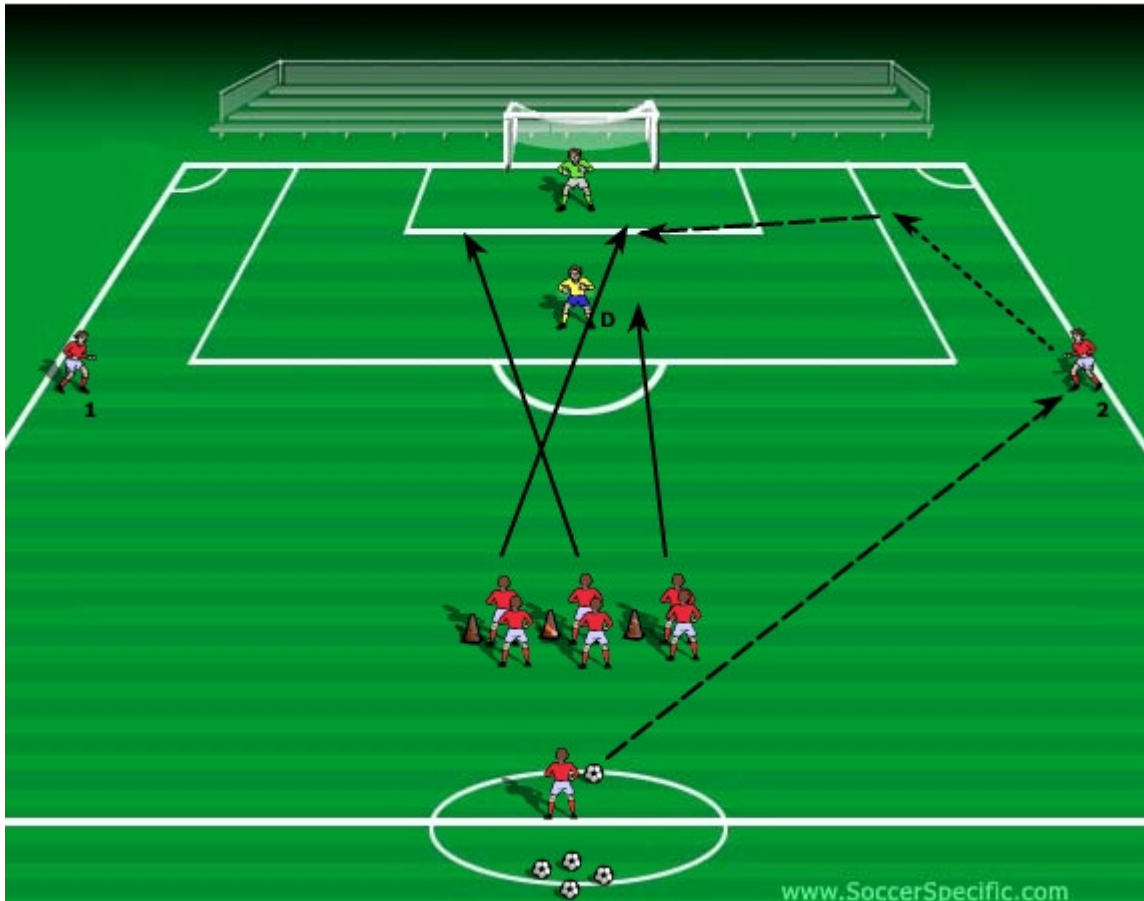


Attacking With Numbers

Emphasis: Dealing with 3 runners crashing the box



Set-up:

The goalkeeper is in goal and a defender starts at the penalty spot. Players 1 and 2 are positioned closely to the corner of the 18 yard box. Three cones are placed 40 yards from goal and five yards from each other. Position at least two players at each cone. Lastly, a server stands in the middle of the center circle with a group of balls.

Objective:

The server drives the ball to either player 1 or 2. Those players turn quickly and dribble down the channel and cross it in the box. The 3 players on the cones are crashing the penalty box. The goalkeeper must communicate to the defender which man to mark. The server should change the point of attack often.

Progressions:

1. The goalkeeper can distribute to the server to start the sequence.
2. Add another defender.

Coaching Points:

- Watch the body language of the crosser; if the hips are open it is very hard to cut the ball back across the grain.
- Make sure the goalkeeper pushes his defense out of the box every time.

“If you do not have some bad loans, you are not in business” -Paul Volcker-