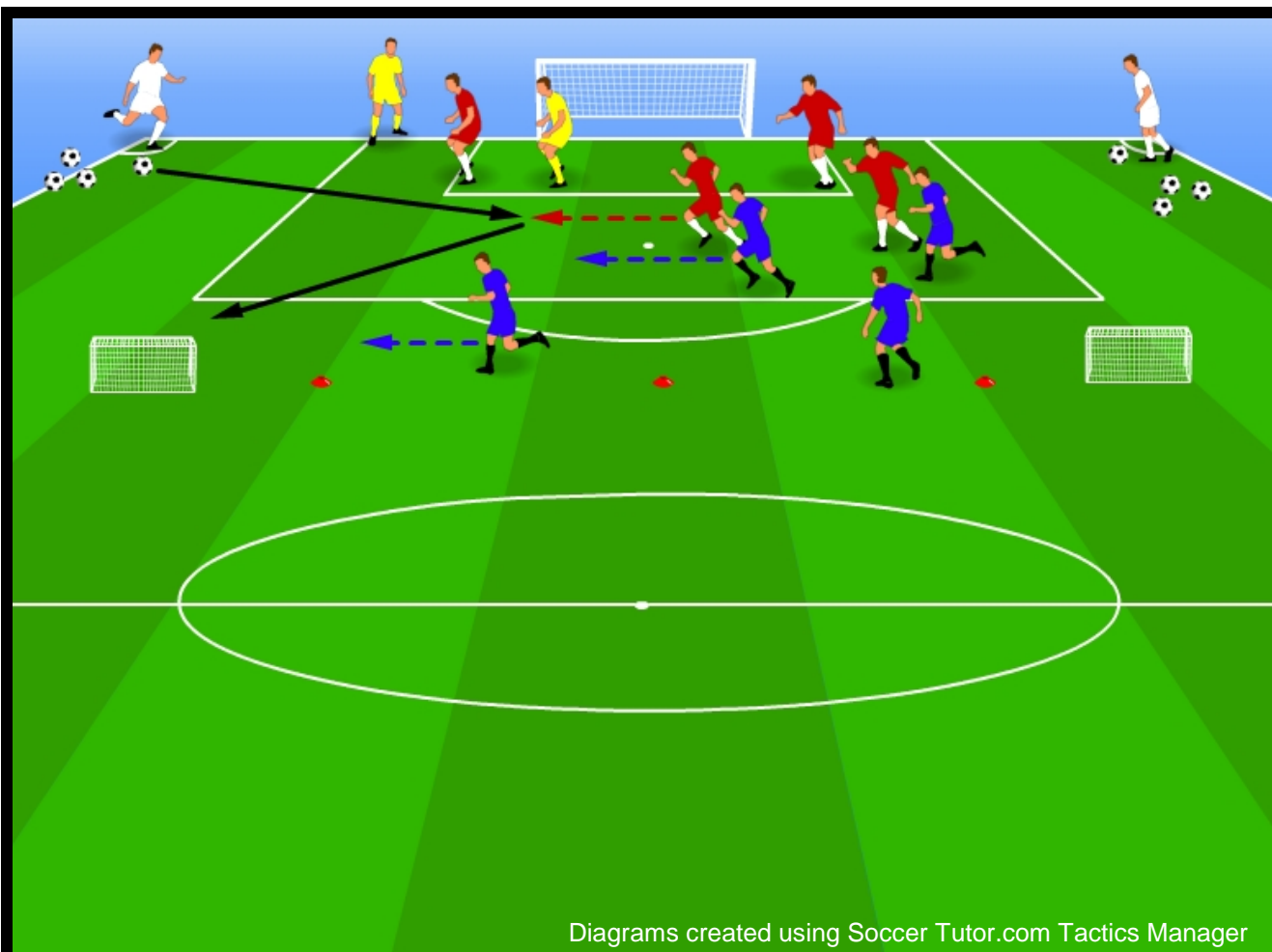


Clearing the Box

Penalty Area

Group Defending



Set Up: There are eight players set up in the attacking third, playing 4 v 4.

Procedure: During the drill, the four defenders play 4 v 2 inside of the penalty area, with two additional attackers playing outside of the area. The Feeder begins play with a cross, and the defenders try to clear the ball beyond the boundary line and into a small goal. If the clearing attempt is short, the attacking team can take it right back to goal. When goals are scored or the ball is put out of play, The Feeder re-starts the drill with the next cross. The two groups switch places after ten crosses.

Teaching Topics:

- 1 Heading.
- 2 Defensive position.
- 3 Marking.

Progressions:

- 1 Add two attackers on the outside and play 6 v 4.

Coaching Points:

- 1 Clearing headers have to be directed up and out towards the flanks.
- 2 Constantly work to be closer to the ball and closer to the goal than your man is.
- 3 See the man, see the ball, and stay touch tight to your man.