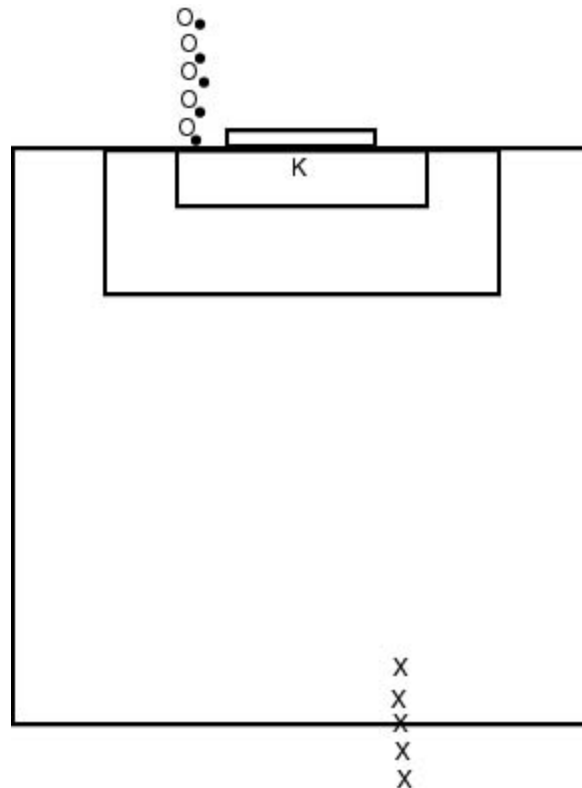


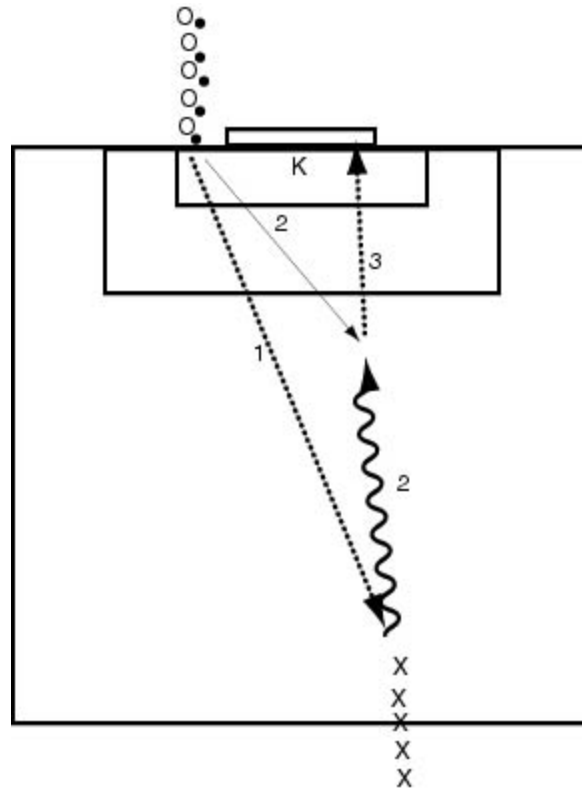
FineSoccer Drill 124

Here is a simple progression to work on attacking at speed and also building in working with a second defender.

