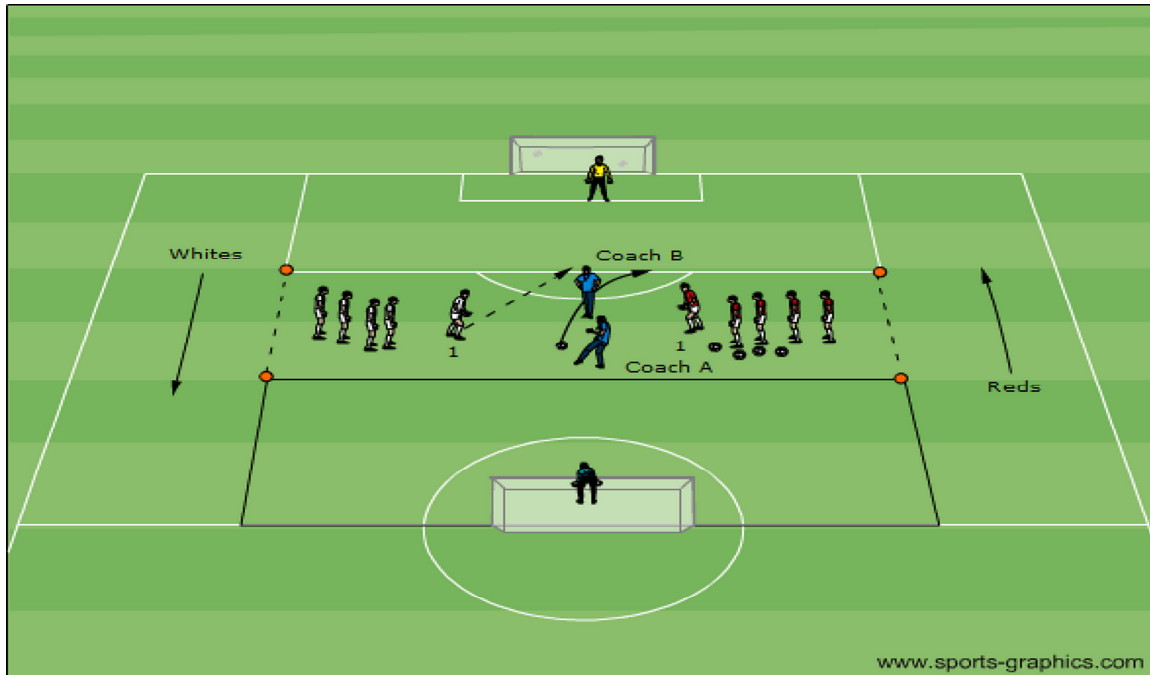


# TC United Going to Goal: Attacking and Defending

## Two-Way Play--Attacking & Defending



### Organization:

A field is organized in a "triple box" format (3 Penalty areas) arranged as shown. Goals are placed at each end of the field and the game will be played over the width of the Penalty Area. Two teams (Whites and Reds) oppose each other as shown. Two coaches or servers are positioned in the middle of the central box as shown. The Red team supplies a coach with a ball; the coaches pass to each other and each repetition of this game is started when a coach plays a through ball forward (this is essentially a "short-short-long" sequence). Coach A plays to the Reds and Coach B plays to the Whites. This game begins with 1 v 1 play. When a player is "next," they need to be "plugged in" and ready to go. Depending on which coach plays a through ball, one player will be on the attack and the other must recover to defend. Teams should play 4 minute rounds and change sides so they break away to both sides. Each goalkeeper will be kept on their toes (one GK should not be overplayed as this is a demanding activity). Score should be kept throughout both rounds of this game.

### Coaching Points:

- Each player needs to "read the body language" of the coach / server: where is the ball going?
- When attacking, the player should take a positive touch towards (not away from) goal.
- The attacking player should look up: what is the choice to finish on goal? Should the player shoot immediately, dribble to create an angle around the goalkeeper and "cut off" the recovering defender.
- The attacking player should finish with the best shot available (at near post, pulled across the goalkeeper or chipped / clipped over the goalkeeper?)

# TC United Going to Goal: Attacking and Defending

## 2-Way Play: More than 1 v 1's (continued)

This game should be expanded to include break-away attacking / defending with 2 and 3 players. The diagram and description below carry this concept forward. This description details 3 versus 3 play.



### Organization:

This practice is set up just as the 1 v 1 description above. Now 3 players from each team attack the goal. A four or six minute round should be played and score should be kept.

