



Drill Name: TT.SSG.3v2 to Goal.Attack_Defend

Set up :

Squad of 18-20 Players are split into 2 groups and positioned as shown. Goalkeepers are positioned in full-sized goals.

Instructions:

SMALL GROUP ATTACK / DEFEND:

Play starts with a pass from the endline Player (A) to wide Player (B) positioned between the flags; Player (B) must receive the ball with the first touch and drive inside the playing area - Player (A) immediately overlaps to enter the playing area; Player (C) also enters. Simultaneously two Defenders from the opponent team now enter the pitch - this creates a 3v2 scenario. The attacking team must attempt to score as quickly as possible. The Defensive players can win possession and counter-attack the opponent goal.

After any shot, ball out of play the sequence is repeated from the opposite side of the pitch - alternate attacks from each team.

2 x 6-8min

Coaching Points:

Attack: Go at pace, quality of finishing, decision to penetrate or pass?

Defending: Close opponents down, cut off pass angles, shot blocking, communication with Goalkeeper