



# Attack v Defence SSG

**ORGANISATION:** Attacking team set up with 4 attackers, 2 FBs and 2 CMs. Defending team set up with two banks of 4.

Attacking team attacking the normal goal, defending team counter attacking towards two pole goals (smaller goals).

One GK between the two smaller goals who acts as a neutral – can help to start attacks for the attacking team, and can also act as a target man for the defending team to use on the counter attack.

**Scenario:** 85<sup>th</sup> minute, defending team is 1-0 up.

**EQUIPMENT:** Footballs, cones, goal, poles.

## COACHING POINTS / PROGRESSIONS:

### Attacking Points:

- Making 5 on the top line.
- Rest defence behind the ball – line of 3 behind to help circulate and protect against counters.
- Finding passing angles centrally – being brave with passing choice.

### Defending Points:

- Defending channel-side.
- Communications between CBs and players in front.
- Filling in gaps in the last line.

