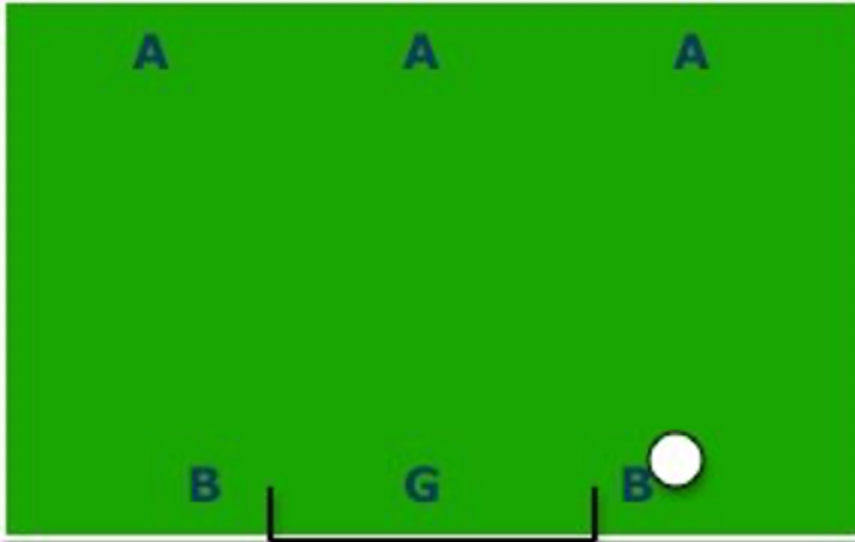




MVSC COACHES CORNER

PASSING, DEFENDING, AND ATTACKING DRILLS

3 vs 2



Preparation:

- Attacking soccer 3 v 2 is set up with 2 lines of defenders, one line behind each post (be sure they are away from the netting so as not to get hit by a shot).
- Set your attackers up in 3 lines, approximately 30-40 yards from goal.
- All balls start from one of the defending lines.

Execution:

- The goalie plays a long ball to one of the 3 attackers.
- 1 defender from each line then sprints and closes down the 3 attackers.
- The first player in each attacking line attacks towards the goal 3 v 2.
- After a goal is scored, or a ball is cleared by the defenders, the play ends and starts over with the next players line.
- Be sure to rotate your players through as with any drill so all practice the focus skill area.

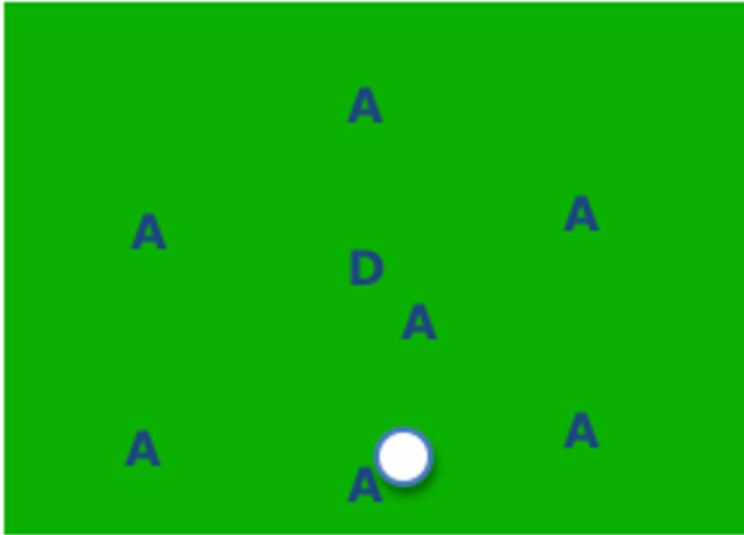
Coaching Tips

- Allow the goalie to choose which attacker will receive the ball. That will allow the defense to adjust as necessary.
- Have forwards use their numbers to an advantage and open up the space. Encourage overlap runs.
- Have defenders close the gap quickly and have them close off the shooting lane.



MVSC COACHES CORNER

1 vs 1 Circle



Preparation:

- Set up this defending 1v1 drill with a circle of players, and 2 in the middle.
- 1 in the middle is the attacker, and 1 is the defender.
- All players on the outside should have a ball.

Execution:

- The attacker moves inside the circle trying to create space to receive a pass, control it, and pass it back to the same outside player.
- The defender works to prevent the attacker from receiving the pass.
- The outside player should retrieve any ball kicked away or loose ball.

Coaching Tips:

- Allow the attacker to have full control of the ball before they pass the ball back.
- Teach the attacker how to use their body to shield the ball.
- Teach the defender how to anticipate the ball without committing a foul.
- If possible, have the attacker only use two touches. One to receive and the second one to give the ball back to the outside player.
- Give the attacker a minute or two, then switch out the defender and attacker.