

PROGRESSION

Attack v Defence Practice: 6 v 2 (+3 Recovering Players)



Practice Organisation

This is a progression of the previous practice. We add 2 wingers and a striker/No.10 for the blue team and we add a defender and an extra recovering midfielder for the red team. We now have a 6 v 2 (+3) practice.

All of the players starting positions are next to the cones as shown.

The practice works in the same way and starts with one of the blue midfielders passing to a forward. This time there are 6 players (including 2 wingers) who try to attack and score quickly.

We have changed the positioning of the 3 red recovering defensive midfielders but they must still run back 2 yards to the halfway line (as shown) before sprinting back to recover defensive positions and engage their opponents.

Coaching Points

1. Can the striker "set" the ball back to the a supporting player.
2. Can the 6 attackers combine effectively at pace and finish?
3. Limit the players to 1, 2 or 3 touches so they mount their attacks with "pace and ping".
4. Can you explore the key attacking runs we have covered? E.g. The drop-set, third man running, cross-over runs, rotating lateral runs etc.
5. Can the striker check away from his marker to create space, receive the pass side-on and turn looking to commit the defender? If not, can he "Set and Spin" etc?
6. Can the striker look to "drift" to right or left to draw away a defender and create space for advancing teammates?
7. Observe and praise the players for successful combinations ending with a goal or attempt on goal.



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