### Coaching Points:

- Attacking players must make a decision as to how to support (or leave) the player who breaks through with the ball: do both supporting players run away for a cross or cut back, or does one attacker trail the dribbler and one run away?
- Should the dribbler finish quickly or involve teammates in the finish?
- Defending players must chase back to goal on the sprint; can the first defender recover to a goal-side position or does the first defender chase from behind?
- Recovering defenders sprint back to goal facing their end-line, but must be prepared to open up and face in-field to cut out the cut-back or cross to the player they are defending.
- The goalkeeper has to organize the defending quickly and then focus on the ball: the goalkeeper must come off their line to narrow the angle, but get "set" on each touch of the ball by the attacking player.
- When the goalkeeper spreads to the ball (instead of standing up to deal with the situation) the goalkeeper's hands should be to the near post side and the feet to the middle of the goal. When spreading, the goalkeeper should shout, "KEEPER!" as they spread through the ball.

# TC United Going to Goal: Attacking and Defending

## 2 Attackers vs 2 Goalkeepers

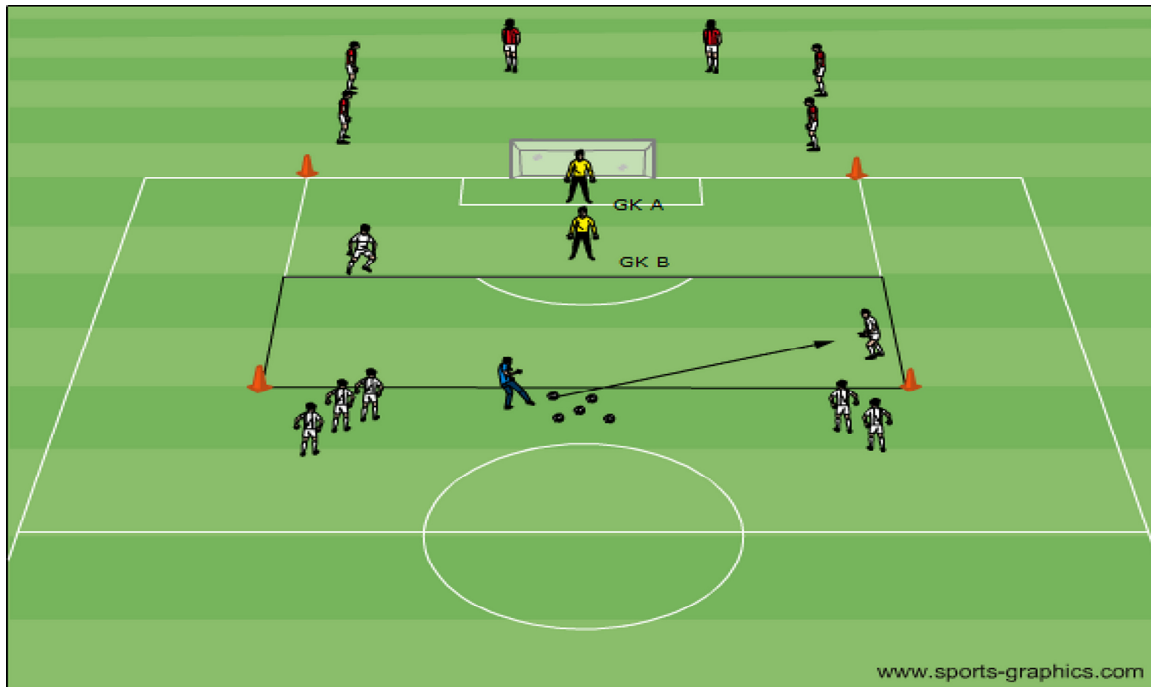


Diagram-1: Whites and Reds vs Two GK's

Organization	Coaching Points
<p>A space of 2 penalty areas (double box) is marked on the field, with a goal on one end line. Two teams are organized (Whites and Reds) shown in Diagram-1) with the Whites organized to attack the goal with 2 attacking players and the Red team is set up behind the goal as shown. The Game starts with the Coach serving the ball into a White player, who plays with his partner against 2 GK's (one stays inside his Goal Area and one patrols the rest of the Penalty Area (both GK's play with their hands). The Red team is positioned to retrieve shots that miss the goal and can score a goal by playing "keepy uppy" with each Red player having a touch without letting the ball hit the ground. Each round lasts 4 minutes, with the GK's changing roles every 2 minutes. Score should be kept from round to round with "X" number of goals scored signifying a winner.</p>	<ul style="list-style-type: none"><li>▪ The player on the ball should run at the goal and get the commitment of the first GK and either go around the GK or play to the other attacking player (who must stay onside).</li><li>▪ The attacking team of two should work together for the best shooting angles (using an early pass or a cut back to set up the shot is important).</li><li>▪ Each shot should be followed by the white team and rebounds and deflections should be followed up to finish.</li><li>▪ The GK's must work together to cover the shooting angles (the GK's can change positions as the ball moves—1 in the Goal Area, 1-in the Penalty Area.</li><li>▪ The Gk's will be closing and spreading to the ball, using 1 v 1 techniques.</li><li>▪ GK's need to take care not to foul and give up Penalty Kicks.</li></ul>

