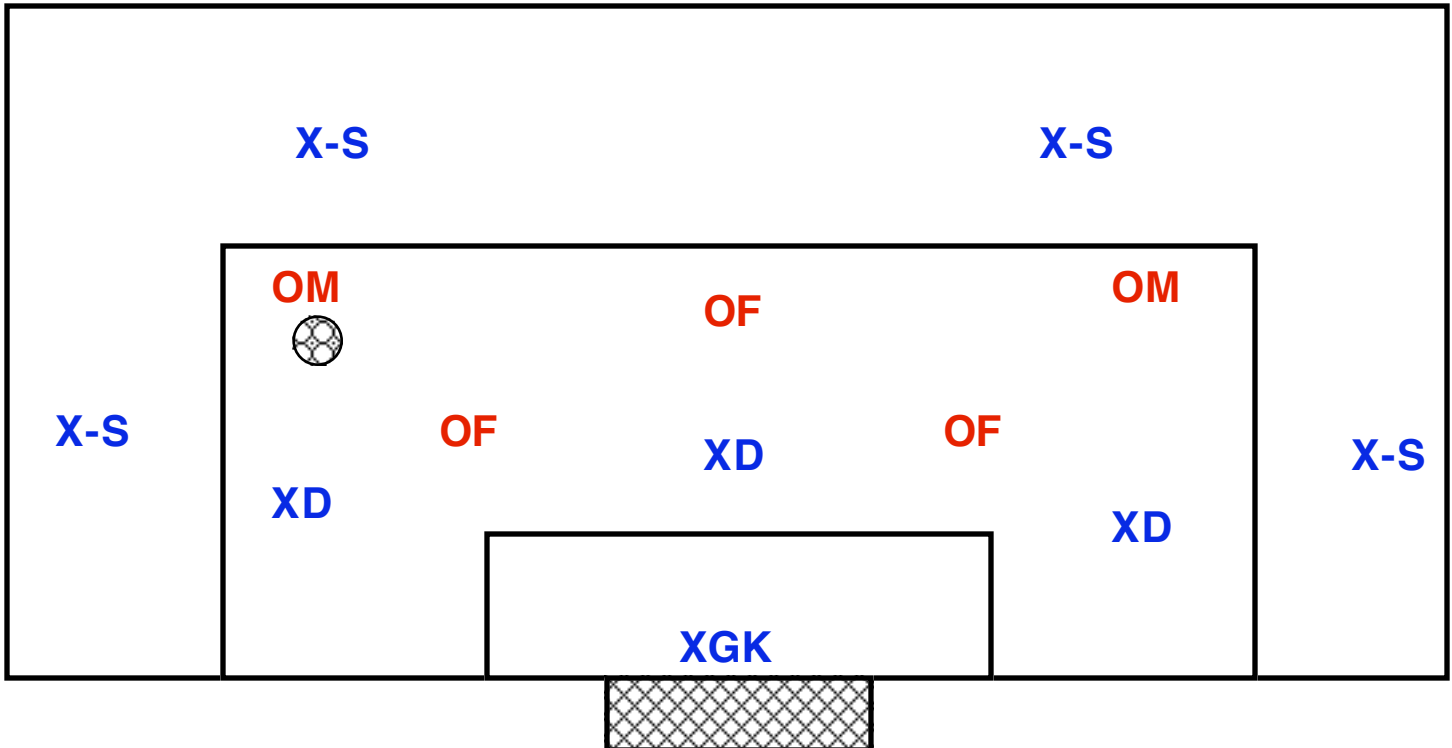


# TACTICS: Team Trains Defense

## "Defending in the Box" 3+4 v 5



### NUMBER OF PLAYERS: 13

- > 1 team of 5 -- 3 midfielders + 2 forwards or 2 midfielders + 3 forwards
- > one (1) team of three (3) defenders + one (1) goalkeeper with four (4) support players outside the box

**GRID:** regulation field, using the area around the 18-yard box

### **GAME:**

- > the team of five (5) attackers attempts to score
- > the defending team has three (3) defenders and a goalkeeper in the box against the five (5) attackers
- > the defending team also has four (4) support players outside the box
- > the defending team attempts to gain possession of the ball and pass to a support player

### **Coaching Point(s):**

- < staying calm defensively in the box
- < defenders possessing the ball
- < building the attack from the back