



MVSC COACHES CORNER

DEFENDING AND ATTACKING DRILLS

Reaction and Finishing

1. Create a grid about 15x25 yards. Adjust the size of the grid based on the age, size, and skillset of your team.
2. Set small goals on each end of the field.
3. Split the team into two groups. Each group starts on the same sideline as the coach.
4. The coach should have a supply of soccer balls.
5. Create a gate with cones or flags in the center of the opposite sideline.
6. Break up the teams in two.

Drill Instructions

1. On the coaches' command, players sprint through the gate on the opposite side of the field. Coach could call out multiple players at a time. For example, if the coach calls out one then only one player from each team runs through the gate. If the coach calls out four, then four players run through the gate. This is determined by the number of players.
2. The coach tosses a ball into the center of the field where the player(s) can attack either goal.
3. Once a goal is scored, or the ball goes out of bounds, a player from each team steps up and the coach calls another number.



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1 V 1 Soccer Battle

1. Create a grid 40 yards wide and 30 yards long. (wider than longer)
2. Place a small goal or Pugg Goal on each end line.
3. Split the team into two groups.
4. Place one group on the sideline without the ball; they will be the attacker.
5. Place the other group on the opposite sideline with a ball; they will be the defender.

Drill Instructions

1. The first defender steps out with a ball. (Or the coach could throw the ball to the attacker)
2. They pass the ball to the first attacker in the line and quickly moves to close the attack.
3. The attacker can attack either of the two small goals.
4. The defender, not knowing which goal he will attack must react quickly to the attacker's movements to close the attack.
5. The attacker can fake and feint and go in either direction at any time during this drill.
6. Once the goal is scored or the ball goes out of bounds, the play is over and the next two players begin.
7. The drill repeats with the next defender and attacker.
8. Have the player's switch lines so they have the opportunity to attack and defend.