

PRACTICE #38 ATTACK/DEFENCE/TRANSITION

Home Contact Us Shop

search...

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- WORLD OF SOCCER**
- Home / News
 - Products
 - Club Services
 - FAQ's
 - Search
 - Site Map
 - About Us
 - Contact Us
- RESOURCES**
- Newsletters
 - WOS News/Articles
 - Byte Size Coaching
 - World Cup
 - Free Practices
 - Ask the Coach
 - The Boot Room
 - Down-the-Line
 - Web News Feeds
 - Web Links
- HELP CENTER**
- Lost Password
 - Privacy
 - Return Policy
 - Shipping Methods
 - Shipping Rates
 - Payment Options
 - Transit Times

Coaching 9, 10 & 11 Year Olds

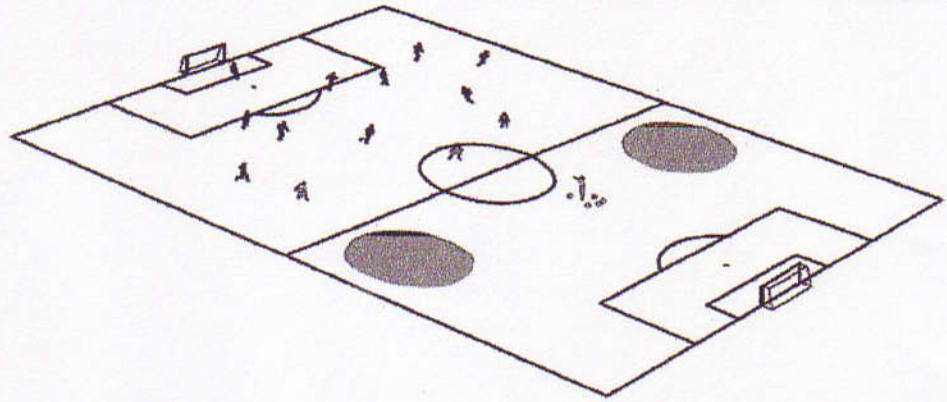


Home / News * Free Practices * Attack vs. Defence

Attack vs. Defence

Objectives

Sometimes called a Phase of Play, this practice is used to develop attacking and defensive understanding and team tactics between groups of players, i.e., there should be at least two banks of players - such as the back players and the midfield.



Organization

Players are arranged in their team positions — in this example, 6 vs. 6 plus a goalkeeper.
 The players start in one half of the field.
 Target zones or small counter goals are marked on either side of the field for the defending team to play out to and "score."
 Coach serves ball into attacking half.
 Normal attack takes place — if defenders (and goalkeeper) win ball, they attempt to play out to the zones (goals).
 Defenders score by chipping the ball on one bounce into either target zone — or by dribbling or passing into the zone (or small goals, cones).

Coaching Points

Outline briefly — preferably by a walk-through demonstration — the expectations of the practice.
 If practice is not succeeding and you're sure of analysis, stop the practice and show what could have been done.
 Similarly, stop and show what was done well.
 Don't stop practice too much or interest will diminish.
 Discourage defenders from playing too many short passes.
 If defenders win the ball and then give it back foolishly, encourage attackers to punish the mistake.

Challenge

Defence to outscore attack by getting more "zone goals" than "real" goals; and vice-versa.

[Back] < Prev Next >

