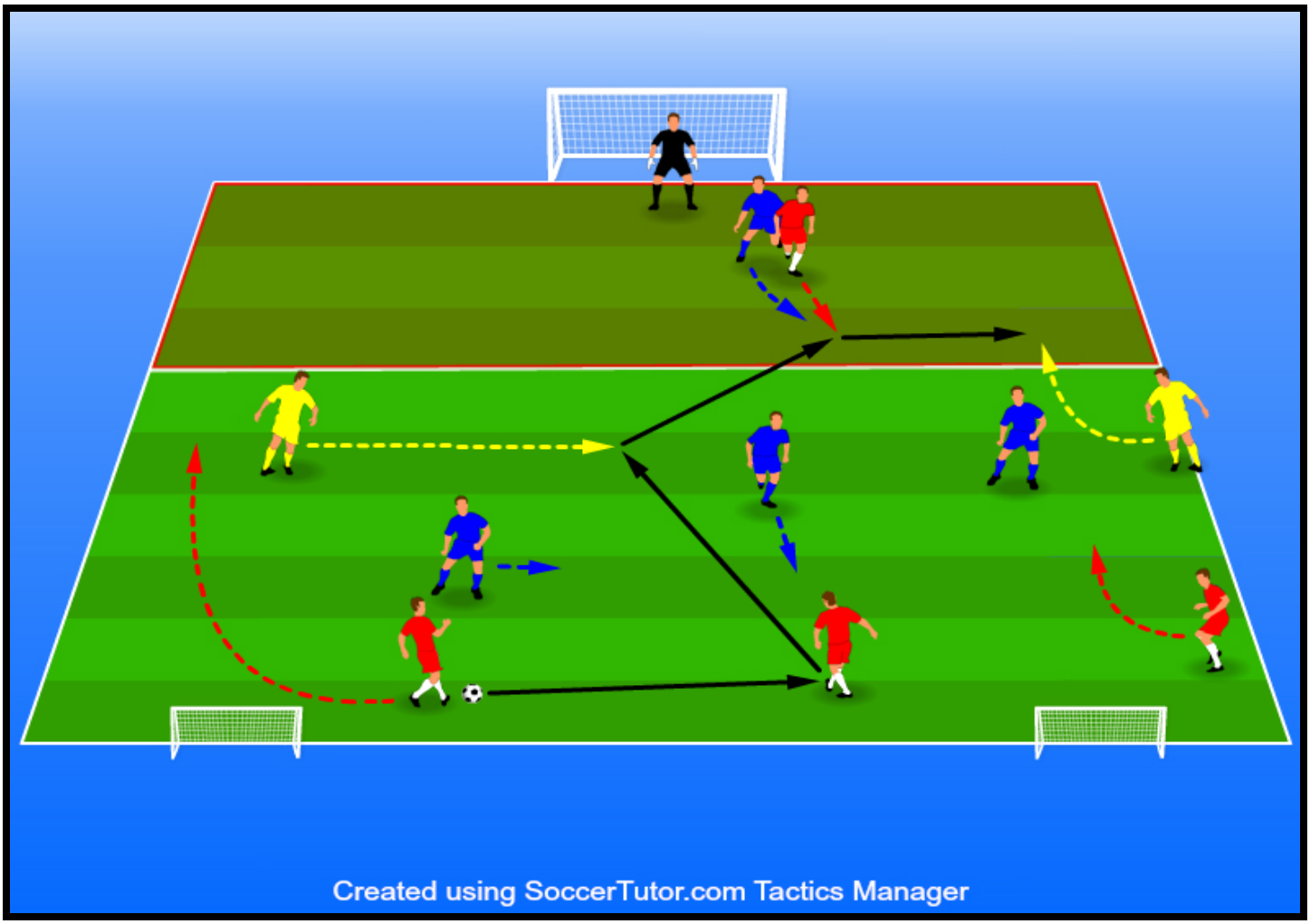
Score it, Keep it! Small Sided Group Attacking



Procedure:

Play begins in the midfield zone, where the players are 3 v 3 plus two. From there, the attackers look to pass the ball into their teammate (a striker) playing 1 v 1 in the attacking zone. Once the ball is played in, all of the players can cross over and go to goal. If the defenders win the ball, they attack the two small goals at the top of the midfield zone. Whenever a team scores (in any goal), they keep possession and attack in the other direction. Goals scored on the big goal are worth two points, and goals scored on a small goal are worth one point.

Coaching Points:

1 Width – Use the entire midfield zone and force the defenders to chase.

2 Receiving – The striker may need to make two or three sharp runs in order to get open.

3 Finishing – If turned away from goal, pass backwards and build up numbers of attackers.

Progressions/Regressions:

Progression 1 – Play 2 v 2 in the attacking zone, the strikers may turn and go straight to goal.
Progression 2 – Before going to goal, the striker must pass back out into the midfield zone.