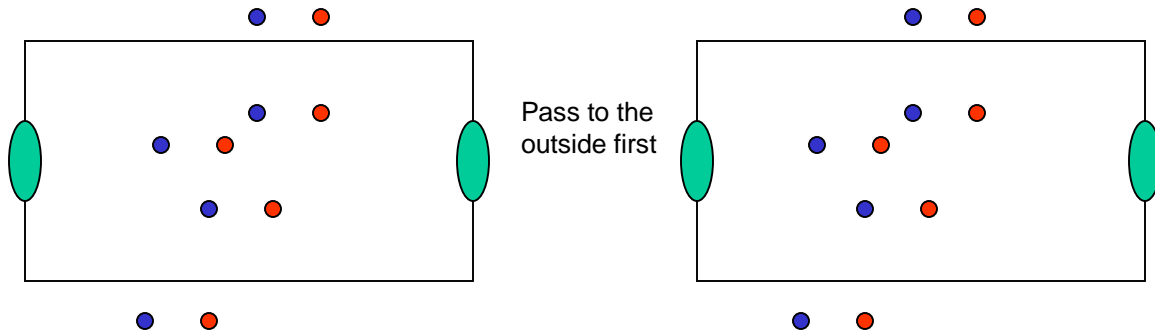


Practice – Positioning - Spreading out - Switching position of attack - Finishing

Warm ups - 10 - 15 mins ball movement - end with a run with the ball

All parts of the foot
turns
lift and trap (flip on top of foot, lift and trap)
juggling



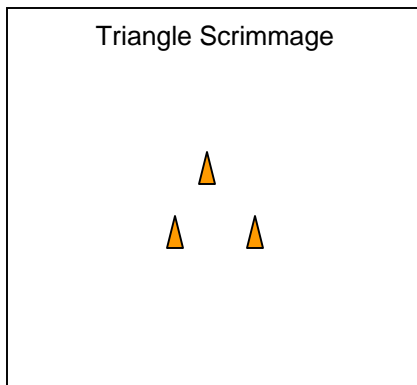
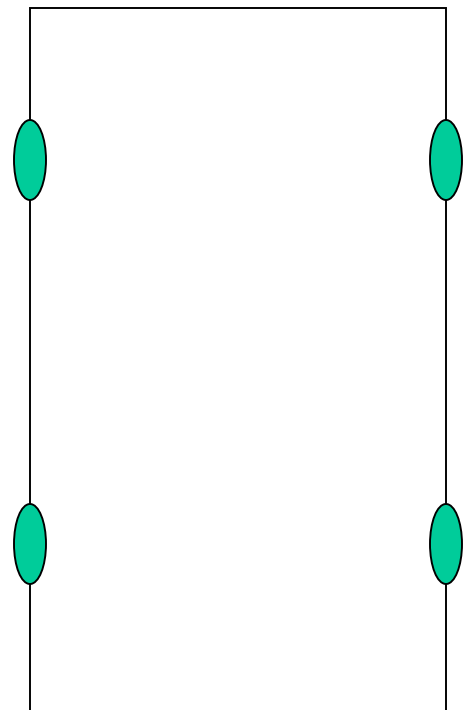
DEFEND THREE GOALS
Defend Three Goals

The field is set up to be played within a large rectangle. Both of the longer sides should be lined with three small goals. Each team tries to defend the three goals on their end line and attack by shooting the ball through the three goals on the other side. 6 v. 6 is a good number to execute this drill.

- Points of emphasis for attack:
- Team shape
 - Playing away from pressure
 - Switching the point of attack
 - Maintaining possession
 - Forcing decisions on defenders

- Points of emphasis for defense:
- Team shape
 - Zonal responsibilities
 - Pressure-cover-balance
 - Making play predictable

Because there are three areas to score, the attackers should work on spacing and switching points of attack. Likewise it is important for all defenders to be on their toes, as even far side defenders will be exploited if they are not paying attention.



Finishing!