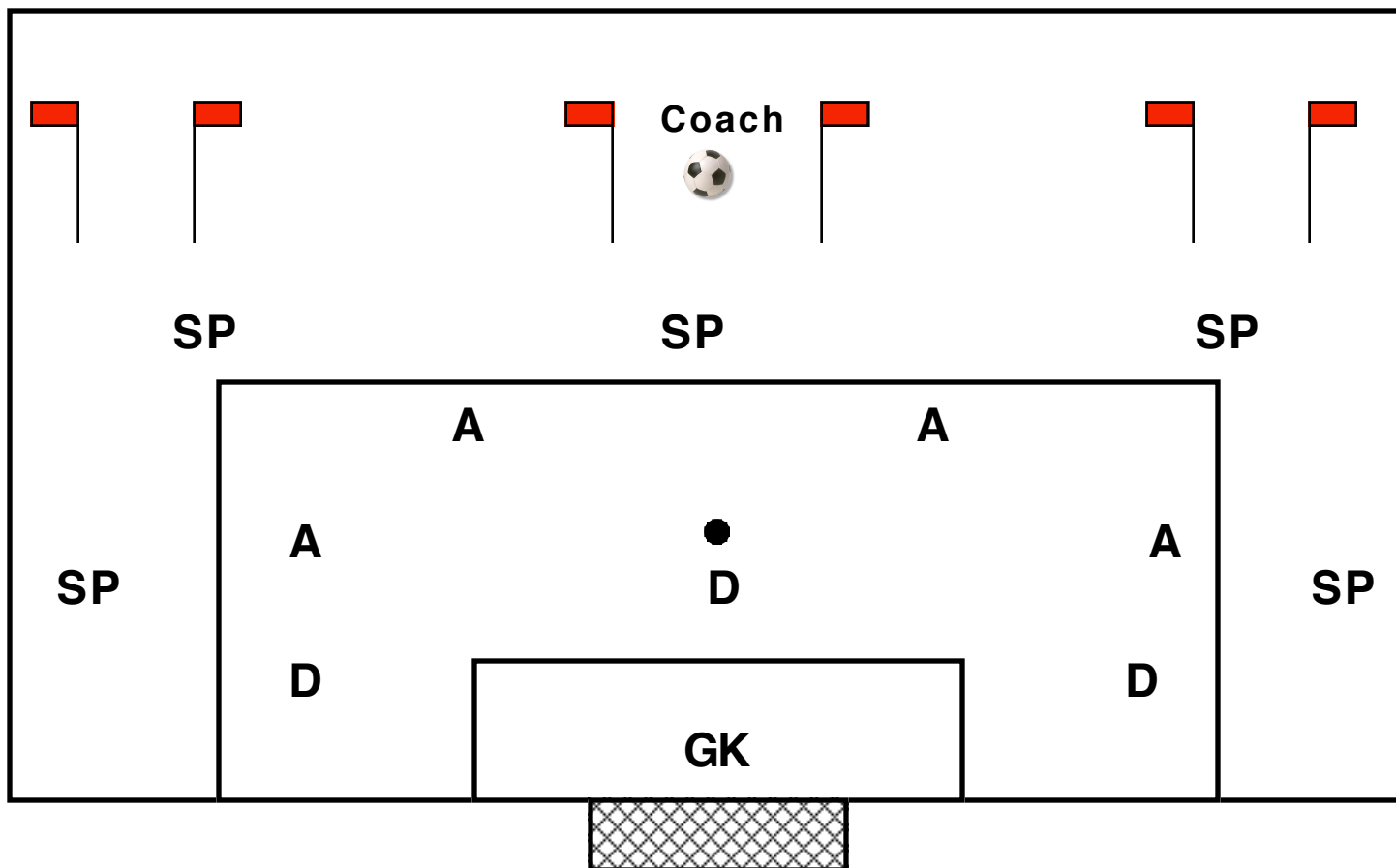


TACTICAL DRILL: Finishing & Defending

"3+1 vs. 4+5"



SETUP: Play is inside the 18-yard box.

NUMBER OF PLAYERS: 3 Defenders + a Goalkeeper vs. 4 Attackers + 5 Support Players

DRILL: The Coach starts play with a ball to any of the Support Players who then has only two touches to begin play inside box. The four attackers can use the support players but the support players are restricted to 1- or 2-touches for play to continue. Regular rules apply except offside. Balls that go over endline after last being touched by a defender results in a corner kick. Any balls that go over the touchline result in a throw in.

PROGRESSION: Allow defenders to attempt to clear ball through any of the flag goals set up about 10-15 yards from the 18-yard line.