

Shoot and defend close

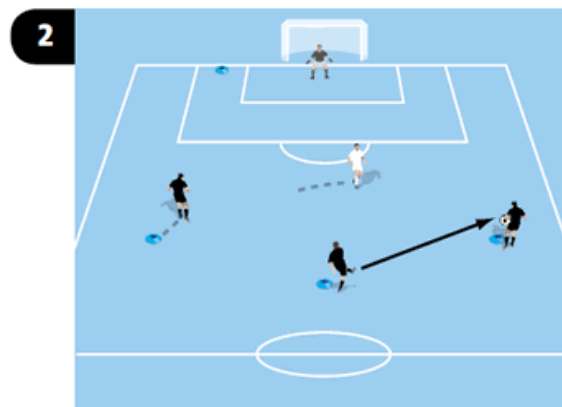
By Michael Beale

This session is all about the speed of attack and getting past defenders before they have realised where the danger is coming from. The clock starts as soon as the defender touches the ball.

Can attackers move the ball wide and score from a cross before the defender can get organised?



1 The defender receives a pass and turns to shoot.



2 As soon as he takes his first touch the remaining three players begin an attack.



3 The starting player tries to defend the cross 1v2.



You need to set up a 40 yards long by 30 yards wide playing area using four cones and a goal. Use four players and a goalkeeper.

How to play it

1. To start, the defender runs out and receives a pass from the central player.

The defender quickly turns and shoots at goal.

As soon as the defender has taken a touch, the player on the left passes to the central player.

2. The central player now switches the ball out to the player on the right.
3. This player dribbles the ball down the line and crosses into the box.

The player on the left and central player try to lose the defender and score from the cross.

How to rotate players' roles

- The player on the left becomes the central player.
- The central player becomes the player on the right.
- The player on the right becomes the defender.
- The defender becomes the player on the left.

Make sure the passes are not shots and are made with the inside of the foot only.