



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: There are eight players set up on a field split into three zones.

Procedure: During the game, the attacking team may only use two-thirds of the field before passing the ball into the attacking third. When the ball is played in, two attackers and one defender make runs into the attacking zone, creating a 2 v 1. Once inside the attacking third, the attackers must make at least one pass before shooting. On goals and balls put out of play, the game is re-started in the defensive zone.

Teaching Topics:

- 1 Checking runs.
- 2 Receiving.
- 3 Speed of play.

Progressions:

- 1 Play 1 v 1 in the attacking zone.

Coaching Points:

- 1 Check away from the ball in the central zone so that you have room to receive and turn.
- 2 With a defender on your back, take your first touch away from pressure.
- 3 Play one and two touch soccer in the congested central zone.