



Back to goal attacking/defending situations

Category: Technical: Position specific

Difficulty: Academy Sessions

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Description

Back to goal attacking/defending situations (20 mins)



Practice Objectives:

To improve the strikers ability to receive back to goal, under pressure.

To improve the defenders ability to distrust attacking play in underload situations

Practice Explanation:

Server plays a ball (mixed service) into one of two strikers, who are tightly marked by two defenders.

Server and second striker join into create a 3v2 attacking situation, in attempt to score a goal.

Play offsides to ensure realism.

Attacking Details:

Initiate Contact 1st, control under pressure, movement to create space / angles, supporting movement, finishing

Defenders Details:

Initiate contact, maintain close proximity, play at the ball to regain/disrupt, blocks, keeping defensive line.