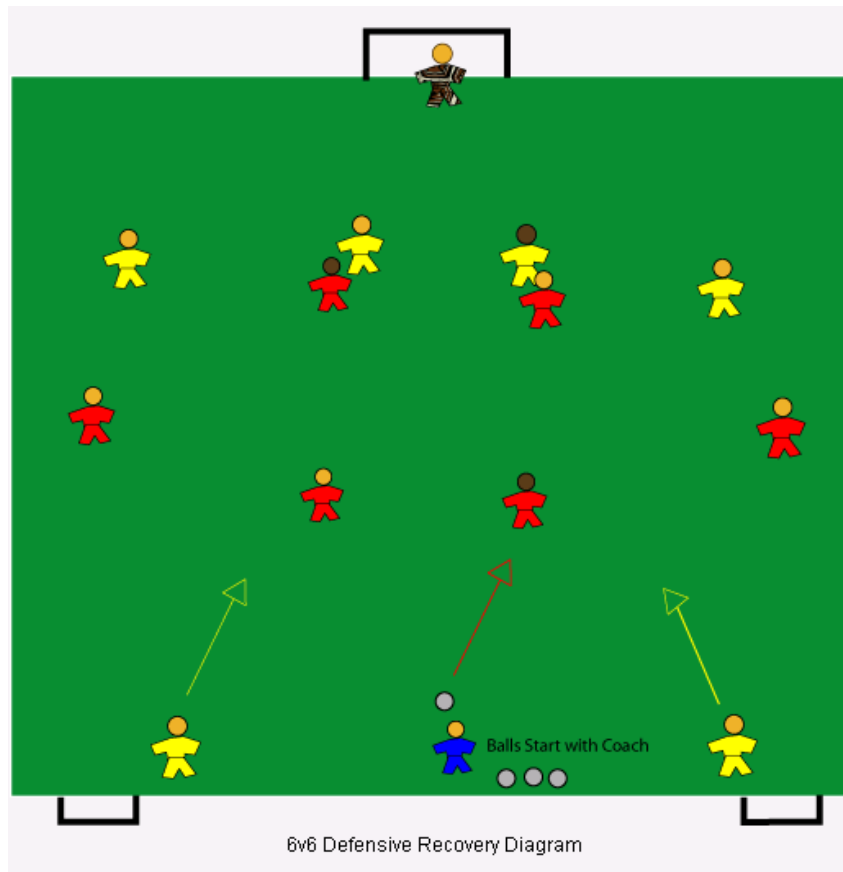


6v6 Defensive Recovery



Steps:

1. The drill is played on a half field with one large goal on the end line and two small goals at midfield. See diagram.
2. Six attackers try to score on the large goal against four defenders, two recovering defenders, and a goalkeeper. Play starts with a pass from the coach. Two defenders start at midfield and wait until 5 (or more) passes are made before they recover into their defensive positions.
3. The rest of the defenders must shift together, communicate well, tackle hard, and clear the ball when necessary to delay the attack so that the remaining defenders can recover in time. If possession is won by the defenders they get one point if they can pass a ball through the two small goals at midfield. This develops good habits as passes wide should be less dangerous than passes down the centre. This pass simulates the outlet pass and the start of an attack.
4. The attackers get three points for each goal scored. Keep score to encourage good effort on each side.
5. Play offsides, throw-ins, corners and free kicks as usual.

Setup:

13 players: (6, attackers, 6 defenders, 1 goalkeeper).

1 Server

Variations:

Limit the touches of each player to increase difficulty and to encourage faster play and speed of thought.

Tips:

Defenders must shift when the ball switches from side to side, close passing angles quickly, and communicate often to prevent scoring chances and delay the attack. Coaches should point out mistakes made and make adjustment.