



Attack v Defence SSG: Part 2

ORGANISATION: Same set up as Part 1. 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: 85th minute, defending team is 1-0 up.

EQUIPMENT: Footballs, cones, goal, poles.

COACHING POINTS / PROGRESSIONS:

Attacking Points:

- Being flexible with who makes the line of 5 on the top line.
- Playing in the pockets between the lines – a few yards in front of the back line.
- Drawing gaps out in the defensive line.

Defending Points:

- Keeping options higher for a transition – avoid wingers dropping unnecessarily.
- CMs dropping into the defensive line to fill gaps.

