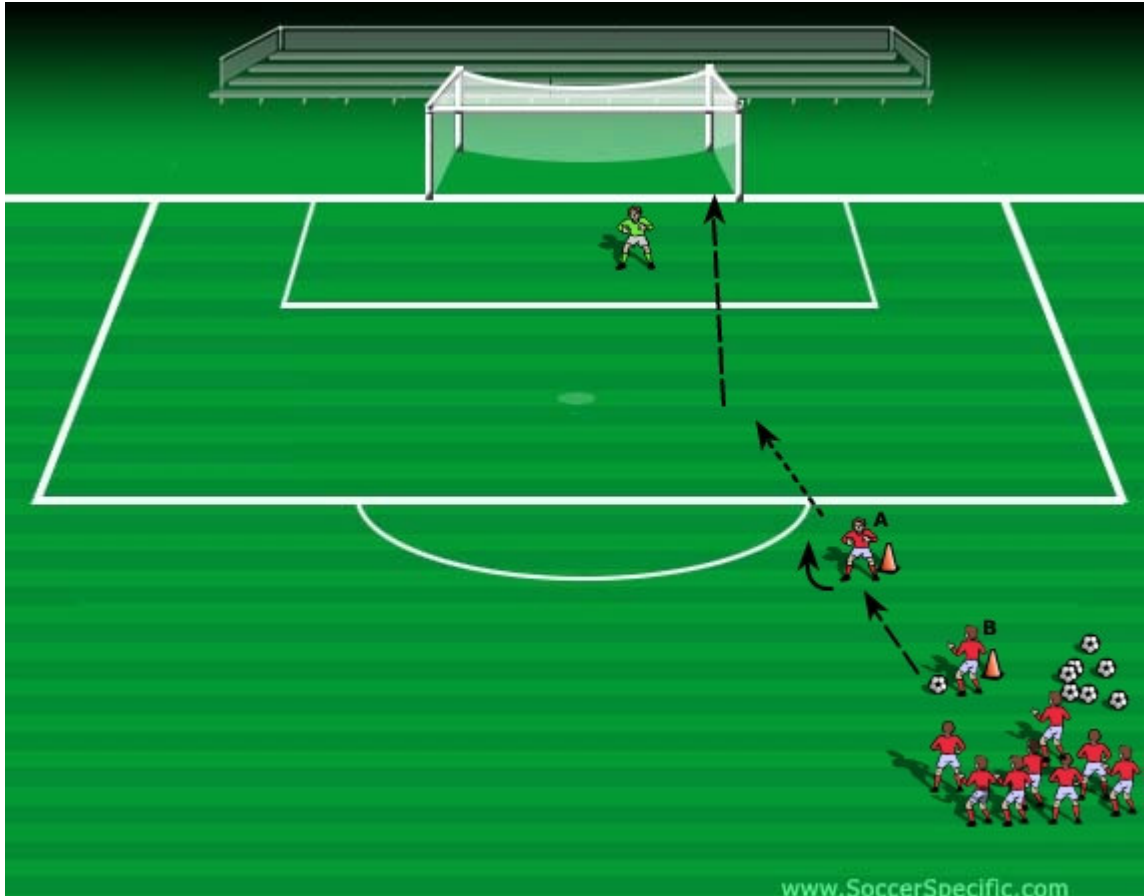


Recovering Defender

Emphasis: Shooting while being pressured by a recovering defender



Set-up:
A cone is placed at a slight diagonal approximately 25-30 yards from goal. Twelve players with a supply of balls. Players are positioned at the cone 25-30 yards from goal. A goalkeeper is in goal. A cone is placed 5 yards from the group of players.

Objective:

The first player in line (A) moves to the cone placed 5 yards away. Player (B) passes the ball to (A). Player (A) must turn quickly and run at the goal. As soon as (B) passes the ball he becomes the recovering defender and chases the attacker. Player (A) must attempt to score while being pressured from behind. Both players return and join the back of the line. The sequence is repeated with the next two players in line. Players alternate being the attacker as well as the defender. Play is continuous for a designated period of time. Rotate the goalkeeper to avoid fatigue.

Progression:

1. Perform the activity from the other side of the field.
2. Reduce the distance between the two cones. This will put the recovering defender closer to the attacker resulting in greater pressure.

Coaching Points:

- Be direct – go for goal as quickly as possible.
- Turn quickly with the first touch.
- Accuracy before power on all shots
- If the goalkeeper charges out, slot the ball under him.