

# U-10 PRACTICE #14 ATTACKER V. DEFENDER



## National Soccer Coaches Association of America



### EXERCISE #1

#1 SET CONES @ 20-25 YDS W/ 4 DEFENDERS IN EACH LANE V 4 ATTACKERS W/BALL. ATTACKERS SHOOT ON GOAL @ GK. DEFENDERS PASS TO NEXT ATTACKER.

~~PROGRESSION:~~ REMOVE 2 SETS OF CONES, GO 2 V 2

PROGRESSION: DEFENDERS MUST CALL SWITCH & SWITCH SIDES OF FIELD

### EXERCISE #2

5 A ATTACKERS V. 4 DEFENDERS + GK. BALL IS RESTARTED FROM

FLAGS JUST BEYOND MIDFIELD & MUST BE PLAYED BETWEEN FLAGS & CONES

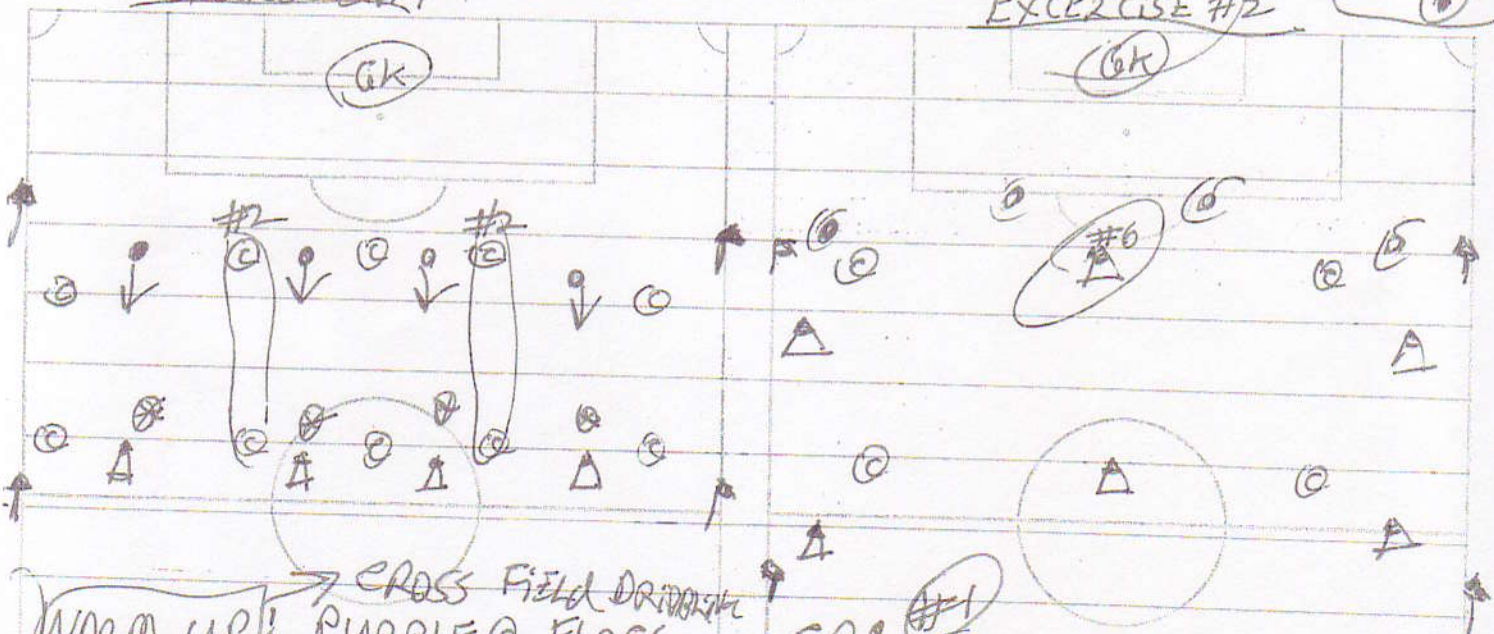
(WITHIN) 10-12 YDS OF SIDE LINE TO NEXT FLAG. FREE PLAY @ 22 YD LINE

PROGRESSION: ADD ATTACKERS #6 ~~2~~ <sup>2</sup> ATTACKERS RUN BETWEEN CONES

& SIDE LINE IN MIDDLE THIRD OF FIELD. RESTRICTION: ONLY 1 DEF IN CONES

### EXERCISE #1

### EXERCISE #2



WARM UP! PURPLE @ FLAGS & GOLD @ FLAGS - SERPENTINE DRIBBLING BETWEEN CONES TO PARTNER @ OPPOSITE FLAG. FINISHES RELAY RACE PURPLE V GOLD.

CP #1 TRAILING PLAYER ASKS FOR PASS BACK 1ST ATTACKER CHECKS BACK FOR BALL #2 CENTRAL PLAYERS MOVE CONTINUOUSLY TO GET OPEN FOR PASS

#3 GET TO THE BALL 1ST