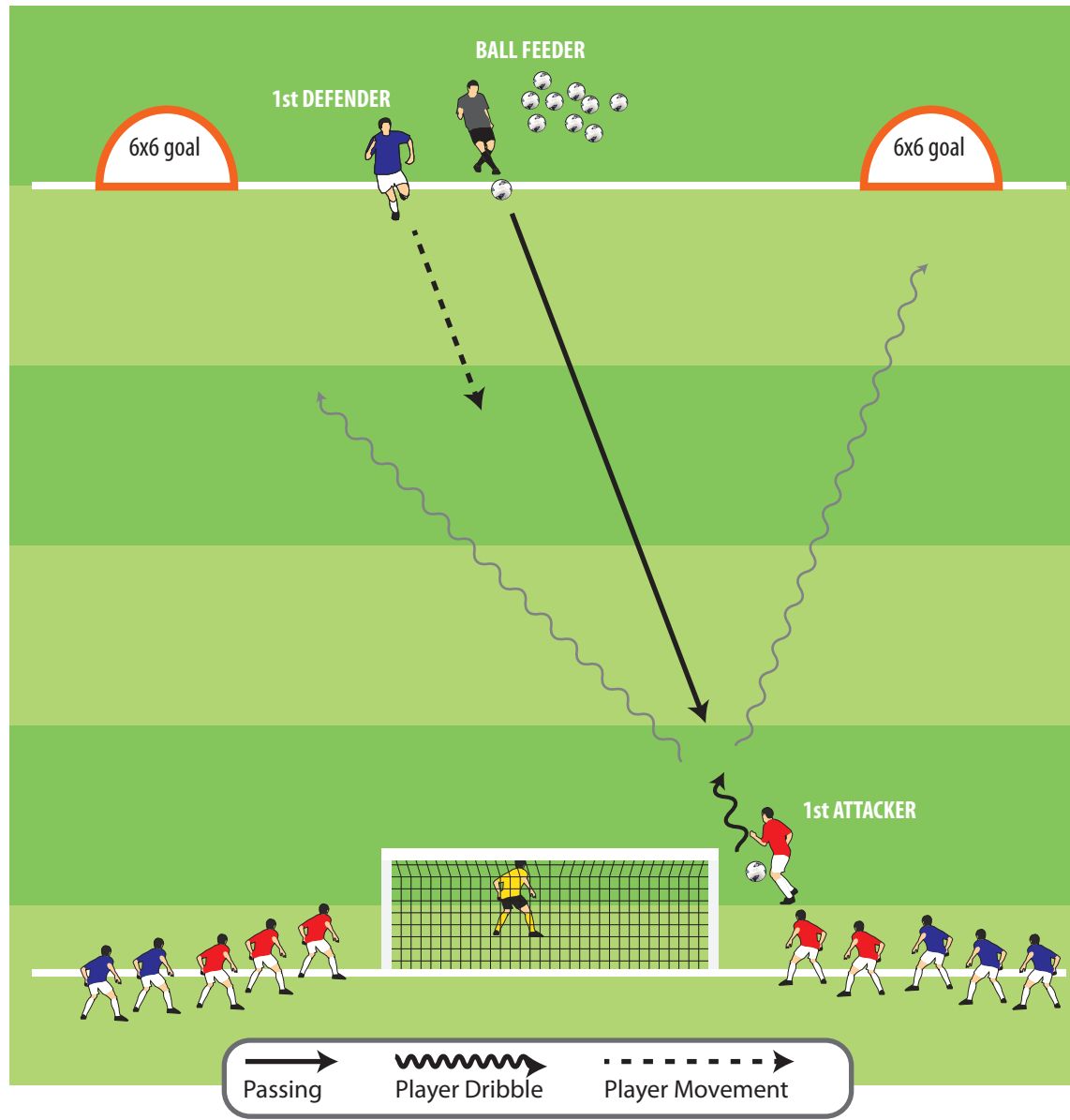


Stage III: Expanded Activity 1v1, 2v2, 3v3 Defender Attacker Goalie



Setup

Setup an area 40 x 40 yards. Place a full sized goal at one end and two 6ft. mini goals on the opposite side. Divide players into 2 teams, this way when you expand into 2v2 and/or 3v3 players will already have vests on.

Sequence

- Begin with 1v1. Ball feeder strikes a long ball from the mini goal line to an attacker on the opposite end (alternate left/right).
- 1st defender (blue) who starts next to the ball feeder runs out to challenge the attacker (red).
- The attacker can score on either mini goal. If the defender wins the ball they should counter attack and attempt to score on the keeper.
- **TRANSITION:** When play is over (score, clearance, or out of play) the initial attacker becomes the 1st defender, and the initial defender goes to one of the attacking lines. When playing 1v1 there are no teams, red can play against red, blue against blue.

Variations

- Expand to a 2v2 and or 3v3 game (red versus blue team).
- Ball feeder strikes an aerial pass or punt to begin next sequence. If keeper makes a save, he or she can begin a counter attack.
- Expand or reduce the 40 x 40 yard playing area.
- For 2v2 or 3v3 play restrict the number of touches.

Coaching Points

- Attackers should try and beat a defender with 1 move, slow then burst.
- Defender should be patient waiting for an opportunity to steal the ball.
- Attacker needs to quickly transition and focus on defense when play is over, or they lose the ball, i.e. when ball feeder sends in a new ball.