



Week 6

2 v 1, 4 v 2 Attacking

Activity 1: 1 v 1 to Touchline

Focus: Defending



1. 15 x 20 yards
2. Group of players
3. Cones
4. Large supply of balls

Objective

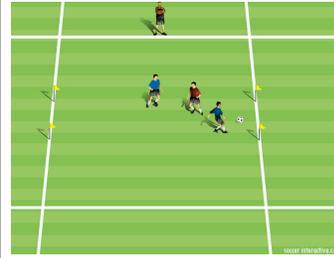
Coach serves ball into the Blue player. Blue controls and attacks the red player's touchline. If red wins the ball, red player attempts to return it to the blue touchline. A point is awarded to the player who successfully stops the ball on the touchline.

Coaching Points

1. 1 Defender jogs at 50% towards the attacker working on proper stance
2. 2 Defender now runs full speed towards the attacker applying full pressure

Activity 2: 2 v 1 to Goal

Focus: Defending



1. 15 x 20 yards
2. Mini -goals
3. Group of players
4. Cones
5. Large supply of balls

Objective

Coach plays ball out and the two attackers attempt to get in behind the defenders. The attacking players try to score by passing, dribbling and/or shooting the ball into the goal. Defenders counter attack to the opposite goal when they win the ball.

Coaching Points

1. Delay the attackers
2. Split the field in half
3. Use the sideline as a defender
4. Keep an eye on the ball and 2nd defender

Activity 3: 4 v 2 + 2

Focus: Transition



1. Area: 40 x 30
2. Balls
3. Cones
4. Training vests

Objective

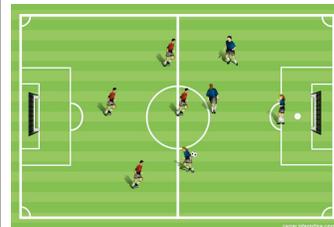
Divide the players into two teams of four. The format is 4v2 with 2 players resting. The defending team must have two players on the post. When the defending team win the ball they must pass back to their teammates on the post. Two players from the opposite team then drop back to their post.

Coaching Points

1. Work hard to regain possession
2. Angle and distance of support
3. Decision to counter attack

Activity 4: 4 v 4 Small Sided Game

Focus: Economical



1. 35 x 40 yards
2. Flags
3. Group of players
4. Mini -goals
5. Cones
6. Large supply of balls

Objective

Coach divides the players into teams comprised of 4. Set up as many fields as needed based on the number of players. Play a regular soccer game to goals with NO GOALKEEPER. US Youth Soccer modified rules are used.

Coaching Points

1. Team Shape
2. Body shape when receiving a pass
3. Keep the ball moving
4. Timing, angle and shape of runs

