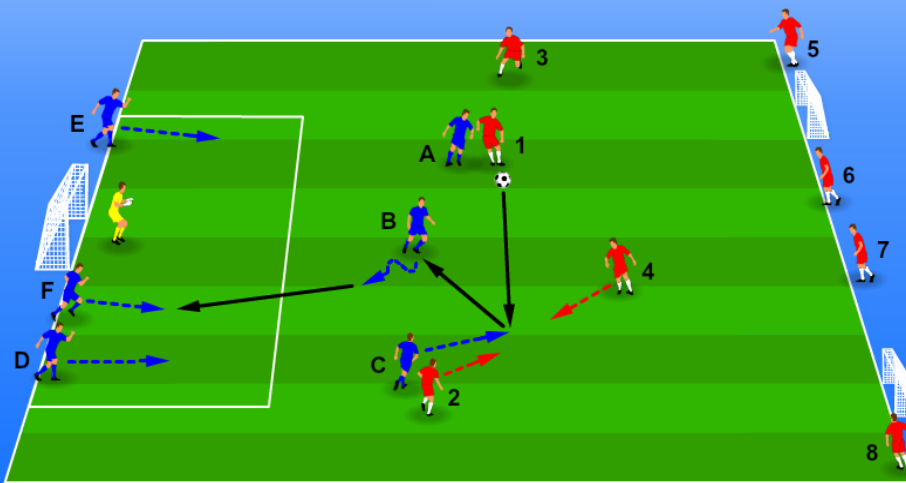
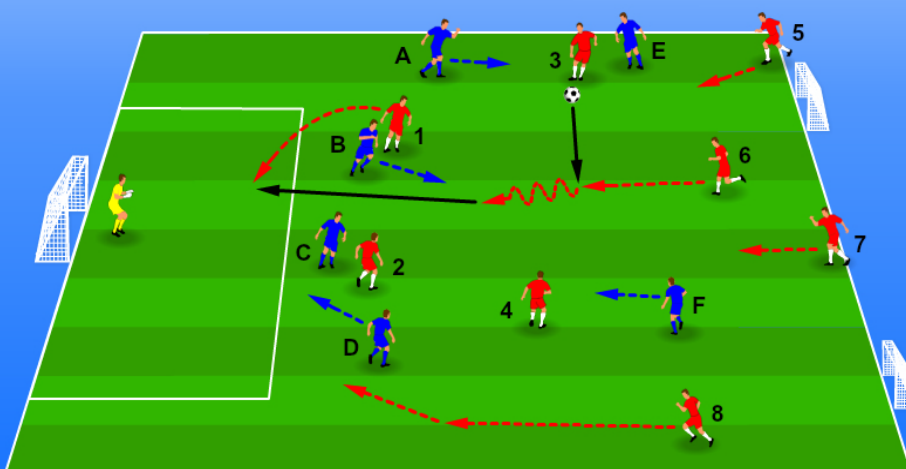


A



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B



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Procedure:

The game is played on a half field and starts with a 4 v 3 to goal. Two small goals are set up at the midfield line for the defending team to attack after a turnover. Three more defenders wait on the end line and four more attackers wait at the midfield line.

Diagram A: The defenders win the ball during the 4 v 3, bringing the three extra defenders onto the field to create a 6 v 4.

Diagram B: During the 6 v 4, the defending team (in red) wins the ball, bringing the four extra attackers onto the field to create an 8 v 6 towards the big goal. Play continues to completion from here. Upon completion, play is restarted with the 4 v 3 to goal. The teams use different defenders (D, E, F) and attackers (5, 6, 7, 8) to start.

Coaching Points:

- 1 Transition – Anticipate turnovers and get moving early.
- 2 Spacing – Make it difficult for the defenders to cover the entire field.
- 3 Attacking – When defense flows in one direction, switch the play.

Notes: The size and shape of the field can be changed depending on the formations used by the defending team. If the three backs can't cover the full width, narrow the field.

Progressions:

1. During the 8 v 6, Players 6 and 7 become neutral attackers. Attack 8 v 6 in both directions.