



Drill Name: 3 v 2 to Goal

Set up :

Use the penalty area and a regulation size goal. Two lines of defenders stand on both sides of the goal. Three lines of attackers stand five yards out from the top of the penalty box. The coach or server stands on the end line, between the 6 and 18, with a group of balls.

Instructions:

The coach serves the ball into the penalty area. The first defender in each line, (2 total), leave the post to meet the three attackers (1 from each line), at the top of the box. The three attackers try to score a goal and the two defenders are trying to prevent the goal from being scored. The play is over when the goalkeeper has possession, or the ball travels outside the penalty area.

Progression:

1. Two of the three attackers must touch the ball.
2. The goal must be scored after an overlapping run is made.
3. The attackers have five seconds to score.

Coaching Points:

- Pressure the ball first and cut down the shooters angle.
- Goalkeeper must communicate with the defenders.
- Get the shot off early.