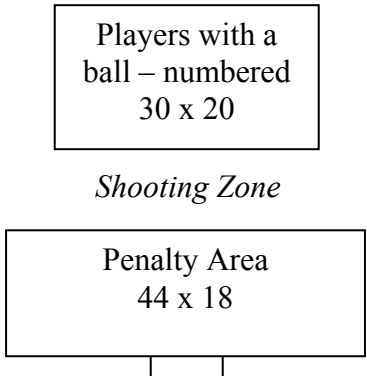
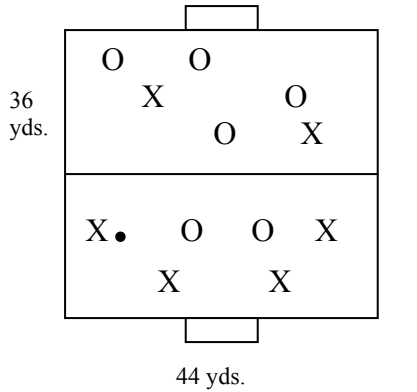
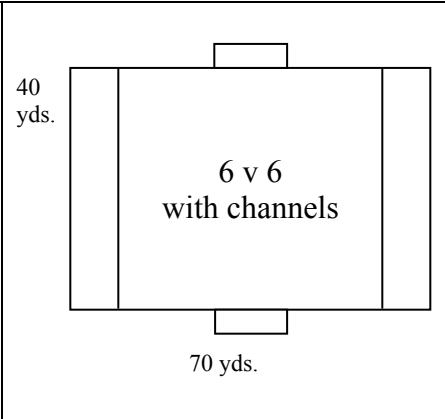
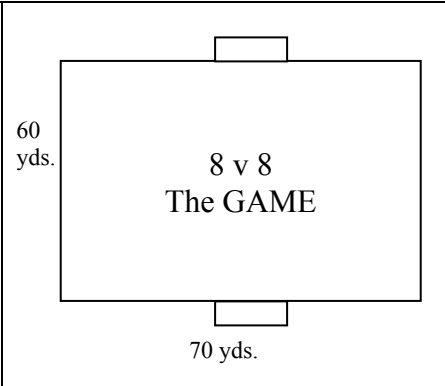


Topic: **Beating a Packed Defense**

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted to One Goal</b>			
<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"> <li>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.</li> <li>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.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Body mechanics and proper technique</li> <li>✓ Body shape and balance</li> <li>✓ Preparation touch before striking</li> <li>✓ Placement versus power – put balls on frame</li> <li>✓ Proper striking surface</li> </ul>
<b>Restricted to Two Goals</b>			
<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"> <li>Attacking team looks for early opportunities to shoot or maintain possession to free themselves for shots on goal.</li> <li>Progress by allowing a 3<sup>rd</sup> attacker to enter the area.</li> <li>Look for quick combination opportunities (award two goals).</li> <li>Remove the central line and play.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Look for combination and long range shooting opportunities</li> <li>✓ Correct attacking shape and balance</li> <li>✓ Positioning to gain an advantage</li> <li>✓ Deception and disguise</li> <li>✓ Aggressive and positive mentality – be resilient</li> </ul>

Topic: **Beating a Packed Defense**

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