

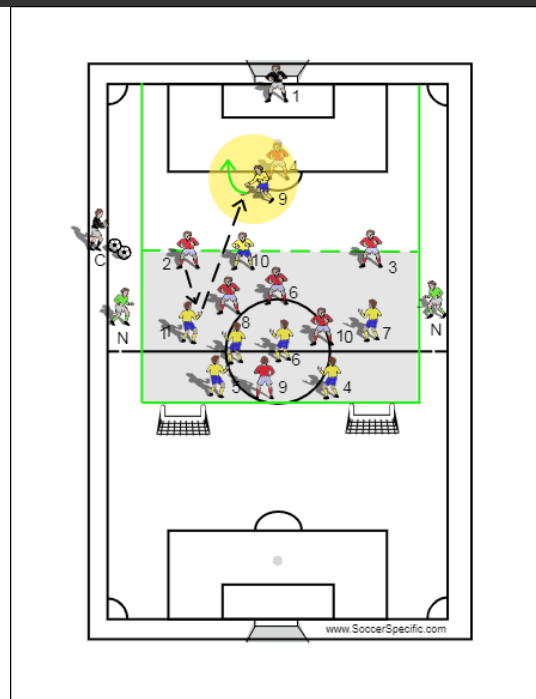


Fast Attack 8V8+2

Date: **Nov 01, 2019** | Duration: **20 Min**

Team: **SoccerSpecific**

Intensity: ● (8/10) | Category: **Tactical**



1

Setup: Fast attack transition from defense to offense. 8V8+2 set up as shown.

Instructions: Red team starts with the ball and tries to score a goal on either mini goal. Yellow team defends and tries to win the ball to initiate a fast attack to the big goal. After yellow wins the ball they try to find the #9 as quickly as possible to start a counter. All players may defend in the attacking zone. Yellow team tries to score within 6-8 seconds. Top of 18 yd box is offside line for #9. Ball starts with coach.

Coaching Points: Hard runs to exploit spaces with at least two runners, early pass into space, support ball carrier in case possession is lost.