



4 vs 3 Attacking to Goal

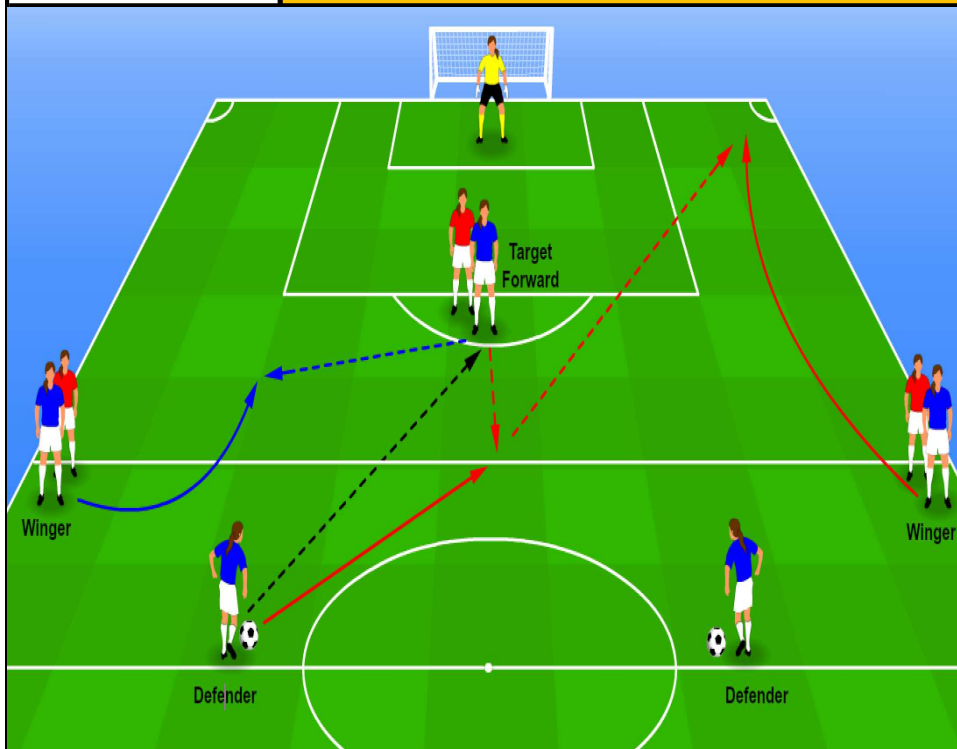
Session Focus

Transitioning from Defence to Offense

Session Objective

1. Find the target forward who can turn and go to goal or secure the ball.
2. Supporting runs from outside to receive a layoff pass.
3. Having one defender join in to create a diamond in the attack.

Activity



Set Up

Playing Area

Half Field on a Boarded Pitched

Cones

4 Cones (if necessary)

Balls

2 Soccer Balls

Goals

1 Main Goals

Pinnies

Pinnies for the defenders

Coaching Points

1. Secure possession of the ball
2. Support the player on the ball
3. Provide off ball movement to support attacking the main goal.

Attacking Organization

Set up the players as pictured with two wide players located at the 3rd Line, the target forward is located at the top of the Box (around the center circle), and the attacking team's defenders are located on either side of the center circle with a ball at their feet.

Play will start with one of the defenders passing the ball into the target forward.

From there, the target forward has the following options:

Option 1 - Turn with the ball and score on the main goal.

Option 2 - Play a layoff pass to either one of the wingers making a supporting run forward. (Pictured above in Blue Arrows).

Option 3 - Pass the ball back to the defender who plays the ball to either a winger making a run forward or to the corner. (Pictured above in Red Arrows).

Defensive Organization

When the defenders win the ball, they are looking to either dribble the ball across the 3rd line or make an outlet pass to any of the players in line that aren't involved in the activity.

Developing the 4 Moment Player

Attacking

Patience in our attack, look for the options available (turn, pass wide or lay off)

Defensive Transition

Keep the ball in the attacking third.

Defending

Keep our defensive shape and limit the chances on goal.

Attacking Transition

When the defenders regain possession, can they quickly get the ball out of the zone by either dribbling or passing.