

# Attacking & Defending

## Four versus four each player attacking and defending

### 1 goal by using support players on end line:

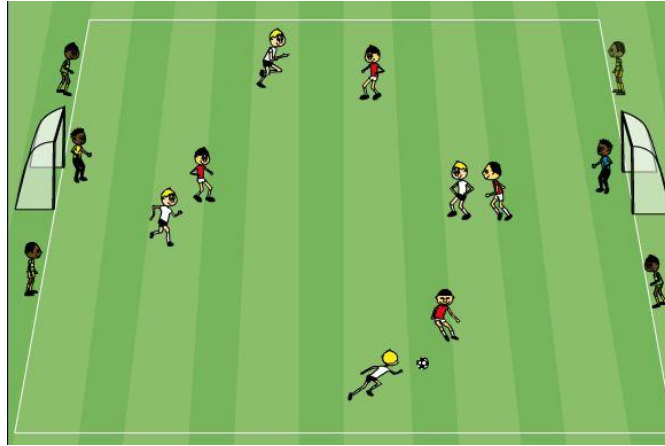
**Skill Work:**

**1v1 Attacking & Defending one goal**

**15 minutes**

#### Organization:

- Set-up area 40x40m.
- Set up with 3 teams of 4, playing on a small pitch with four end players (green)
- Goalkeepers should be involved in the game where possible.



#### Coaching Points:

##### Attacker:

1. Width, depth
2. Eye contact & communication on pass;
3. Follow through towards the target when passing;
4. Play forward when possible

##### Defender

1. Apply good pressure on offensive players
2. Choose right moment to tackle

#### Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. 4v4 game where players play freely but must hit end players with a pass before supporting and finishing on goal.
  - a. Depending on standard end players should be restricted to two touches.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER