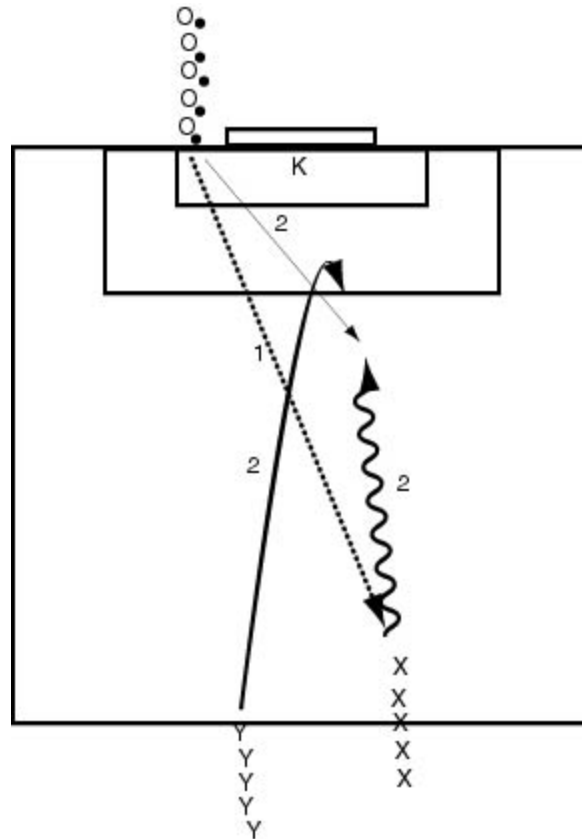
Start with half a field and two lines of players and a keeper. The players in the line nearest the goal have soccer balls. See diagram below for set up



The first O plays a long ball out to the first X who attacks in a 1 v1 situation. As soon as O plays the ball out, She then goes out and defends. See diagram below

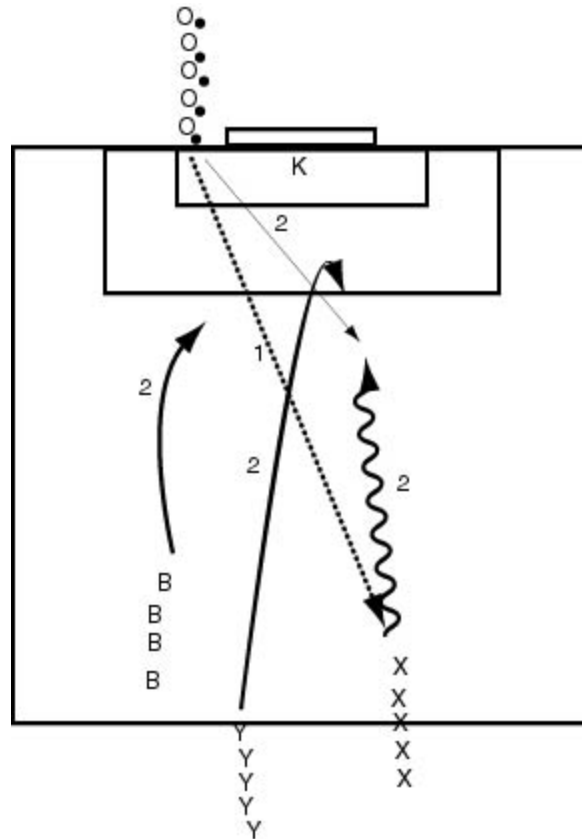


Next we add in a second defending line who sprints to become the second defender behind the first defender. As soon as the second defender gets behind the first defender, this will allow the first defender to take more chances defensively. The rule in this activity is that the second defender may NOT try to win the ball until she assumes the role of the second defender. See diagram below. In this diagram, O plays the ball out to X and then O sprints out to become the first defender and Y sprints BACK to become the second defender to provide proper support for the first defender



While it might look like there will be a lot of standing around during this activity, it's actually an extremely quick moving and as soon as the defense slows down the attack, the attack is over (since the role of the defense on a partial breakaway like this is to delay until support arrives). Since each attack should last for less than 5 seconds or so, you can see why there is very little standing around in this activity. The key is the coach **MUST** get the next group going as soon as the previous one ended.

Next you can add a second attacker which can be seen in the diagram below. In this diagram, B and X are attacking and O and Y are defending. The key for the second defender here is to still provide the proper support first and then to worry about marking the second attacker. When you add the second attacker, it forces there to be much more communication between the two defenders and the keeper.



From here you can keep adding more players in the attack and defense and start to introduce the idea of the 3rd defender at that point.

If you have any questions or comments about this newsletter or any other subject, either send them to comments@finesoccer.com or post them to the forum at <http://finesoccer.com>.

Have a great day.

Lawrence

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