



Drill Quick Glance

Age: 9+	Field: 30X30
Players: 8+	Time: 15 mins.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: YES	Type: Team
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Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Full-Size Goal

4v3 Attack vs. Defense

Objective:

This attacking soccer drill is a great drill to focus on finishing. Since the attackers have the numerical advantage, they should learn how to exploit their advantage and finish with a shot on goal.

Setup

1. Set up a 30 X 30 grid with one side playing to goal.
2. Coach assigns 3 defenders who wear an alternate jersey.
3. The attackers begin with the ball.
4. Place a keeper in goal.

Instructions

1. Instruct the players to exploit their numerical advantage and finish with a shot on goal.
2. Attackers should move the ball looking for the open player and holes in the defense.
3. Defenders should attempt to break-down the attack and to gain experience in how to cover a man-down situation.
4. Defensive players should complete a pass to the coach to end the attack.
5. The coach should then give the ball back to the attackers to build the attack again.

Coaching Points

Offensive:

- Quickly switch the point of attack to off-balance the defense.
- Play quick both physically (1 and 2 touch) and mentally (think ahead).
- Make sure the players are attacking at the appropriate times

Defensive:

- Contain the play and keep the ball in front of the defense.
- Early pressure and do not allow space behind the defenders.

Variations

- Increase the number of attackers (or decrease the number of defenders) if scoring chances are infrequent.
- Increase the number of defenders (or decrease the number of attackers) if scoring chances are too frequent