

Description

Setup:

Three players, A,B and C, stand facing Defenders 1,2 and 3. A is in the center and B and C are 15 yards away. There are two coned goals 15 yards away from C and B.

Description:

A starts with the ball and passes to B.

As the ball travels 1 makes up the ground quickly to stop B playing the ball forward, into the goal. B has at least two touches. If he can't pass into the goal, he must pass back to A. The defender (1) then goes back to the end of the defender line.

A then plays the ball to C and the defender (2) runs to cover C while the ball is traveling to close him down. C has at least two touches, if he can't pass into the goal, he must pass back to A.

Variations:

Move starting point back so the defender has more distance to travel while ball is being passed.

Let A pass to either side at all times to avoid the defense "cheating".

Coaching Points

Approach the Ball,Travel quickly while the Ball is Traveling.

Observation of Attacker.

Small Strides when you get close.

Stop him playing forward. Side on Approach, inch in, face the same way.

Recovery Runs with lots of positive attitude.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

