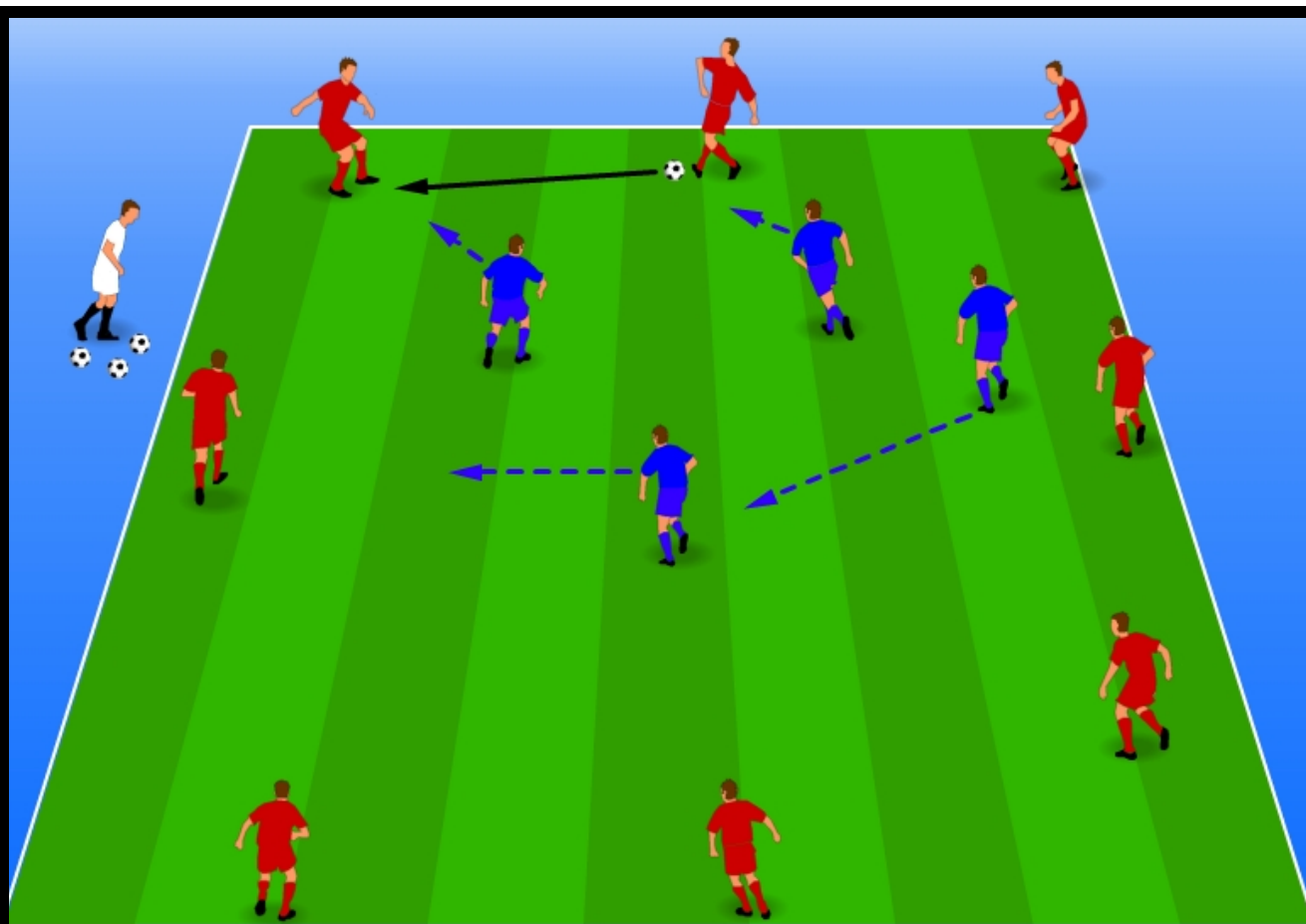


8 v 4, For Defenders

Large Sided

Group Defending



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: There are 12 players set up on the small field, playing 8 v 4.

Procedure: During the drill, the eight attackers play keep away from the four defenders on the inside of the grid. The attackers are limited to one or two touches. When the defenders win the ball, the attacker who lost it switches into the middle. Any time the ball is put out of play, the drill is re-started by the Feeder.

Teaching Topics:

- 1 Pressure.
- 2 Cover.
- 3 Balance.

Progressions:

- 1 Progress to 6 v 4 v 2.

Coaching Points:

- 1 Always pressure the ball in order to stop long passes from being made over the top.
- 2 The passing lanes to the two attackers closest to the ball must be covered.
- 3 One defender plays in the space behind the other three in order to balance the field.