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Procedure:

The attacking team plays 5 v 6, looking to score in the big goal. The defense plays in a 4-2, and the attackers play in a 2-3. When the defenders win the ball, they try to finish in one of the two small goals. Whenever the defense shoots the ball, the Feeder (F) immediately plays a second ball into the attacking team (Player A in the diagram) to start a fast transition to goal. After ten minutes, the teams switch roles.

Coaching Points:

- 1 Speed of Play – Take advantage of superior numbers by attacking at high speed.
- 2 Transition – Anticipate turnovers so that you can get in behind the defense.
- 3 Attacking – Make positive first touches to goal and look for early crosses.