

A



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Procedure:

Diagram A: The two teams play with a back four and a front three with two neutral attackers playing in the midfield. The goalkeepers must stay in between the cones on their end lines, directing their defenses and making themselves available for back passes. There is an emphasis on using the goalkeepers to switch the field.

Diagram B: Goals are scored in the two small goals set up in wide positions on the end line. Again, the goalkeepers may not leave their positions on the end line to defend the goals. Games are played to five, and the neutrals switch out after each game.

Coaching Points:

- 1 **Communication** – The goalkeepers must make short, clear commands to their defenders with an emphasis on getting the most dangerous attackers covered first.
- 2 **Group Defending** – Determine which defender is responsible for pressuring the ball as quickly as possible. The first shout sorts it out.
- 3 **Pressuring** – At all times, the attacker with the ball must be put under pressure, regardless of how close he is to a scoring opportunity. The goalkeepers are responsible for sending players to the ball.

B



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Progressions:

1. Limit the neutral attackers to two touches.
2. Play 9 v 9, with both teams using a 4-2-3 formation.