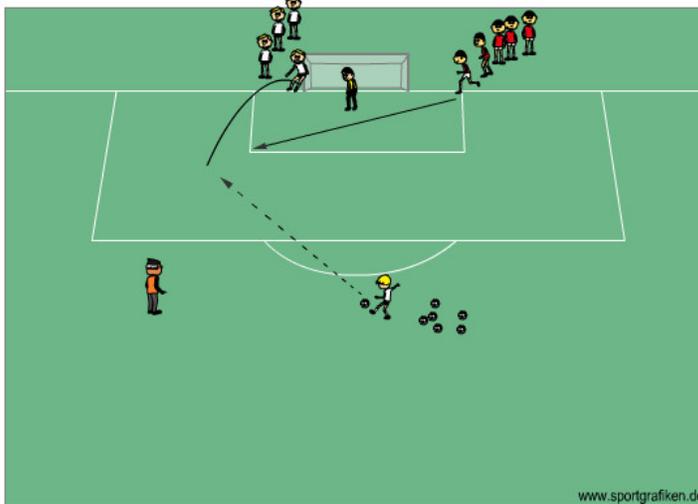


Anson Dorrance Back to Goal Exercise



The Set-up: Play inside the penalty area. Divide the group into two equal teams with one player (or coach) acting as the server. Have plenty of balls.

The Exercise: The movement begins when the first white player in line touches the post. This is the visual cue for the server to enter the ball. The white player “checks” to receive the ball from the server. As the ball is being played the first red player quickly moves out to defend. A 1v1 ensues.

Focus:

- Receiving while under pressure
- Entry pass
- Closing the space
- 1v1 attack
- 1v1 defending
- Finishing
- Communication (keeper to defender, server to attacker)

Teams should switch roles after a set time (3 minutes). Keep score!

1st progression

Same Exercise, but now split the attacking line in half with some starting as servers and the others as receivers starting from the end-line. The movement still begins when the first white player in line touches the post. This is the visual cue for the server to enter the ball, but now after entering the pass to his/her teammate the server moves to support creating a 2v1.

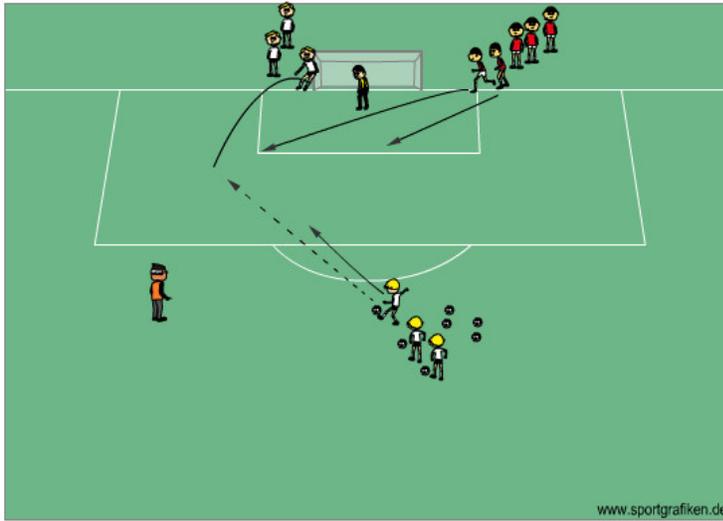
As the ball is being played the first red player quickly moves out to defend. A 2v1 ensues.

Focus:

- Angle of support
- Distance of support
- 2v1 attack
- Defending numbers down
- Communication
- Finishing



Final Progression



Same Exercise as above, but as the ball is being played the first two red players move quickly out to defend. A 2v2 ensues.

Focus:

- Angle of support
- Distance of support
- Pressure, Cover
- 2v2 attack
- Communication
- Finishing