



### 4v3 Attack vs. Defense

#### Emphasis:

This is a good game for developing technical skills (dribbling, passing, receiving, turning, deceptive moves and shooting), It's also good for developing tactical skills (Defending and attacking principles).

#### Game Info:

This is for ages U10-U14. It is best run with at least 8 players but no more than 17 players. The game should be run approximately 25 minutes on a small field.

The coach will also make sure they have the following equipment: cones, goals, alternate jerseys

#### 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

#### 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. The 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.

#### Progression:

- Increase the number of attackers if scoring chances are infrequent.
- Increase the number of defenders if scoring chances are too frequent
- Add neutral players on the sides

#### Coaching Points:

##### Offensive:

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

##### Defensive:

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