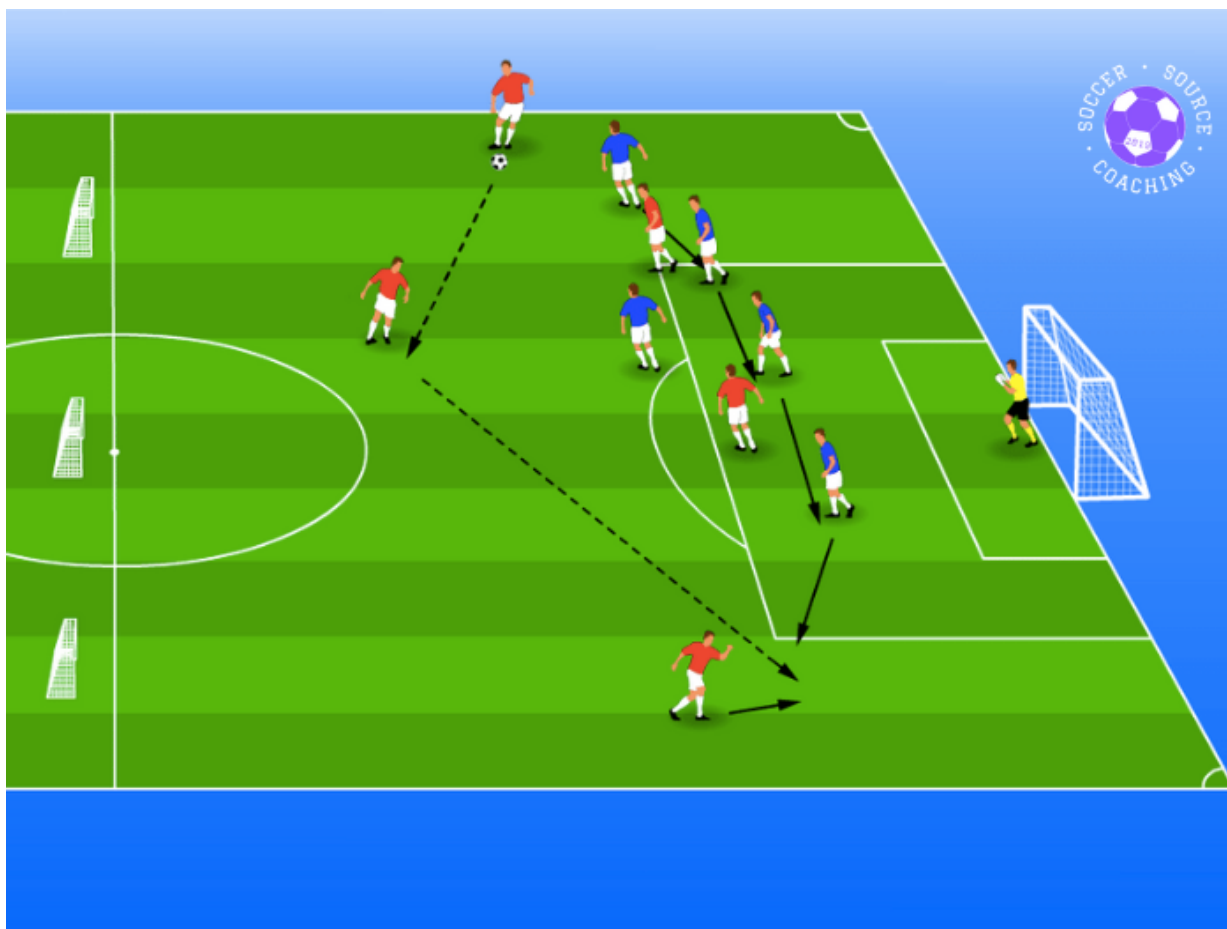


Game realistic attackers vs defenders drill



How it works

The drill can be adapted for how many players you play in your backline and how many center defensive midfielders you play with too.

For this drill, I am going to play with 4 defenders and 1 center-defensive midfielder.

A goalkeeper can be included in this drill, the attackers will be trying to score in the goal the keeper is in.

The defenders must prevent the attackers from scoring and must try and score 3 goals placed on the opposite side. Normal rules of soccer apply.

If the ball goes out for a goal kick the attackers will start with the ball at the goals they are defending.

Coaching points

- Player closest to the ball pressures the attacker
- If the left-back is pressuring the ball, the right-back should be the furthest player back and vice versa
- Pressure the attacker quickly but slow down and stand them, give yourself 2 yards of space
- Show them away from goal, Don't give them a chance to cut in

Questions

- Who should be pressuring the ball?
- If my left-back/right-back is pressuring the ball who should be my last player back?
- How can we defend more effectively as a backline?
- Where do we want to show the players?

Purpose

The purpose of this drill is to get players used to defending in a game realistic situation

Set up

- 30 yards by 20 yards area
- 1 ball per 11 players.

Advanced