

ACTIVITY #1

Set up: 1 V 1 to Goal

Set up a cone 18 yards from goal. A group of defenders (position A) stand next to one of the posts with a group of balls. The attackers stand in line just on the side of the D on top of the penalty box. The goalkeeper or coach is in goal.

Instructions: The first defender in line passes it to the first attacker in line at the top of the penalty area. As the ball travels, the defender closes down the space and the attacker goes and meets the ball. The defender prevents a shot on goal.

PROGRESSION - The defender can chip or drive the ball to the attacker.

Coaching Points: The defender must force the attacker to one side.

The goalkeeper must direct the defender.

Smaller groups defender plays pass but does not defend. Attacker can move past a stationary cone towards goal. Defender joins attacking line after pass

The attacker must get a shot off quickly.

ACTIVITY #2

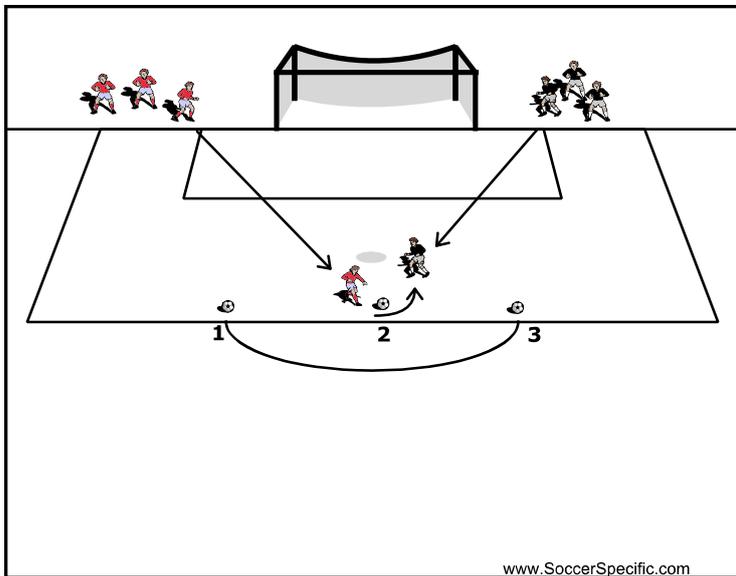
Set up: 1 V 1 Attacking - 3 Balls

Players are divided into 2 groups one on each side of the net. 3 balls are placed at top of the 18 yard box

Instructions: Upon the coach calling out a ball; 1, 2, or 3 a single player from each group runs out to retrieve the ball and attack the goal 1 V 1. Once a shot or loss of possession players immediately turn to get a second ball then again for the third

Coaching Points: encourage quick decisions and transitions to 2nd and 3rd ball

Younger players only use a single ball



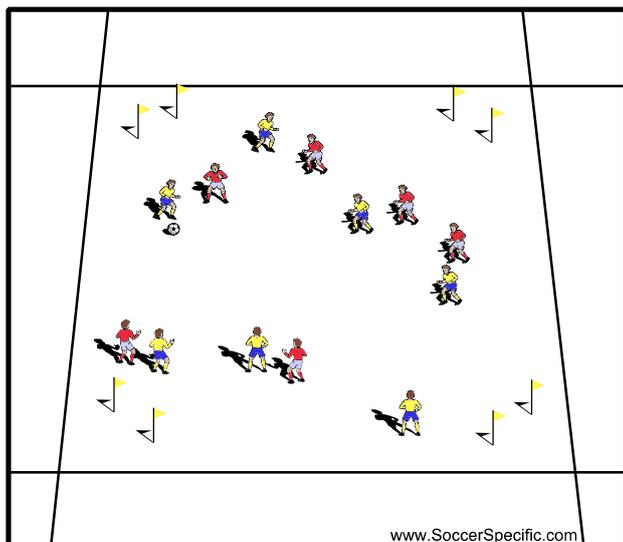
ACTIVITY #3

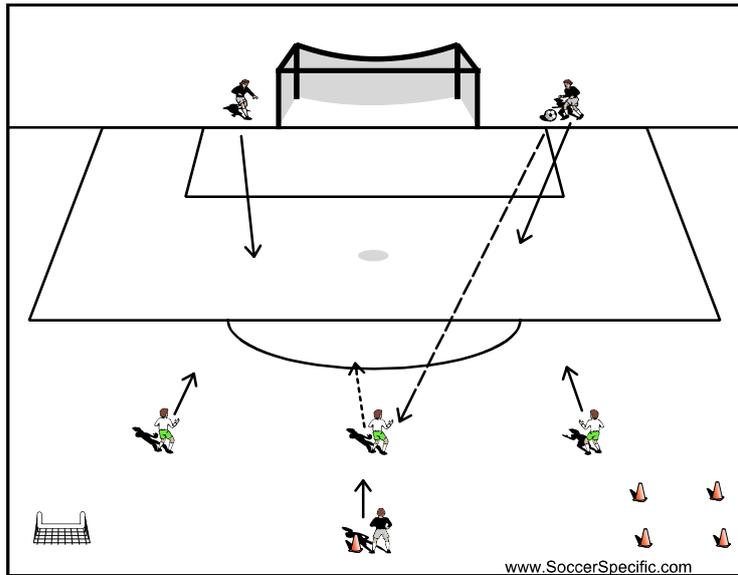
Set up: 4 Goal Game

Set up 4 goals in a square pattern. Players are divided into 2 teams

Instructions: 2 teams compete and are free to score on any of the 4 goals

Coaching Points: Encourage players to attack open space and switch the field when they can





