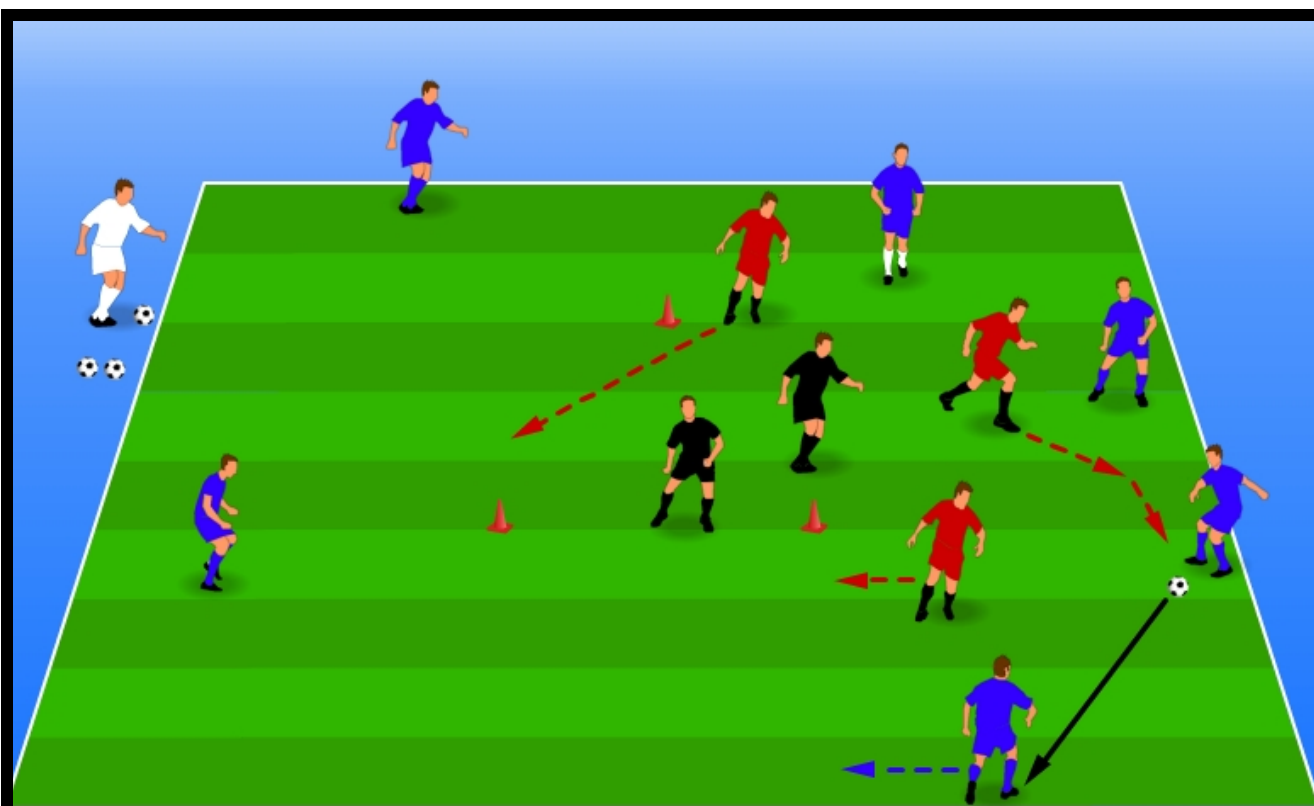


Defend the Center

Small Sided

Group Defending



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: Eleven players are set up on a small field, playing 6 v 3 with two goalkeepers.

Procedure: During play, the attacking team tries to score into a triangular goal set up in the center of the field. If the defenders win the ball, they must dribble it out of the field of play to score a point. After a point is scored, play is re-started by the Feeder. The games are five minutes long, and new defenders rotate in after each game.

Teaching Topics:

- 1 Angle of approach.
- 2 Goalkeeping.
- 3 Balance.

Progressions:

- 1 Play with one goalkeeper.

Coaching Points:

- 1 Curve the approaching run and force the play in one direction.
- 2 The goalkeepers should play as a Sweeper/Keeper when not playing a shot on goal.
- 3 The third defender has to be ready to rotate over when the point of attack changes.