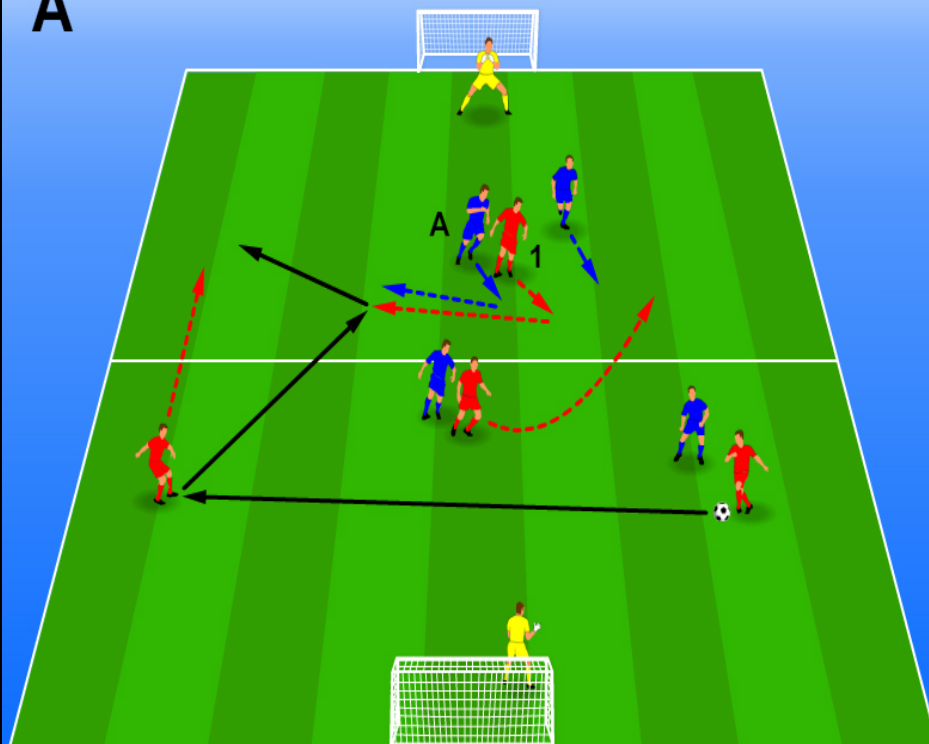
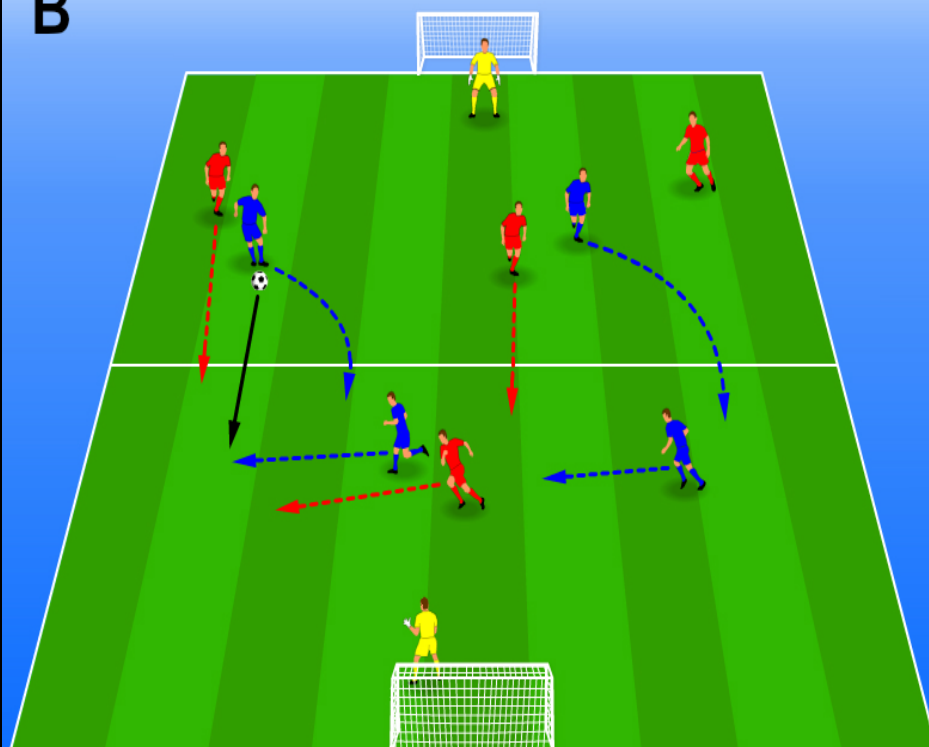


A



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B



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Procedure:

The teams start with a 3 v 2 in the defending half of the field and a 1 v 2 in the attacking half. One defender matches up 1 v 1, and the other acts as a screener (see Player A and Player 1). When the attackers pass the ball across, two attackers follow the ball to create a 3 v 2 to goal (Diagram A). If the attackers score, they keep the ball and attack in the other direction.

When the defenders win the ball IN EITHER HALF, they attack the goal with all four players. The opposing team sends players across in order to defend 4 v 3 (Diagram B). And again, if the attacking team scores, they keep the ball and change direction to re-start play.

Balls played out of touch are re-started with a kick in.

Coaching Points:

- 1 Receiving – Check away from the ball until your teammate is prepared to pass. Hold your run.
- 2 Possession – One touch the ball away as the defender comes in rather than hold and shield.
- 3 Speed of Play – Play one and two touch soccer to get attackers free with time to finish on goal.

Progressions:

- 1 Play full width, add flank zones with neutrals.