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Procedure:

Two groups of four players play 8 v 4 versus the third group, maintaining possession on the outside of the red zone. The defenders may leave the red zone to win the ball. Particular attention is paid to the defender balancing the field, who must rotate out of the back to a covering position when necessary and close down long passes made thru defenders and over the top. During the drill, the group that loses possession defends.

Coaching Points:

- 1 Group Defending – Always pressure the ball and force the play in one direction.
- 2 Communication – Only send one defender to the ball. The first shout sorts it out.
- 3 Closing the Distance – Sprint to the ball immediately and hurry the attacker's 1st touch.

Progressions/Regressions:

Progression 1 – Add a neutral attacker inside of the red zone.