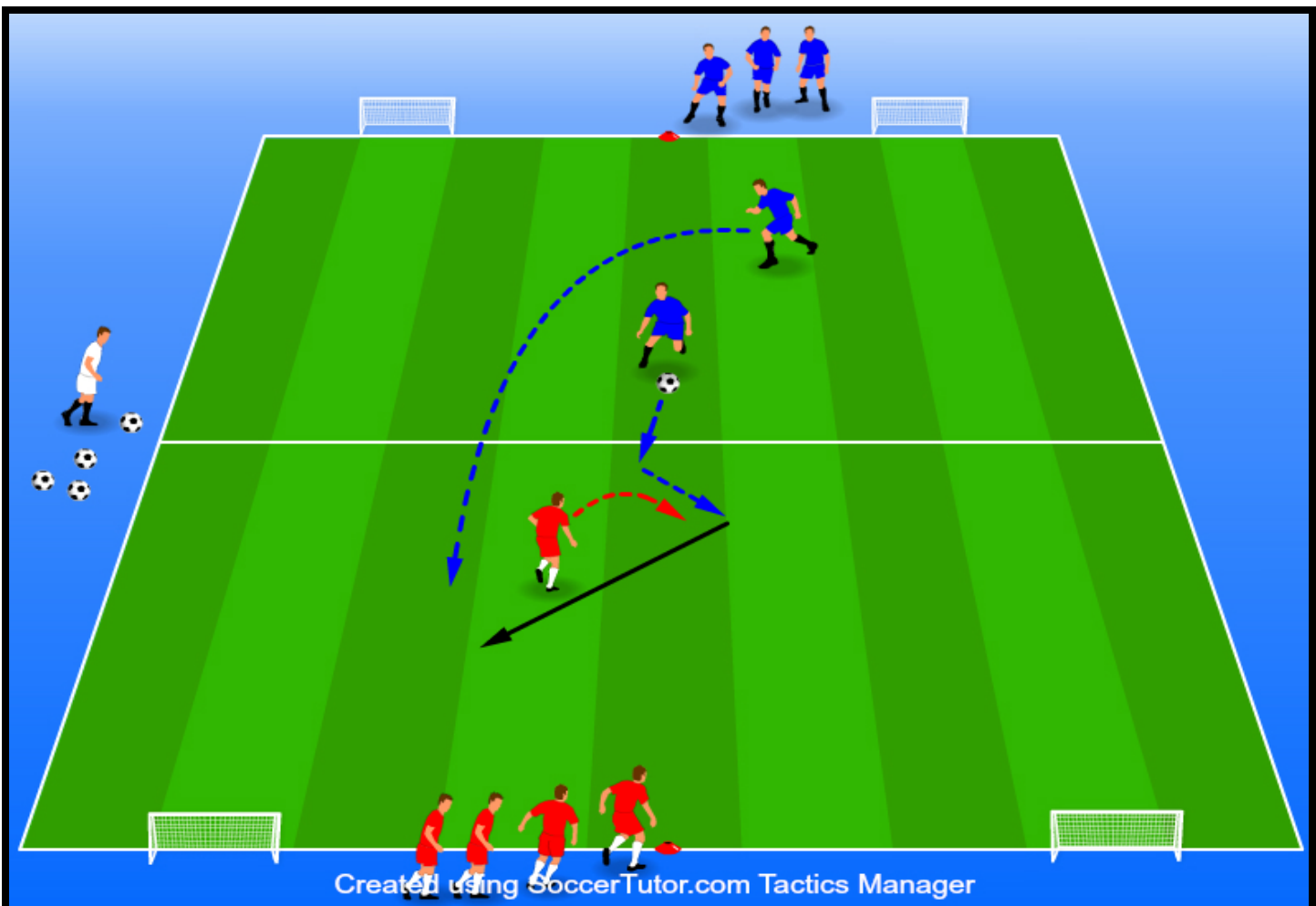


Continuous 1 v 1, 2 v 1, or 2 v 2

Small Sided

Attacking



Procedure:

The two teams bring players onto the field from the end line in numbers determined by the coach. He can call on 1 or 2 attackers and 1 or 2 defenders at any time. Players are involved in two consecutive sequences. They come on to defend first, and then they stay on the field to attack in the other direction. Depending on what the coach calls, they may be by themselves or with a teammate. Play is continuous and demanding as the teams try to score in the two small goals set up on the end line. Defenders must allow the ball to cross midfield before they play it. After finishing their attack, players run back to the end line to await their next turn.

Coaching Points:

- 1 Speed of Attack – Drive at the defender with the dribble and force him into decisions and errors.
- 2 Runs off the Ball – Make runs to create passing combinations and fakes of combinations.
- 3 Attacking – Make sharp changes of speed and direction and force the defender to over commit.

Progressions/Regressions:

Progression 1 – Run the same drill with large goals and goalkeepers.