

# Shooting & defending 2

## Practice organisation

A pitch is organised (approximately 40x15yds) with a half-way line marked as illustrated.

- Two teams are organised: one defending (red), one attacking (blue).
- The defending team (reds) are divided equally to defend each goal and start the practice next to the goals as shown in the diagram.
- Attacking team (blues) begin the practice at half way line. All the players are off the pitch.
- The attacking team get a set number of balls (one for each attack). They then decide to attack in the following ways:  
1v1 (i.e. one attacker plays against one defender) and receive 5 points for every goal  
2v1 – 2 points per goal  
3v2 – 4 points per goal  
4v2 – 3 points per goal
- For each goal scored, the same players turn and attack the goal at the other end. If they keep scoring they keep attacking each goal. If they miss or if the defenders pass the ball to the coach, that attack is over and the next ball is used. Once the balls are all used, the teams change over.
- The practice starts with the coach rolling the ball into one of the halves.

## Detail

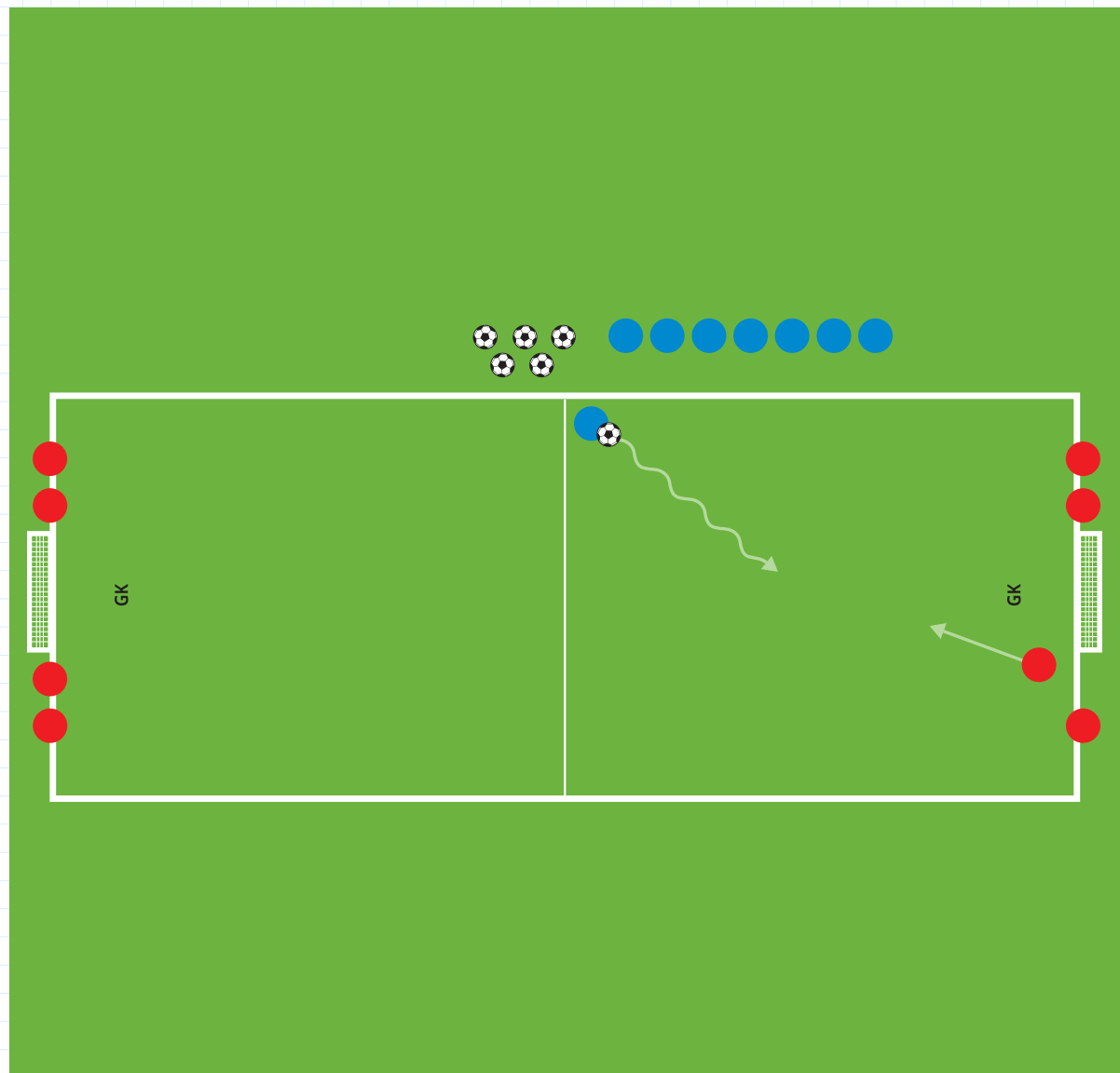
Simple progressions to the practice include:

To reduce the challenge:

- Increase the overloads – play more 3v1, 5v2.
- Make the goals wider.
- Play without a goalkeeper (be careful when using this option as defenders motivation may be affected).

To increase the challenge:

- Reduce the overloads i.e. play one attacker against two defenders, or 2v3, 3v4
- After a designated amount of time another attacker can join in to make 2v2, 3v3 or 4v4 (if the attackers still have possession of the ball).
- For all of the overloads, if a goal isn't scored after a certain amount of time another defender can come in.



## Key coaching points

- Combination play with others to create goal scoring opportunities.
- Movement off the ball to take up effective positions to receive passes.
- Movement off the ball to move defenders out of position.
- Decision making: passing to feet or to space.
- Decision making: dribble or pass.
- Try to hit the target when shooting.
- Use different finishing techniques (low drive, swerve, chip, placement).
- React to rebounds.
- Defending:
  - Delay opponents until there is opportunity to pinch the ball.
  - Force opponent on to their weaker foot.
  - Block and intercept passes and shots.