

Sorting it Out

Penalty Area

Group Defending



Set Up: There are fifteen players set up in the attacking third, with players starting at the cones.

Procedure: The 1st attacker begins play with horizontal dribbling run in the center of the field. All of the players release from the cones with the first touch, and play continues 3 v 2 to completion. When the defenders win the ball, they can score in the two small goals set up outside of the penalty area. On goals and balls put out of play, the Feeder then re-starts the drill with the next set of attackers and defenders.

Teaching Topics:

- 1 Decision making.
- 2 Speed, angle, distance.
- 3 Cover.

Progressions:

- 1 Start play with a 50-50 ball from the Feeder.

Coaching Points:

- 1 Make an early decision to pressure the ball or to drop back into a covering position.
- 2 Angle your run to the ball and force the dribbler to go in one direction.
- 3 The 2nd defender must be able to close down passes made in either direction.