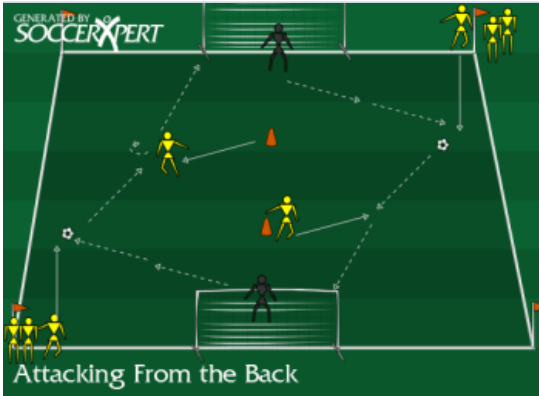




Drill Quick Glance

Age: 12+	Field: HALF FIELD
Players: 8+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

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

Attacking from the Back

Objective:
This soccer drill focuses on building an attack from the back starting with the keeper's distribution. When performed on a full field this drill demands a great deal of fitness as it should be executed at top speed in a continuous fashion.

Setup

1. On a half field, place a goalkeeper in each of the two goals with a large supply of balls each end.
2. Split the team into two groups with approximately 6 players in each line.
3. These groups line up on the corner of the field diagonally opposite each other.
4. Two additional players are in the center of the field.

Instructions

1. The goalkeepers begin the drill by simultaneously distributing the ball to the first player in each line.
2. The receiving player makes an advancing run while receiving the ball from the keeper.
3. Each player controls the ball from the keeper and passes to the feet of the feeder player in the center of the field.
4. The center player then controls the pass, turn and dribble towards the goal and shoots outside the 18-yard line.
5. The shooter then goes to the end of the line, and the passer becomes the center circle player.

Coaching Points

- Focus on proper passing, trapping and shooting.
- Getting out the back quick and under control. Try to counter quickly to simulate a numbers up situation

Variations

- Add a defender to create a 1v1 situation with the shooter.
- Have the passer overlap the wing creating a 2v1 situation.
- Extend the size of the field to full-size which brings another element of fitness into the drill.