

## Part 1

### Organization:

5 attackers. 3 defenders

### Instructions:

The white team have 4 players on the outside of the area who are looking to penetrate between the 2 middle cones where possible.

The white team also has 1 player inside the area. The blue team can't leave the area and can only intercept the ball.

The blue team have to try and win the ball and then play 3 vs 1 inside the area.

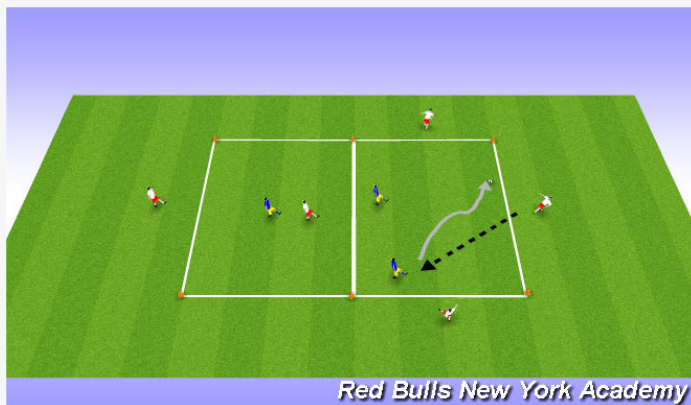
To change focus during transition the player who wins it can also go 1 vs 1 with the player on the outside of the area (as shown above)

### Coaching Points:

1. Movement of the wider players to move the two defenders
2. Ball movements to create gaps to penetrate centrally
3. Angles and distances of support to play around two defenders
4. Central players movement to create gaps forward
5. Target player looking to find lanes

### Progressions:

See next slide



## Part 2 - To goal

### Organization:

Same as previous

### Instructions:

Same as previous but the game now goes in one direction.

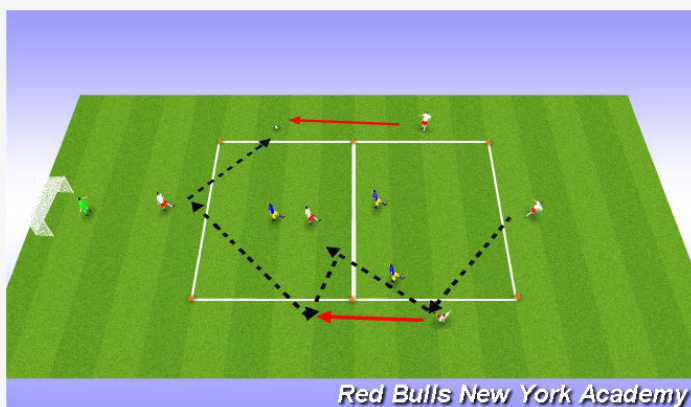
Attackers look to score after the ball touches the target player, they only have one touch. Only the one defender in the second box can defend.

### Coaching Points:

1. Timing of movement of wide players to give support
2. When, Why and Where the central midfielder supports

### Progressions:

See next slide



## Part 3 - Recovering defenders

### Organization:

Same as previous

### Instructions:

Same as previous but now the two defenders in the first box will look to recover and also defend.

### Coaching Points:

1. Decision making of the target player
2. Timing of runs to support the target player
3. Speed of play to take advantage of numbers up before the defenders recover

