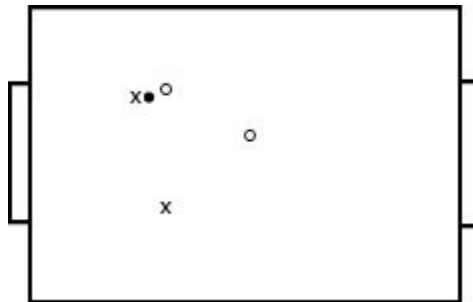


First & Second Defenders/Attackers Exercise

Today's activity works on first and second defenders and attackers. It's also an extremely competitive game that is great conditioning as well.

Play 2 v 2 on a 20 x 15 field with full sized goals (or big Coerver Goals). The reason this works so well on first defender and second defender is that without a keeper, if a first defender doesn't put pressure on the ball the first attacker has an easy shot on goal. Also, if the defenders don't work in tandem and instead one player chases the ball instead of dropping into support, the defense will break down quickly and it will make for an easy goal scoring opportunity. See diagram below for the basic set up



Play for 90 seconds and then rotate a second group onto the field.

This is also a great way to work on good support and two person combination play as well as communication.

Next you can add in keepers to work on more possession offensively and more communication and more realistic defense as well.