

Front and back

This drill forces the players to react to the two most frequent defending and attacking situations.

The set up

Area: 30x30 yards

Equipment: 3 cones, 2 balls, 1 goal

The steps

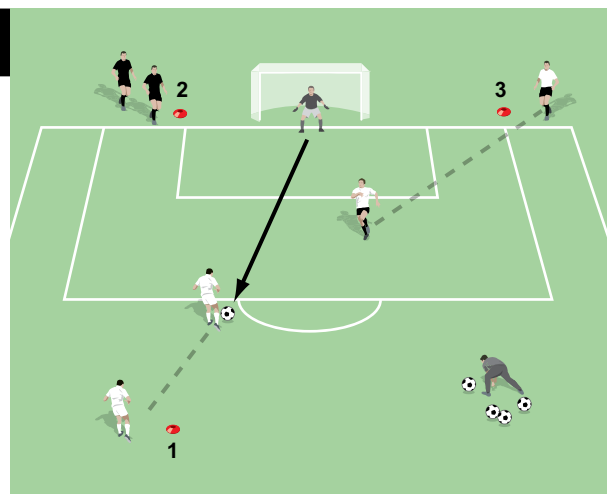
1. The goalkeeper passes to player 1 who attacks 1v1 against player 3.
2. Immediately after this attack, the coach passes to player 3.
3. Player 2 must now run out and stop player 3 from turning to shoot.

For the next attack, player 1 becomes player 2 and player 2 becomes player 3.

What to call out

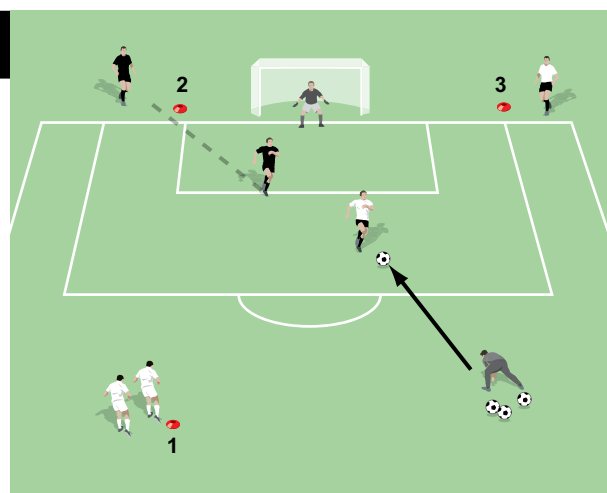
- "Pressure"
- "Force away from goal"
- "Stop the turn"

1



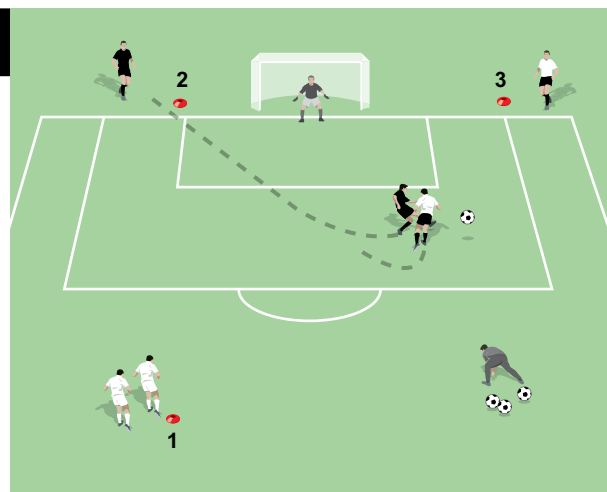
Player 3 races out to defend against player 1.

2



Player 3 now turns to attack against player 2.

3



Player 2 is out quickly and makes a tackle to stop the attack.

KEY

..... Player Movement

→ Ball Movement