

## Defensive Positional Play + Counter Attack in a Dynamic 2 Zone Transition Game



### Objective

We work on positional play and the collaboration between the defenders and the goalkeeper.

### Description

4 attackers start in one zone against 3 defenders. The 4 attackers try to score in the goal past the goalkeeper and the 3 defenders must use good collective positional play to defend the goal.

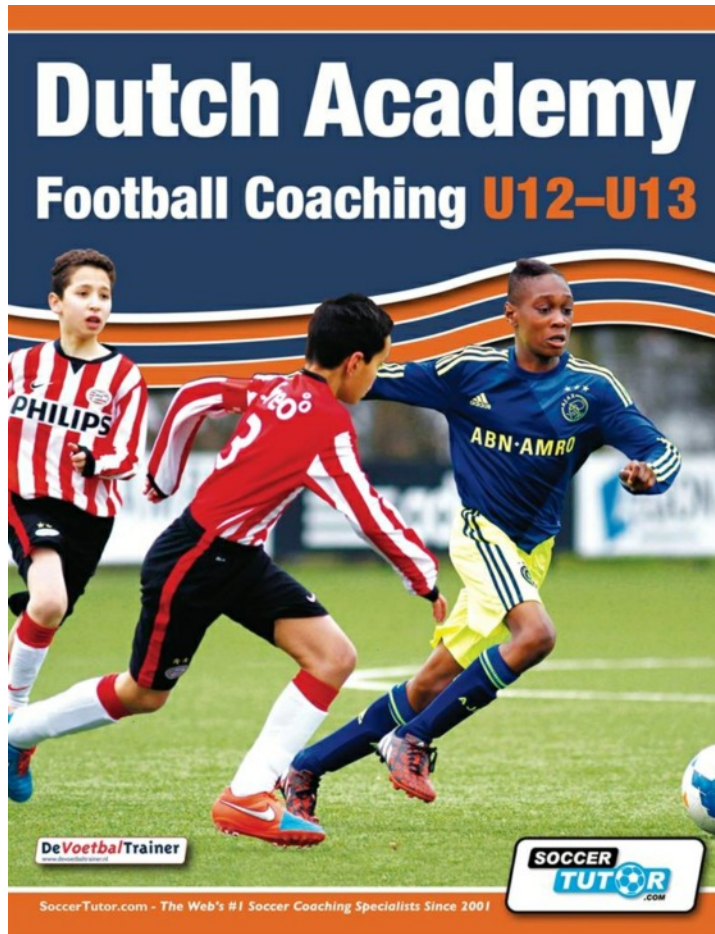
If the defenders win the ball, they should then pass the ball immediately to one of their teammates in the other zone where the same attacking scenario is created for the blues (4v3).

**How to Win:** Who can score 5 goals first? If a team scores, the other team starts in the opposite direction.

### Coaching Points

1. You can put a time limit on the attackers so they have to score within 8-10 seconds.
2. The defending team should leave the widest attacker free of marking, so all 3 stay in the centre to defend.
3. The goalkeeper and the defenders need to display good communication.

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