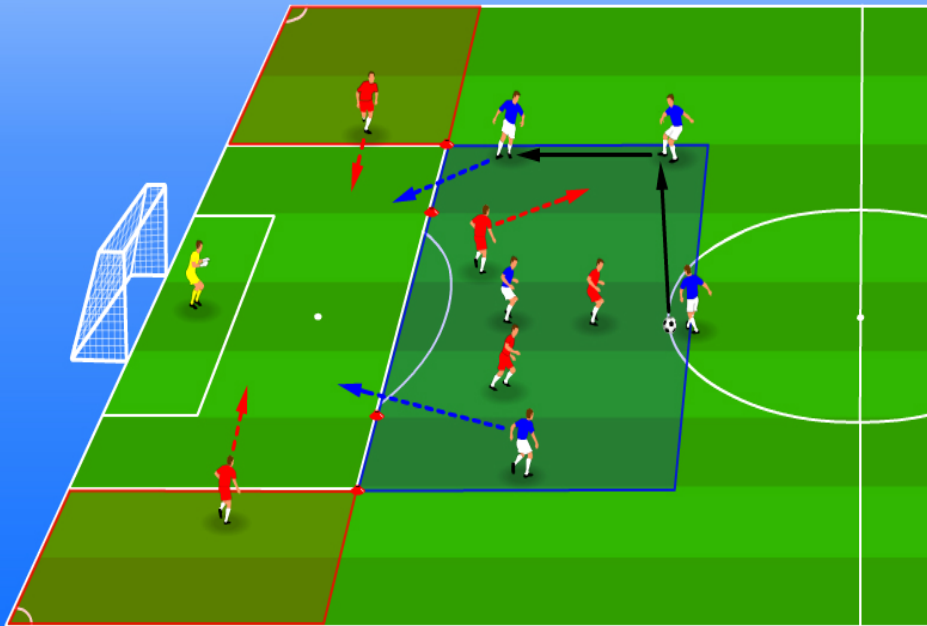
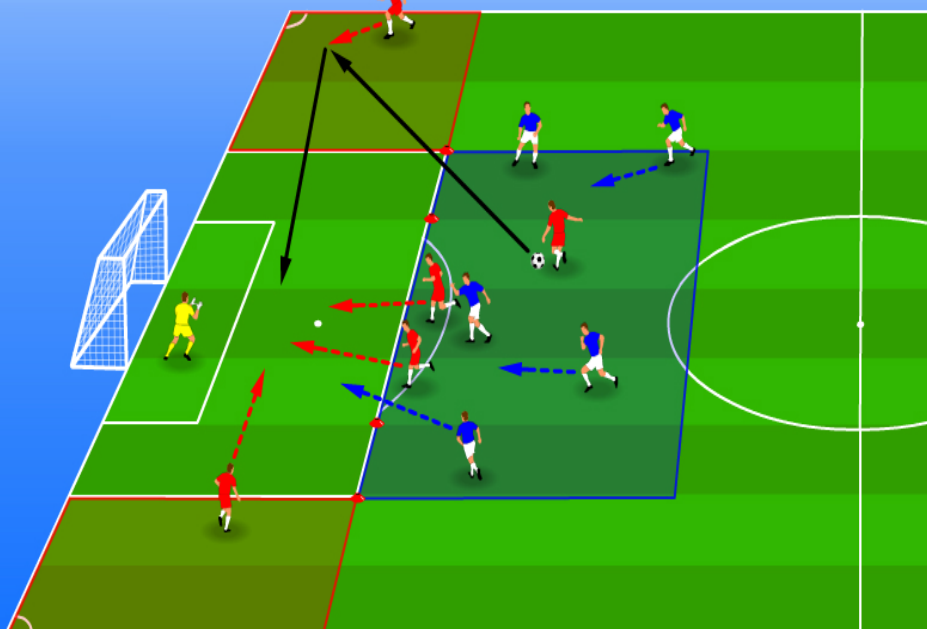


A



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B



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Procedure:

The teams play 5 v 3 in the central zone with defenders stationed in each of the flank zones. The attackers can shoot from inside the zone, but must dribble thru a gate in order to enter the penalty area. When they do, a 2nd attacker crosses over as well and the defenders release from the flank zones to create the 2 v 2 (Diagram A). Upon completion, the attackers re-start the 5 v 3 and new defenders switch into the flank zones.

When the defenders win the ball in the 5 v 3, they immediately switch it over to either flank zone for a cross and finish. All of the players can leave the central zone to play the cross (Diagram B).

If a 2 v 2 stalls in the penalty area, the ball go be played back out into the central zone to play 5 v 3. Defenders return to the flank zones.

Coaching Points:

- 1 Shooting – When the defenders block the gates, look for long shots.
- 2 Shielding – After getting thru the gate, carry past the defender and put him on your back.
- 3 Finishing – Play quickly out to the flank zone and play early crosses. Leave the defenders behind.

Progressions:

- 1 2 v 1's in the flank zones.