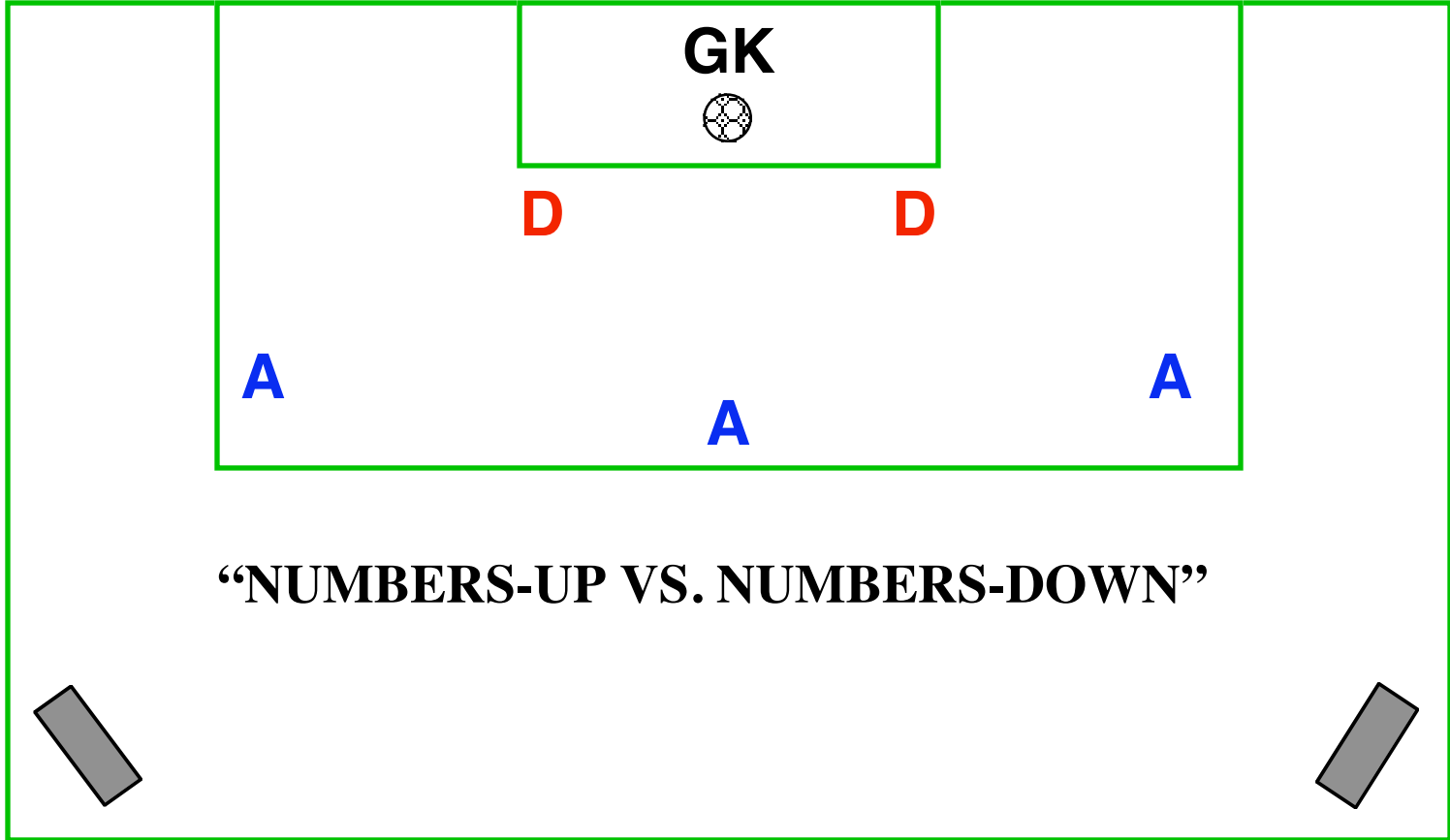


**TACTICS: Progressive Series**  
*Attacking & Defending*



**DRILL SETUP/GRID:**

> Area in and around the 18-yard box

**DRILL START:**

> 3 Attackers vs. 3 Defenders

**PROGRESSIONS:**

> add another Attacker for a 4v2

> add a Goalkeeper and another Defender and 1 Attacker for a 5v3 + GK

> add another Defender and another Attacker for a 6v4 + GK

> add another Attacker for a 7v4 + GK

**COACHING POINTS:**

>>>> Why play “Numbers-Up” when training the Attack?

Because you want to build confidence in the players’ scoring ability and because a numbers-up situation affords more goal-scoring opportunities.

>>>> Why play “Numbers-Down” when training the Defense?

Because you want to train your defenders to play while under pressure.