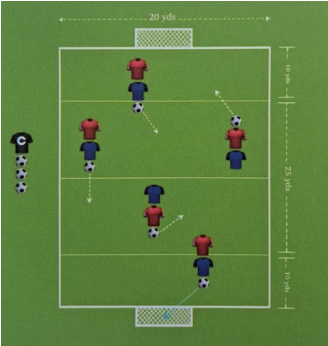
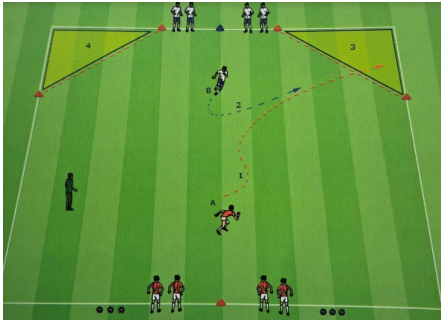
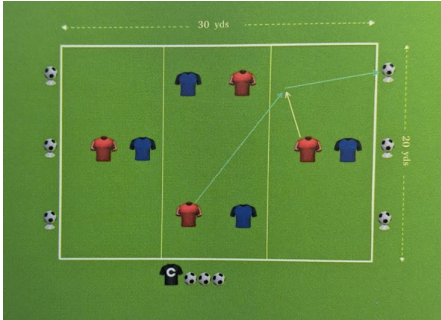


Attack and Defense

Warm up: Open Field 1v1	Set up	Explanation	Coaching points
	<ul style="list-style-type: none"> <li>A regular soccer field with a goal at each end.</li> <li>2 "scoring zones" of 7 to 10 yards are marked at either end of the field.</li> <li>Players are placed with a partner, with one ball for each pair.</li> </ul>	<ul style="list-style-type: none"> <li>Play starts on the halfway line.</li> <li>One player starts with the ball (winner of rock, paper, scissors) and attempts to dribble past their partner to score on their goal.</li> <li>A 1v1 ensues, with both players trying to score on their partner's goal.</li> <li>To score, a player must make it into the "scoring zone" before shooting/passing into their opponent's goal.</li> <li>Once a goal is scored, the scorer must retreat to the halfway line, and the game restarts with the opponent dribbling the ball back into the field.</li> <li>Play 1.5/2 minute rounds and switch partners often.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>Play 2v2.</li> </ul>	<ul style="list-style-type: none"> <li>Multiple 1v1's will be happening at the same time - encourage players to play with their heads up.</li> <li>Can attackers use feints/skills to beat defenders?</li> <li>Defenders, try to close down and win the ball high up the field - turn defense into attack!</li> <li>Take advantage of the disruption - the other players in the field may distract your opponent, use these opportunities to pass them or steal from them.</li> </ul>
<p><b>Opposed practice: Catch me if you can!</b></p> 	<ul style="list-style-type: none"> <li>2 cones are placed 20-25 yards apart. Next to one of these cones (about 5/7 yards to the left and to the right), two 5 yard cones are placed.</li> <li>One attacking team (red in the diagram) is placed at the single cone, and a defending team (white) is placed at the cone with the goals adjacent.</li> <li>Balls can be placed with the coach at the side of the playing area, or at the attacker's end of the field.</li> </ul>	<ul style="list-style-type: none"> <li>In round 1, play without a ball.</li> <li>On the coach's command, one player from each team enters the field.</li> <li>The attacking player must try to use speed and feints to get past the defender and score by running through either of the cone goals.</li> <li>The defender can score by tagging the attacker before they are able to get through either goal.</li> <li>Once the round ends (goal or tag) each player joins the back of the opposite line and the coach signals for the next players to enter.</li> <li>Once everyone has had a turn on offense and defense, introduce the ball to the game and have the attacker try to dribble into a goal, while defenders score by either:             <ol style="list-style-type: none"> <li>Touching the ball with their foot.</li> <li>Stealing the ball and playing a pass to the coach.</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>Try to be quick to get past the defender.</li> <li>Choose running paths with lots of feints and changes of direction.</li> <li>Try to be smart with your changes in speed - using your highest speed after a change of direction may separate you from the defender.</li> <li>Defenders - try to close the distance quickly but don't over commit!</li> <li>Try to make the attacker predictable by closing off one avenue of attack and forcing them in the direction you want them to go.</li> </ul>
<p><b>Small Sided Game: Triple Target</b></p> 	<ul style="list-style-type: none"> <li>A field appropriate for 4v4 is marked. Using cones, separate the field into thirds.</li> <li>At either end of the field, 3 balls are placed on top of cones across the end line of the field.</li> <li>Players are separated into teams of 4. Additional players can form a 3rd team, or rotate into the game.</li> <li>Each team places 2 players in the middle third, and one player in each of the end thirds, to make a 1-2-1 formation (diamond)</li> </ul>	<ul style="list-style-type: none"> <li>Each team defends their own end of the field and attacks the other.</li> <li>Players are restricted to their zone/third of the field, but may pass between the zones forwards and backwards at any time. They can move freely within their own third.</li> <li>The game starts with the coach feeding the ball to one team, and the teams compete for possession. They can score by knocking a ball off of a cone with a pass or a shot</li> <li>Initially, only the player in the attacking third can score, so their teammates must try to pass forward to them, and they must beat the defender in their zone to create a scoring opportunity.</li> <li>The team that either knocks all the balls down first, or scores more within a set time limit, wins the game.</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>Any player can score from any zone, but if a player in the defending third makes a pass through the middle directly to the player in the attacking third who scores, it's worth 3 goals rather than 1.</li> <li>Remove the thirds and allow players to move freely about the field.</li> </ul>	<ul style="list-style-type: none"> <li>Try to maintain a 1-2-1 (diamond) formation, especially when the restrictions are removed.</li> <li>Try to play quickly through the thirds into the attacker.</li> <li>Can the attacker move to create angles and lose their defender?</li> <li>Defenders, can you intercept the pass into the attacker?</li> </ul> <p>Try to mix up positions often so that players have experience in each situation</p>