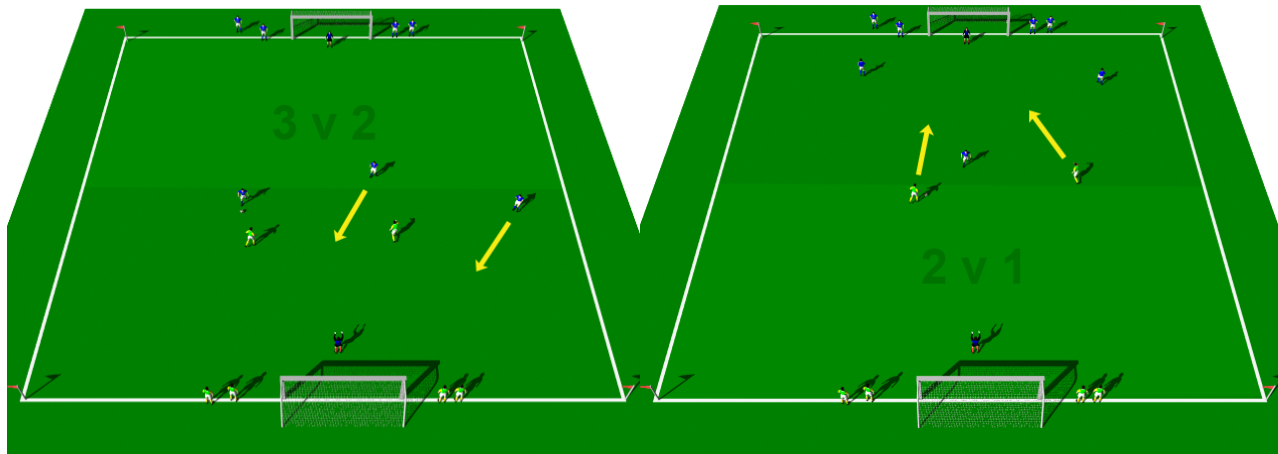


Shoot Defend Game 3v2 to 2v1



Exercise Objectives:

This is a great game to focus on “numbers down” defending in a 3v2 and 2v1 situation.

Field Preparation

- ☆ Entire Group
- ☆ Area 20 yards by 30 yards

Coaching Pointers:

Divide your players into two groups. Position the groups on opposite ends of the field. The practice starts with three players attacking two defenders. The attackers must try to score a goal. Once the attacking team loses possession of the ball be either; scoring, missing or being tackled, the player who shoots the ball (or loses it) becomes the defender and the two defending players become attackers. The other two attackers retreat quickly to their starting positions.

The drill is then repeated. So, one team “**attacks with three and defends with one**”. While the other team “**defends with two and attacks with two**”. Swap these roles after a short period of time.

Players must be in their opponent’s half of the field for a goal to count.

All defenders should consider their roles with the following in order of priorities:

Intercept

Read the game to anticipate the intended pass. Position yourself to win the ball. Be well balanced to move quickly, keep low and disguise your intentions and deceive the man with the ball? Judge the speed of the pass.

Decision as to what to do having made the interception, first time clearance? Hold the ball? What kind of pass? Where to release the ball? How to deliver it? When to deliver it?

Pressure

Stop them turning.

Jockey

Get the defenders head down.

Position yourself between the ball and the goal - 2 yards away.

Stop the ball being played past you.

Be close enough to stop any shot.

Tackle if you can win the ball.

Keep on your toes, sideways movements when close to the ball. If you must give space, where will you force the player? Away from goal if possible - can you direct him to where your teammates are?

Balance/Cover

Position to cover any colleague.

Assess the direction of the next pass.

Move in to pressure if teammate beaten.

When to mark men, when to cover space?

Communicate instructions to man in front. Tell him inside or outside.

Marking especially from crosses.

Be aware of man and ball; get your shoulder in front. Make sure you are marking in normal play on the ball side, keep your feet moving. When moving and adjusting your position move your head first as it is the heaviest part of your body. The first yard is vital. Be aware of all movements to the side and behind and in front.

Communicate

Know your role when the opposition has the ball.

Recovery Runs

Know how to recover when the ball is played past you e.g. lines of recovery flanks and middle of the field. Do not recover too far. Recover to where you can put pressure on the ball, cover teammates or cover space.

Defending in and around the Penalty Area

Be first to the ball, clear high, wide and long if possible. This gives us time to adjust our position.

Communicate; Be mentally strong.