

Attacking & Defending

Four versus four each player attacking and defending

1 goal by using support players on end line:

Skill Work:

1v1 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 40x40m.
- Set up with 3 teams of 4, playing on a small pitch with four end players (green)
- Goalkeepers should be involved in the game where possible.



Coaching Points:

Attacker:

1. Width, depth
2. Eye contact & communication on pass;
3. Follow through towards the target when passing;
4. Play forward when possible

Defender

1. Apply good pressure on offensive players
2. Choose right moment to tackle

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. 4v4 game where players play freely but must hit end players with a pass before supporting and finishing on goal.
 - a. Depending on standard end players should be restricted to two touches.