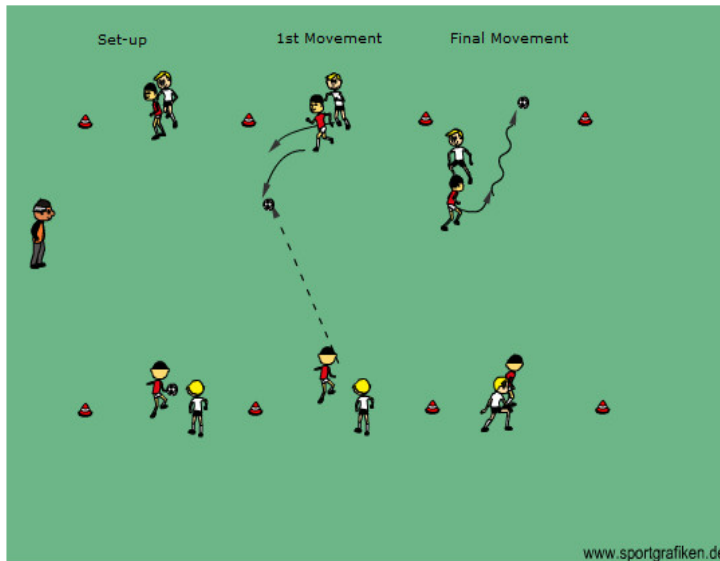


Group of 4 Back to Goal Training



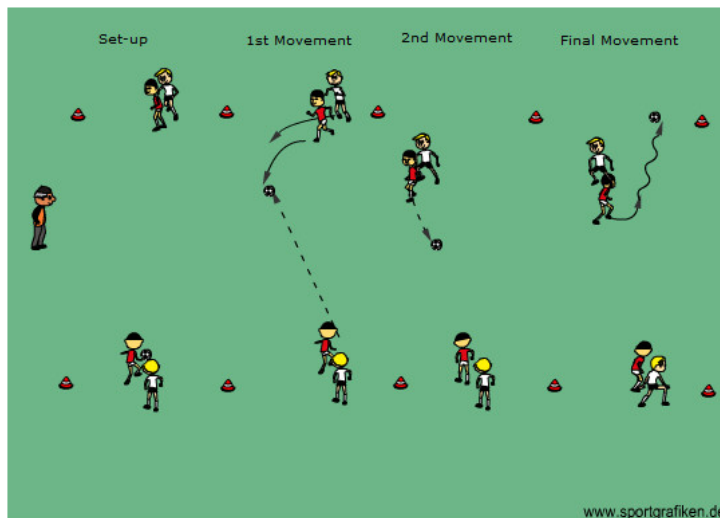
The Set-up: In a 15 yard long x 12 yard wide grid, each group of 4 has one ball. One player in red has the ball, while the other red player starts at the opposite end of the grid with a “passive” white defender on his back. The other white player is temporarily resting.
The Exercise: The red player without the ball “checks back to the ball” at an angle to receive a pass from his teammate. The white defender shadows the red attacker, but does not try to win the ball. The red attacker should cut the ball back across the defender and

dribble the line at speed.

Note: The same movement would now occur on the opposite end. White and red should switch roles every other time.

Focus:

- Explosive check to the ball at an angle (this will create separation from the defender)
- Attacker can you “take a look” as the entry ball is traveling?
- Accurate & properly weighted entry passes from teammate
- Sharp turn across the defenders (against the grain)
- Dribbling at speed

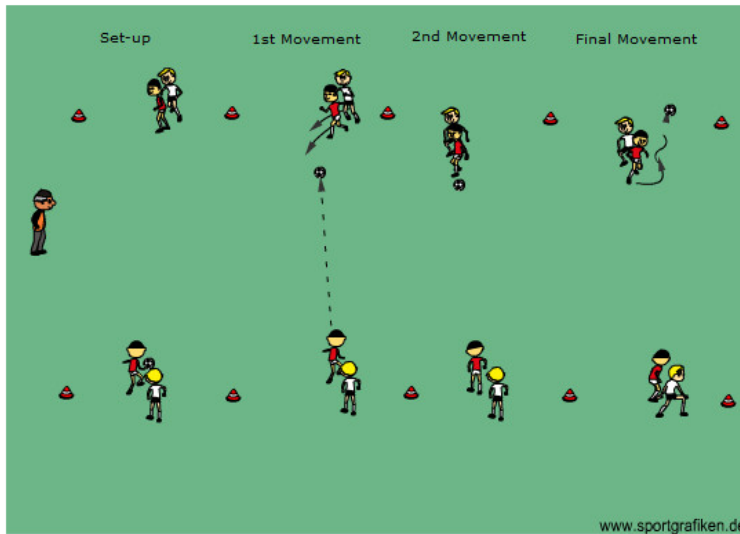


The Set-up: Same as in initial exercise.

The Exercise: The red player without the ball “checks back to the ball” at an angle to receive a pass from his teammate. The white defender once again shadows the red attacker, but does not try to win the ball.

The red player gives himself a “self pass” of two to three yards away from the pressuring defender, quickly turns to “face up” the defender, and dribbles the line at speed. The self pass should be made on the first touch (preferred)

or 2nd touch (if needed).



The Set-up: Same as in initial exercise.

The Exercise: The red player without the ball begins to “checks back to the ball”, but stops short and “posts up” the defender. The attacker should keep his/her body wide for as long as possible. As the entry pass gets within approximately 3 yards the attacker should quickly get side on and secure the ball. The attacker should try to “roll off” of the defender and dribble the line.

Variation: Ask the player that is entering the ball to juggle the ball a few times before the movement begins.

Full pressure: After going through the various movements with passive pressure play a “live 1v1 game” for 5 minutes.

Scoring option 1: Player receives 1 point for dribbling the line against full pressure.

Scoring option 2: Player receives 2 points for dribbling the line against full pressure while teammate who entered the pass receives 1 point for providing the entry pass on a successful attack.