



Set Up: There are 12 players set up in the attacking third, playing 7 v 5.

Procedure: During the drill, the attackers play towards the large goal, and the defending team plays towards the three small target goals. Balls played out of bounds are re-started with a throw in, and corner kicks are given. After goals, the Feeder re-starts play with a pass to the attacking team.

Teaching Topics:

- 1 Pressuring the ball.
- 2 Individual defending.
- 3 Defensive shape.

Progressions:

- 1 Progress to 7 v 6.

Coaching Points:

- 1 The goalkeeper must send a defender to the ball every time it is passed.
- 2 The defender pressuring the ball must contain the play. He cannot get beat 1 v 1.
- 3 As the ball moves from sideline to sideline, the entire defense must slide left or right.