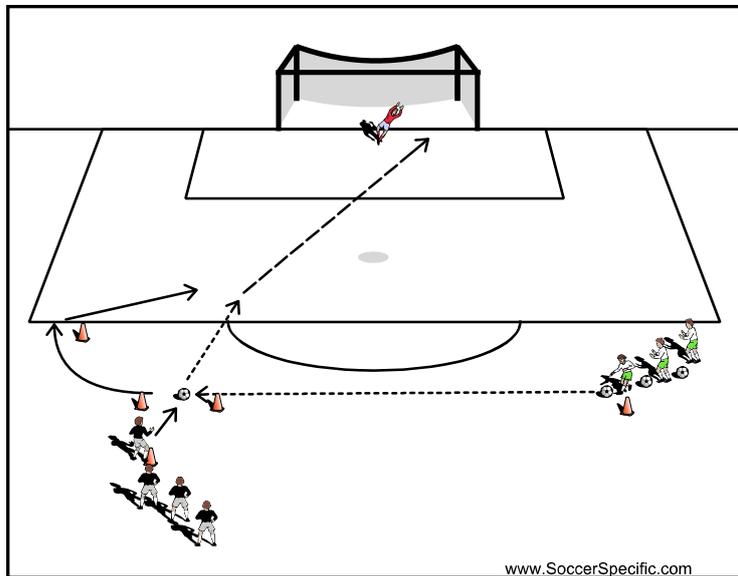
ACTIVITY #4

Set up: 3 v 2 With Trailing Defender

Players split into 2 teams. Attacking team outside the 18 yard box and defending team on goal line with exception of a couple players who start behind the attacking team. Place 2 nets behind attackers. Pugs or cones

Instructions: 2 Defenders play the ball to attacking player and then close down space. 3 Attackers advance towards goal. After approx. 5 sec upon the coach's command the trailing defender is released and tracks back to help defend. At any point the defending team wins possession they attempt to score on either net at top of playing area

Coaching Points: Attacking - quick decision to capitalize on numerical advantage. Only need a shooting lane
 Defending - quickly close space, dont get split. Keep threat to outside, delay for support



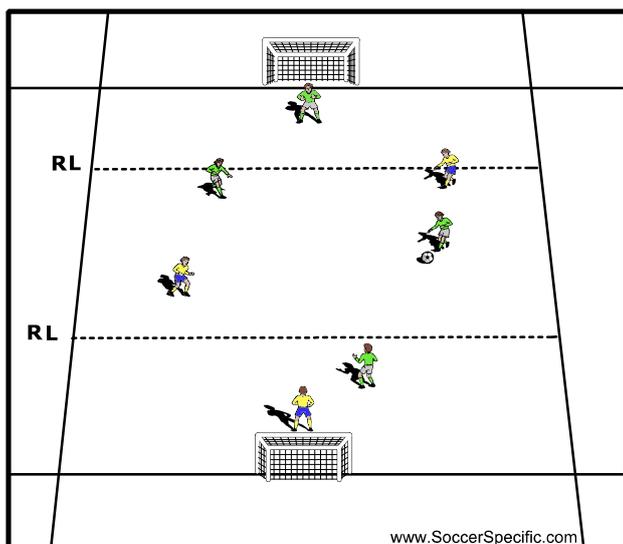
ACTIVITY #5

Set up: 1 v 1 as trailing defender

attackers start outside the 18 on one side and defenders on opposite side with balls at their feet. Place 2 cones in front of attackers and a third cone approx 5 yards away on a diagonal

Instructions: Defender dribbles across towards the attacker. Defender stops ball in front of attacker between the cones and continues their run around the far cone and will attempt to defend the attacker. Once ball is stopped attacker runs towards goal with the ball and attempts a shot before defender can close down the space

Coaching Points: Adjust distance of far cone to allow defender a fighting chance. Move drill from both sides of the field. Encourage attackers to take their touch away from the defender



ACTIVITY #6

Set up: SSG

Instructions: Split players into 2 teams. Incorporate a retreat line. Upon ball going out over the end line or goalie possession the opposite team must retreat behind the line.

Coaching Points: Encourage good use of field space, communication, and passing