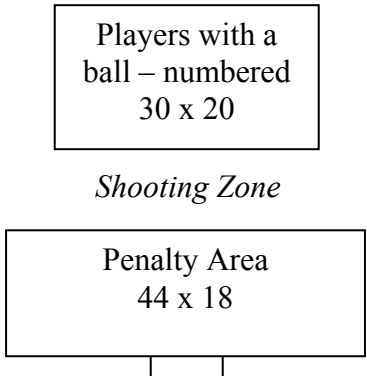
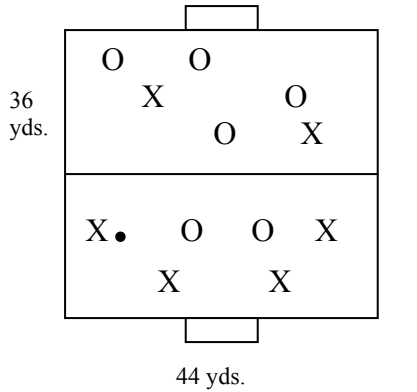
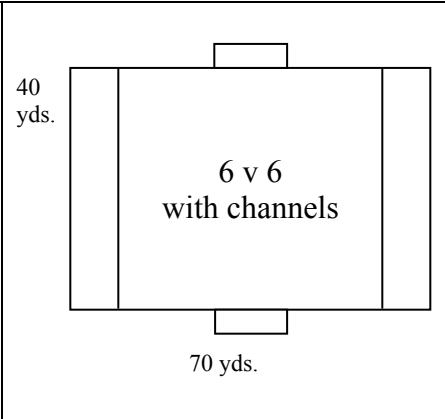
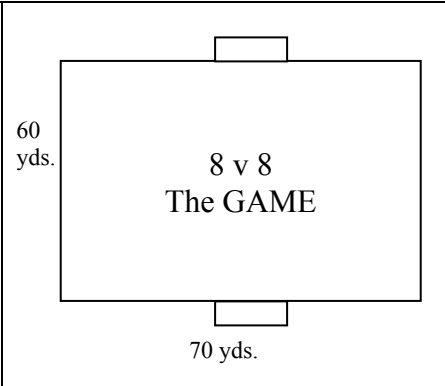


Topic: **Beating a Packed Defense**

Organization	Variations	Diagram	Coaching Points
Unrestricted to One Goal			
<p>Each player with a ball and individually numbered (i.e., 1, 2, 3 and so on) with goalkeepers to one large goal (30 x 20 area). Area is centered 10 yards outside the penalty area. Stretch.</p>	<ul style="list-style-type: none"> Inside the 30 x 20 area, coach calls out a number, that player then dribbles out of the grid and into the shooting zone in front of the penalty area and takes a shot. Repeat. Same as above, but now the coach is positioned at the top of the penalty area. When a number is called, that player finds space and hits a one-two pass to the coach and takes a shot. Repeat. 		<ul style="list-style-type: none"> ✓ Body mechanics and proper technique ✓ Body shape and balance ✓ Preparation touch before striking ✓ Placement versus power – put balls on frame ✓ Proper striking surface
Restricted to Two Goals			
<p>6 v 6 with goalkeepers to two large goals (44 x 36 area or as needed). 4 v 2 in each half – players stay in their own half.</p>	<ul style="list-style-type: none"> Attacking team looks for early opportunities to shoot or maintain possession to free themselves for shots on goal. Progress by allowing a 3rd attacker to enter the area. Look for quick combination opportunities (award two goals). Remove the central line and play. 		<ul style="list-style-type: none"> ✓ Look for combination and long range shooting opportunities ✓ Correct attacking shape and balance ✓ Positioning to gain an advantage ✓ Deception and disguise ✓ Aggressive and positive mentality – be resilient

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Two Goals with Channels			
<p>6 v 6 with goalkeepers to two large goals (70 x 40 area or as needed). Create a channel on each side (10 to 15 yards wide). Use full width to encourage attacking into wide spaces.</p>	<ul style="list-style-type: none"> ▪ Two attackers are allowed in the outside channels and only one defender. This creates 2 v 1 opportunities on the flanks and begins to stretch out the defending core. ▪ Attacking wide spaces and encouraging shooting from a distance are vital to breaking down a team that “packs it in.” 	 <p style="text-align: center;">6 v 6 with channels</p>	<ul style="list-style-type: none"> ✓ Attack the flanks to unbalance and stretch the defense ✓ Look for opportunities to switch the point of attack ✓ Proper timing of 2nd and 3rd man runs ✓ Possession with a “purpose”
Two Goals			
<p>7 v 7 with goalkeepers to two large goals (70 x 60 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 2:3:2. ▪ Maintain natural width of field. ▪ No restrictions. 	 <p style="text-align: center;">8 v 8 The GAME</p>	<ul style="list-style-type: none"> ✓ Be patient in possession and allow opportunities to develop ✓ Find the most efficient way possible to score ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session