

# Stage II: Small-Sided Activity **Attacking/Defending/GK 1v1**



## Setup

Half of a normal field with 2 full sized goals, use cones to create a 25 yard wide playing lane down the middle and a 5 yard barrier in the center (shown with yellow cones). Optional: divide into 2 equal teams to make it a competitive game for example first team to 5 goals.

## Sequence

- A player or coach passes a ball from the goal line to the attacker waiting at the top of the box.
- 1 defender quickly runs out to challenge the attacker.
- The attacker should try and beat the defender using only one or two moves, get into a shooting opportunity quickly.
- Rotation: after a player attacks they go behind the goal line to defend. After a player defends they go to the center to attack.

## Variations

- Allow or disallow play to continue if there is a rebound.
- Add small counterattack goals (shown as blue cones) for defenders to dribble or pass thru, 1 point scored for the defender's team.

## Coaching Points

- Attackers should try and beat a defender with 1 move.
- Defender should position their body to force the attacker outside.
- Attackers hunt for rebounds, defenders clear or control, no risk taking.