

Attack vs. Defence Shooting and Defending Drill

Chris Johnson 339,711 Views Rating 4.17 (155 Reviews)

The Attack vs. Defence Shooting and Defending drill is one that the kids love. The players will get to work on both attacking (shooting) and defending skills and if ran correctly, very fast paced.



Attack vs. Defence Shooting and Defending Drill

This Attack vs. Defence Shooting and Defending Drill works on both attacking and defending skills.

Drill Setup

1. Create a grid that is as wide as the penalty box, and approximately 25-30 yards from goal.
2. Place a goalkeeper in the goal.
3. Split the remaining players into two groups (Red and Yellow).
4. The two groups will line up on opposite sides of the file on the cone set farthest from the goal.
5. Make sure that every player has a ball.

Drill Instructions

1. On the coach's command, the first player in the Red group dribbles the ball with speed at the edge of the penalty box and quickly has a shot as they approach.
2. Immediately after the Red player shoots, the first player from the yellow group dribbles at the penalty box as the Red player defends his attempt.

3. After the Yellow player shoots, they immediately defend the next red player who is now attacking.
4. Repeat this rotation throughout the drill.

Drill Variations

- NONE

Drill Coaching Points

Attacking:

- Make sure the attack is quick, controlled, and the player gets the shot off quickly
- Put the shot on target even when under pressure.
- Dribble with speed.

Defending:

- Transition Quickly from Offense to Defense

Equipment

- Disc Cones - Mini or Full-Size Disc Cones are a critical piece of equipment that every soccer coach must have in your equipment bag.
- Scrimmage Pinnies/Vests - Scrimmage vests, also called bibs or pinnies, are also another must-have in your soccer coaching equipment bag.
- Soccer Practice or Training Balls - Every player should have a soccer balls at practice to have a successful training session.
- Full Size Goal - Full Size Goal

Drill Ages

- 9 - U9, Under 9, 9 and Under
- 10 - U10, Under 10, 10 and Under
- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under
- 13 - U13, Under 13, 13 and Under
- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under
- 17 + - U17, U18, U19, U20, and Older

Soccer Drill Skill Focus

- Dribbling - Soccer Dribbling Drills
- Defending - Soccer Defending Drills

- Attacking - Soccer Attacking Drills
- Shooting - Soccer Shooting Drills
- Goalkeeping - Soccer Goalkeeping Drills

Soccer Drill Titled: Attack vs. Defence Shooting and Defending Drill

Tagged: Attack vs. Defence Shooting and Defending Drill

Published by: Chris Johnson