

Factfile

Category
Defending

Competition Type
Integrated, opposed,
non-contact

Area Dimensions
3m x 3m - 10m x 10m

Number of Players
4

Time Per Game
5 - 10 minutes

Objective
To work together as a unit
to block off all 4 goals.

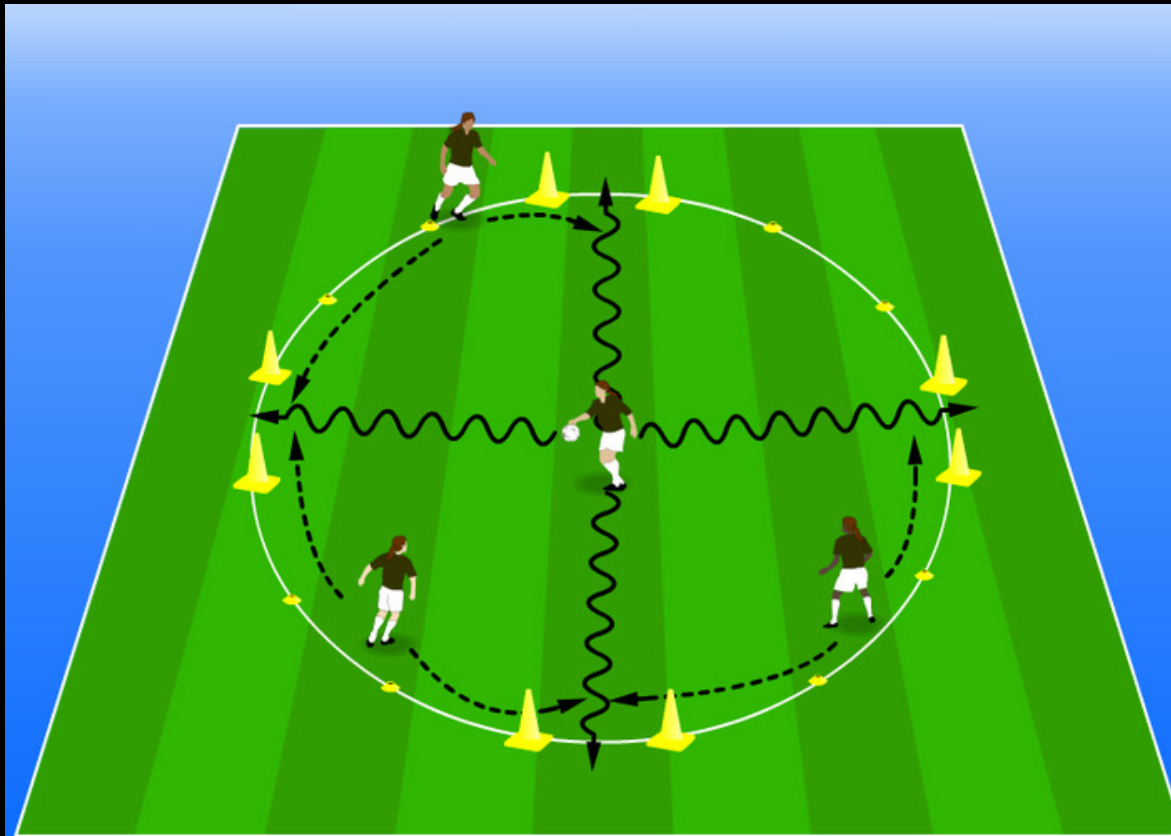
Equipment

- 8 Marker Cones
- 8 Tall Cones
- 1 ball

Safety Tips

- If the gate is blocked, go to another gate to prevent collision.
- Bend knees and point the toe towards where you are going when changing direction.

9) Defending Together



Created using SoccerTutor.com Tactics Manager

Tips For Success

- Don't each stand in front of a goal to block it as this leaves a goal empty.
- Adjust your position to help cover multiple goals and each other.
- Central player can change direction randomly to challenge central players to adjust quickly.

Independent Personalisation

- Decrease/increase the gate sizes.
- To extend, allow the central player to run with the ball in their hands.
- Add an extra goal to extend further.
- Expand circle, 6 defenders, 8 goals and two central players with a ball each.



Rules

- One player starts in the middle and attempts to dribble (bouncing ball every 2 steps) through any of the 4 gates.
- The other 3 players work together to block the 4 gates. However, they must stay close to the round line.
- If an outside player intercepts the ball, they must give it back to the central player who returns to the middle before continuing.
- Once the player in the middle is successful, or after about 1 minute they swaps roles with someone else.