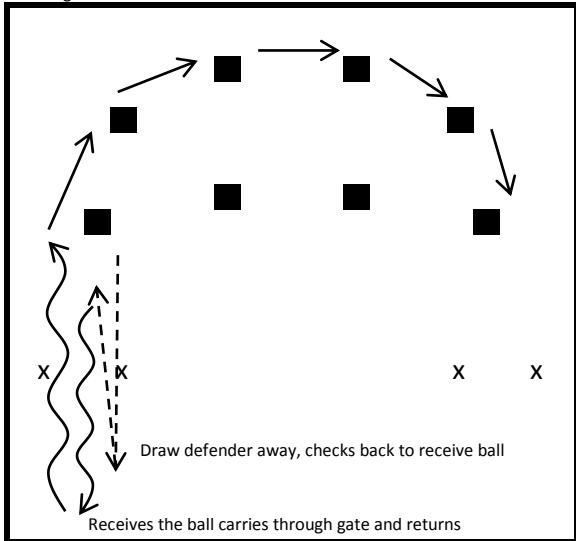
3rd Progression: Introduce 2nd combination



**Coaching Points:**

- ~ Execution is critical to success
- ~ Do not allow players off the ball to be lazy

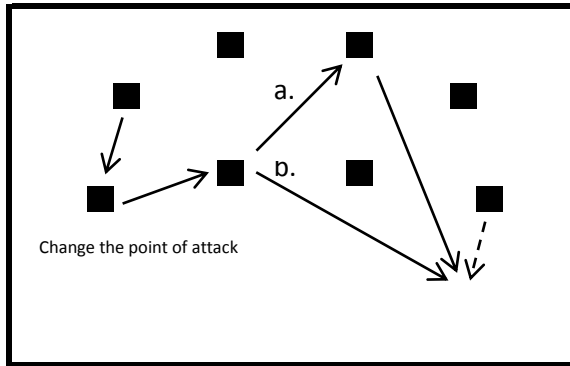
1st Progression



**Coaching Points:**

- ~ Outside midfielders will be doing most of the running
- ~ Make sure the midfielder receives the ball, brings it across their body and goes through the gate at **GAME SPEED!**

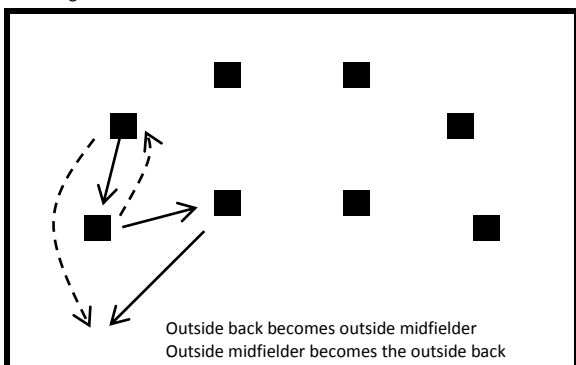
4th Progression: Give center mid creative freedom



**Coaching Points:**

- ~ Center midfielder "playmaker" can switch the point of attack
- a. Switch the point of attack through the center back
- b. switch the point of attack directly to outside mid

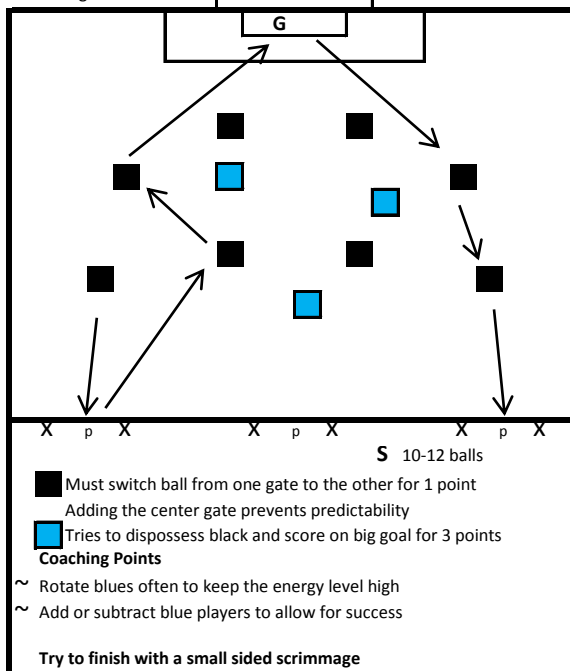
2nd Progression: Introduce 1st combination



