



Created using SoccerTutor.com Tactics Manager

Procedure: The seven attackers maintain possession within the big square versus four defenders. One attacker must stay inside of the small square (marked by cones) during play. When the defending team wins the ball, they bring it into the small square and play 4 v 1 with a one touch limit. If the lone defender cannot win the ball within 30 seconds, he switches out of the small square with a teammate.

Coaching Points:

- 1 Individual Defending – Approach the ball from an angle and force play in one direction.
- 2 Concentration – Do not ‘switch off’ if you lose the ball. Immediately try to win it back.
- 3 Team Defending – Pressure the ball and cover the two attackers closest to the ball. The fourth defender balances the field and rotates out of the back when needed.

Progressions/Regressions:

Progression 1 – Play 8 v 5 to 5 v 2.

Regression 1 – Play 7 v 3 to 3 v 1.