



Dimensions: 10 x 10 (adjust as necessary) for two players. Place more areas to cater to more players. Place a target in the middle of the area: soccer balls placed on cones work well.

How to: One player attacks, one defends. The attacker must attempt to hit the target in the middle, the defender must protect it. The defender starts with the ball in the middle of the area and passes the ball into space for the Attacker to collect- The defender must let the attacker get the ball first, but encourage the defender to get straight out to the player by the time they have touched the ball. Change roles after a set time frame or after play concludes (Attacker scores a point or defender wins the ball)

Notes:

Coaching Points: Do not offer the attacker space to turn; if they are able to turn they are able to hit your target. Control the space and attempt to dictate the play. Do not jump into a challenge, if they can't turn they aren't a threat, if you jump in you might over commit and allow the player to move past you or concede a foul.

Progressions: Play 2v2- remember principles of defending- one person delays the player in possession, the other provides depth while keeping an eye on any supporting players.



COACHES
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