



4v3 Attack vs. Defense

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Published 12/7/2005 12:00:00 AM

Drill Objective:

Since the attackers have the numerical advantage, they should learn how to exploit their advantage and finish with a shot on goal.

Drill Setup:

Set up a 30 X 30 grid with one side playing to goal. Coach assigns 3 defenders who wear an alternate jersey. The attackers begin with the ball. A keeper should be defending the goal



Drill Instructions:

Instruct the players to exploit their numerical advantage and finish with a shot on goal.

Attackers should move the ball looking for the open player and holes in the defense.

Defenders should attempt to break-down the attack and will gain experience in how to cover a one-down situation. Defensive players should complete a pass to the coach to end the attack.

The coach should then give the ball back to the attackers to build the attack again.

Drill Coaching Points:

Offensive:

- o Quickly switch the point of attack to off-balance the defense.
- o Play quick both physically (1 and 2 touch) and mentally (think ahead).
- o Make sure the players are attacking at the appropriate times

Defensive:

- o Contain the play and keep the ball in front of the defense.
- o Early pressure and do not allow space behind the defenders.

Drill Variations

- o Increase the number of attackers (or decrease the number of defenders) if scoring chances are infrequent.
- o Increase the number of defenders (or decrease the number of attackers) if scoring chances are too frequent

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