

1. 2v1 Ladders



Set up

- 2- 10x10 stacked grids
- Defender starting at the top of the grid

Drill

- Defenders must stay in their box (10 yards x 10 yards)
- Attacking players combine until the ball is **received** over the end line, **under control**

Rotation

- After each play, the attackers become defenders

Progression

- 1st defender can help 2nd defender

2. 2v1 finishing off cross



Set up

- 2 lines formed. Wide 2v1 is played to get past 1st defender.
- 2nd line near center of field will be receiving cross and looking to finish/score.

Drill

- Defender must stay in his/her box (10 x 10).
- Attacking players combine until the ball is received beyond the box line under control.
- Attacking player with the ball then crosses it.
- Far side attacking player (2nd line) finishes on goal.
- Defender provides low pressure; cannot win cross.

Progression

- 1st: Defender can win the cross
- 2nd: Defender can leave the box

3. 3v3 w/ Neutral Players



Set up

- Play is on one half of the field
- Set up two channels near the touch lines for wide neutral players to play in.

- Two small counter goals are set up wide for defense to score in

Drill

- 3v3 with neutral players wide
- Attacking team combines with neutral players and tries to score off crosses at goal
- Defending team tries to combine with neutral players to score in counter goals at either side of the field.

4. Small-sided games