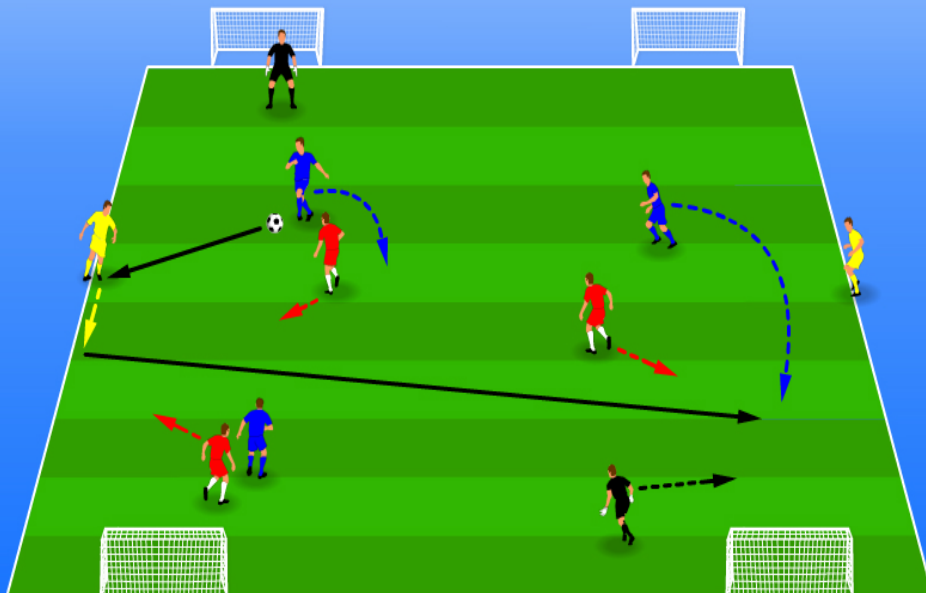
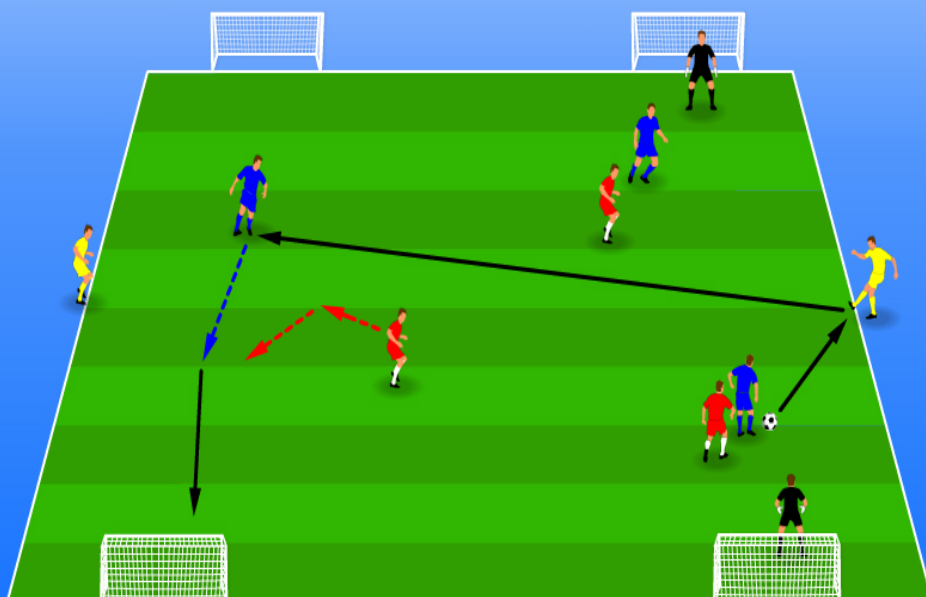


A



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B



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*Procedure:*

The teams play 3 v 3 plus two, and the neutrals (in yellow) must stay on the sideline. Each team has two medium-sized goals to shoot at (Diagram A) and the keeper defends both goals.

Conditions can be placed on play, to be determined by the coach:

- 1 Allow the neutrals to finish on goal from the sideline.
- 2 Limit all of the players to two touches.
- 3 Teams can only score from a cross and finish (Diagram B).
- 4 Teams can only score with a first-time finish.

Games are played to three goals and the neutrals rotate out after each game.

*Coaching Points:*

- 1 Attacking – Look for quick changes of the field to create overloads on goal.
- 2 Speed of Play – Play in a one and two touch rhythm and make the defense chase the ball.
- 3 Decision Making – If a goal area closes down, fake a shot on goal and switch the play over to the other side of the field.

*Progressions:*

- 1 Progress to 5 v 5 plus two with sideline neutrals and one goal on the end line.