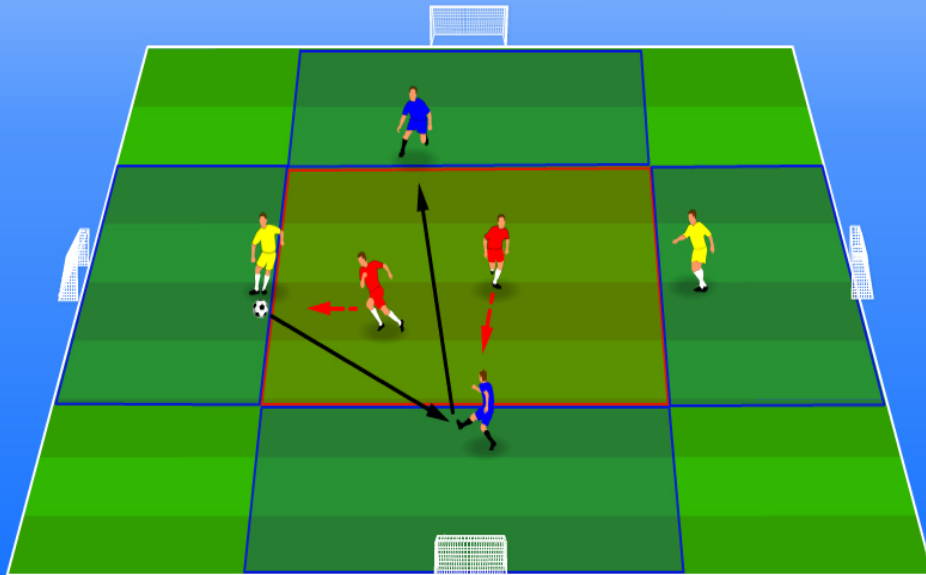
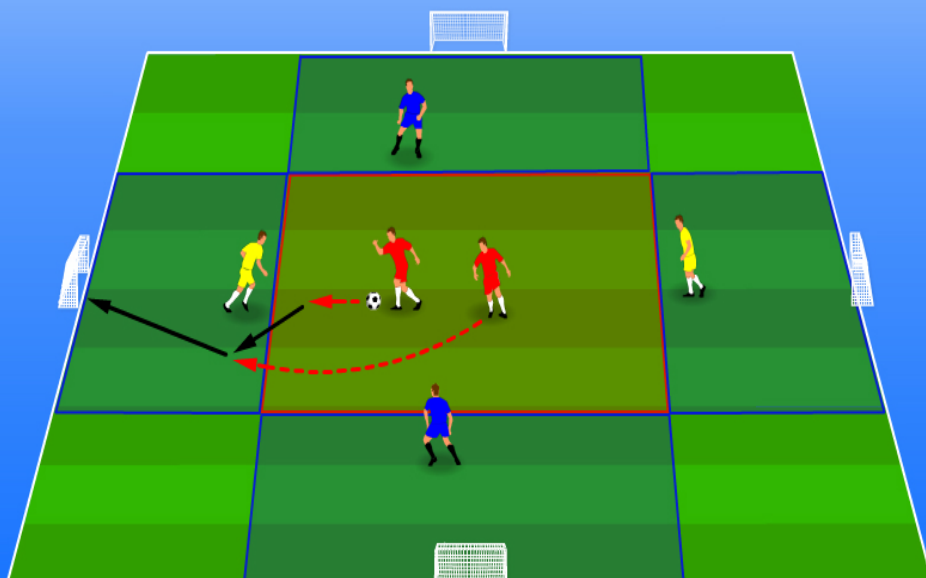


A



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B



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Procedure:

Three teams of two players are 4 v 2 inside of the red zone, playing keep away (Diagram A).

When the defenders win the ball, they attack 2 v 1 against the team that lost the ball. They can attack either of the goals that that team is defending (Diagram B). The 2 v 1's take place inside of the blue zones.

Upon completion, the team that defended the 2 v 1 becomes the defending team when the 4 v 2 re-starts.

A running score is kept during the game for all three teams and goals scored in the small goals are worth one point.

Coaching Points:

- 1 **Attacking** – Attack at speed as soon as the ball is won. Take the dribble right at the defender in the 2 v 1.
- 2 **The Overlap** – Make the pass as soon as the runner reaches a square position. The pass should NOT take him out wider.
- 3 **Decision Making** – If the defender reads the combo, fake the pass and then dribble by him.

Progressions:

- 1 Limit the time and/or the number of passes made during the 2 v 1 attack.