# TC United Going to Goal: Attacking and Defending

## Four vs Two To Goal

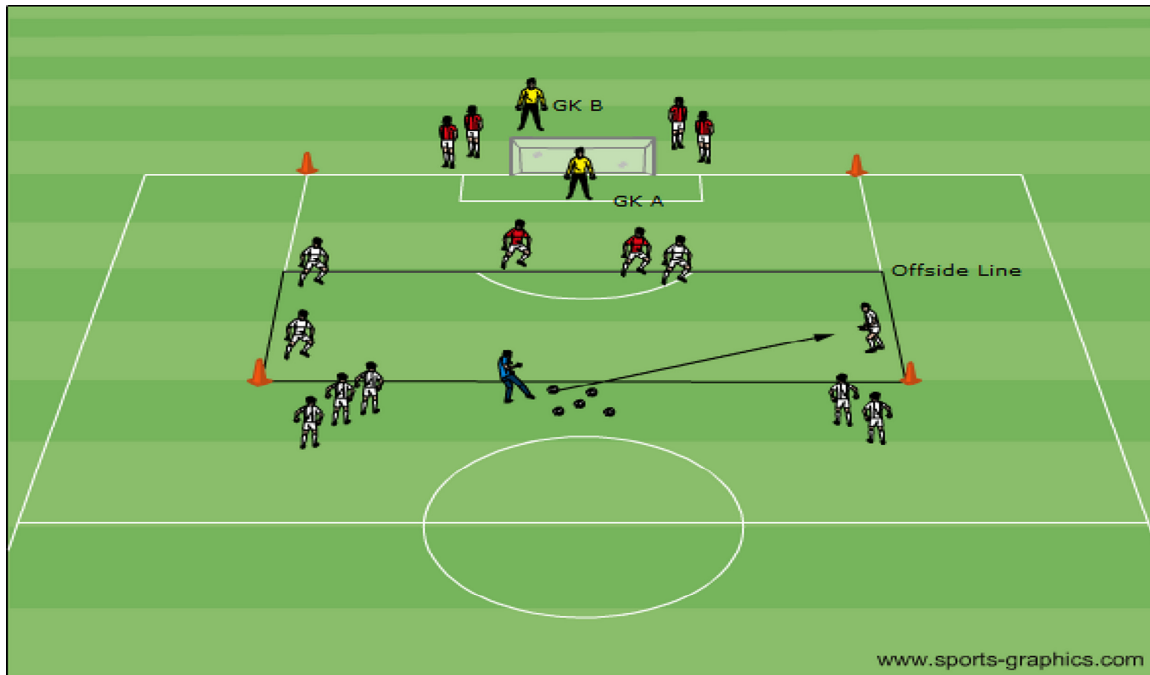


Diagram--2: Whites vs Reds 4 v 2 to Goal

Organization	Coaching Points
<p>.The field is organized in a double box format as shown in diagram—2 with the White team positioned with 4 players in attack and the Red team defends with 2 players and a goalkeeper. The “offsides” line is the top of the Penalty Area as shown in Diagram—2. The Whites start with possession with a serve from the coach; the White team of four should attack the Red team at pace, working together to combine for the “best shot” available in the attacking sequence.</p> <p>The two Red defenders must work together to try and eliminate White attackers through good group defending and the use of the Offsides law. The Goalkeeper playing with the Reds must work to take up good angles and get off the line when appropriate.</p> <p>When the Red team wins the ball, they should “counter-attack” and try to score by attacking the White end line (line coach serves from). Goalkeepers should change roles every two minutes and defenders should be rotated every 2-3 serves to keep the level of defending sharp and realistic. Play 4 minute rounds and reverse attacking and defending roles. Play to “x” number of goals to decide a winner.</p> <p>Variation: add a goal to the White end line with a goalkeeper; the Reds attack the goal instead of the end line.</p>	<ul style="list-style-type: none"><li>▪ White team needs to establish a good shape (diamond, with a target player positioned centrally and other players must move in support of the ball.</li><li>▪ The Whites need to build rhythm by moving the ball quickly, looking to penetrate the Red defense with a quick combination, or through ball.</li><li>▪ The White team should find the “best” shot available and work for good angles and follow up for rebounds and deflections.</li><li>▪ The White team must also organize quickly when the ball is lost and press to win the ball back.</li><li>▪ The Red team must organize their defending to take away options and good shooting angles through good 1<sup>st</sup> and 2<sup>nd</sup> person defending and by using the Offsides law.</li><li>▪ The Red team must play forward quickly when winning the ball to try to counter to the Whites End line (or goal).</li></ul>