

4v3 plus Keeper



The Game: 4 Red players attack 3 Blue players plus one keeper. When Red scores, the defenders win the ball, or the keeper makes a save; the attacking team (Red) now needs to have a player sprint back to become the goalie. The other 3 Red players' stay on to defend. If the defenders (White) won the ball, they should play back to their keeper, this will allow for the attackers to transition to defender plus keepers.

Note: The goalie is pictured in

Yellow to provide clarity. It is unnecessary to designate a certain player to play the goalie role.

Focus:

- Attacking- scoring goals, creating triangles to support the ball. The attackers' should have a good opportunity to score goals on every possession. Can we get the "3rd man running", overlap, wall passes?
- Defending- Limit the attackers options, defend in a triangle, and make play predictable for the goal keeper. Win the ball back.

Pictured Below: (White in Possession)



If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/1st Activity:

3v1 plus Keepers

Chain Passing

Progress to:

5v3 plus 2

5v5 Must be Over Half Field