



Drill Quick Glance

Age: 9+	Field: 25x40
Players: 8+	Time: 20 mins.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: YES	Type: Team
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Equipment

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

3v1 - Attacking the Goal

Objective:

This attacking soccer drill focus on the attacking movement and composure in front of the goal. Players will become comfortable in front of the goal and will be able to recognize situational play.

Setup

1. Designate 2-3 defenders in red to rotate 1 at a time every 2-3 attacks.
2. Players create 3 lines (left, center, right) about 20-25 yards from the goal.
3. Place a keeper in the goal.
4. The ball should start with the center player.

Instructions

1. The center player starts with the ball and 1 player from each group attacks the defender (playing 3v1).
2. The attackers put together quick and accurate passes to off balance the defender and keeper in an attempt to score.
3. Rotate defenders after 2-3 attacks.

Coaching Points

- Make sure passes are quick and to feet
- Find back-side players to off-balance the defenders
- Be patient, and if the attackers get in trouble, they should knock it back to the center player to swing the play in the other direction
- Play QUICK. If the play is too slow, the ball is considered dead, and the next group begins.
- Outside attackers should attempt to draw the defender and keeper into them, and slide the ball backside to the open player.

Variations

- Limit touches to 1 or 2 touch
- Add a 2nd defender