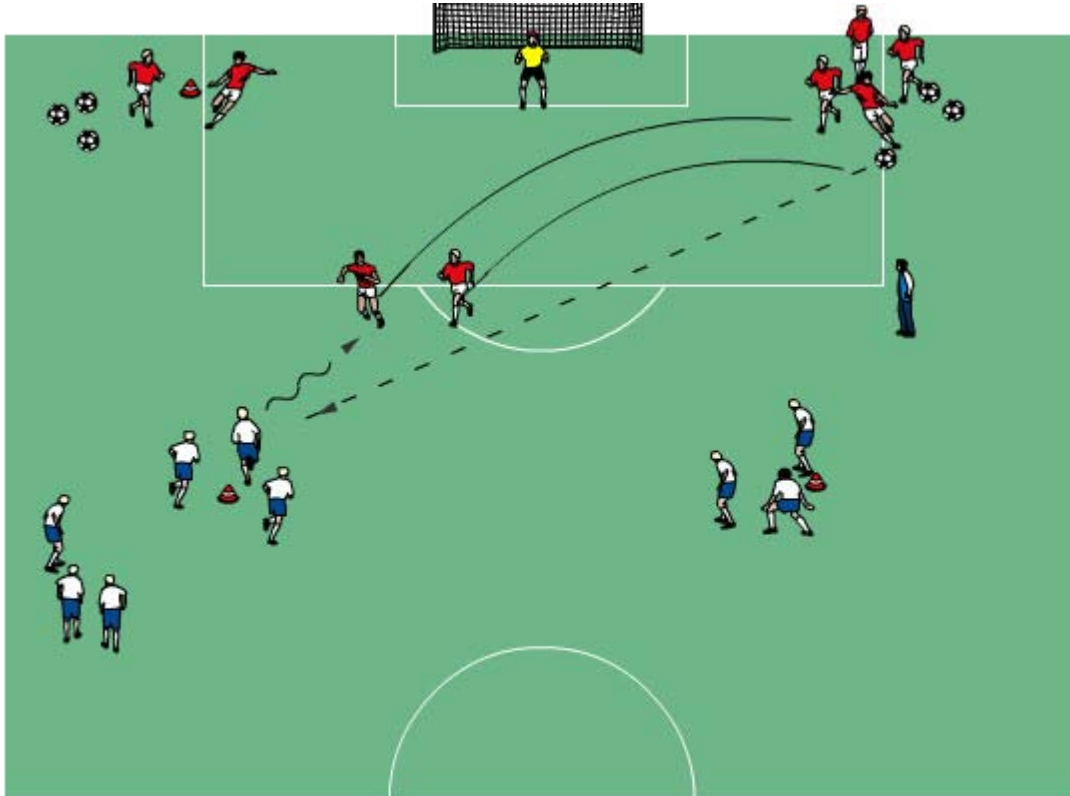


3 vs. 2 to Goal



Set-up: (As pictured). For older teams the coach should stand in a position that he/she can observe off-sides.

The Exercise: Pair of red defenders plays a ball out diagonally to three white attackers; the red defenders move out quickly to close the space. The three white attackers control the ball quickly and begin to attack.

Focus:

- Encourage the attackers to be creative (overlap, wall pass, etc.)
- Encourage defenders to communicate; goalkeeper should position himself appropriately in relation to the defenders and location of the ball.

Rotation: Defend from one side, then the other. Attack from one side, then the other. * Ball should be served out from the opposite side after the conclusion of every attack.

Note: Adjust the space according to players' abilities. Older players can serve the ball over greater distance, thus the space is bigger.