**Coaching Points:**

- ~ Introduce combination play
- ~ Emphasis on midfielders switching with outside backs

Final Progression



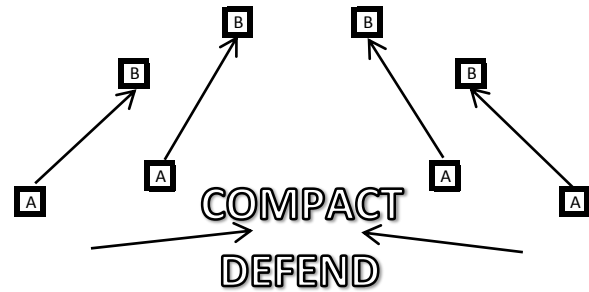
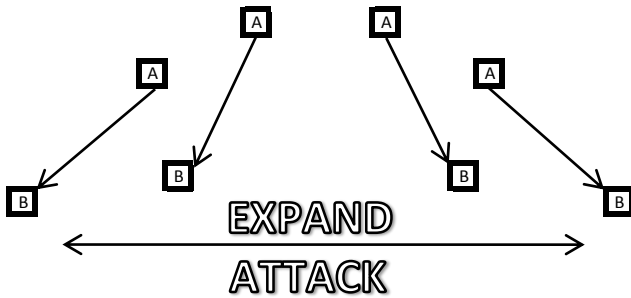
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# Team Defending & Attacking

Clinician: Brandon Ermels  
Iowa Central Community College



It is best to introduce these concepts as early as possible. Due to our unique climate it is not uncommon to encounter unplayable field conditions in the early days of the Iowa High school season. Fortunately, these tactical fundamentals can be done inside, outside, or even on a chalkboard.



**Tactics explain why and where players position themselves when they are defending and attacking.**

A tactically organized team can beat teams with better players.

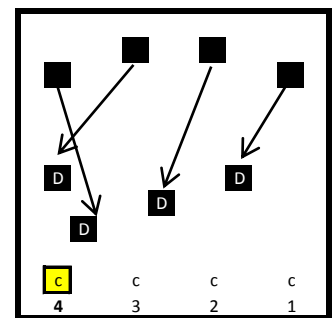
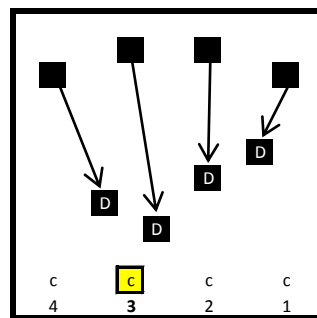
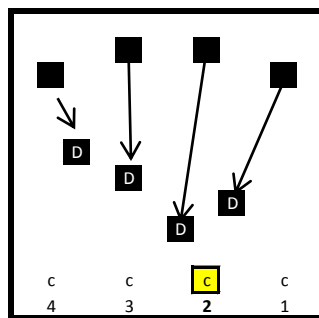
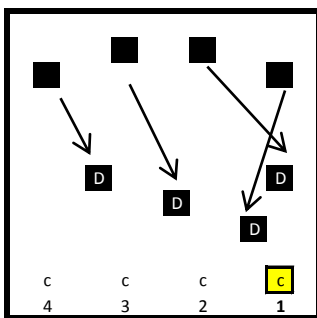
Your job is to make sure **your** team is more tactically organized than your opponent!

Most common formations

- 4-4-2 sweeper/stopper
- 4-4-2 flat back four (bowl shape)
- 4-3-3 common with females
- 3-5-2 common in college & USL

ICCC began last season with a flat back 4-4-2. We ended the year in a modified 4-2-3-1. The following session can be run for any system of play.

## Begin with defenders only



- M = Midfielders
- C = Cones
- D = Defenders

## Progression: combine with midfielders

