# Beating a Packed Defense

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<th>Organization</th>
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<th>Diagram</th>
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<tr>
<td><strong>Unrestricted to One Goal</strong></td>
<td></td>
<td></td>
<td>✓ Body mechanics and proper technique</td>
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<td>Each player with a ball and individually numbered (i.e., 1, 2, 3 and so on) with goalkeepers to one large goal (30 x 20 area). Area is centered 10 yards outside the penalty area. Stretch.</td>
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<td>✓ Body shape and balance</td>
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<td></td>
<td>- Inside the 30 x 20 area, coach calls out a number, that player then dribbles out of the grid and into the shooting zone in front of the penalty area and takes a shot. Repeat.</td>
<td><img src="image" alt="Diagram" /></td>
<td>✓ Preparation touch before striking</td>
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<td>- Same as above, but now the coach is positioned at the top of the penalty area. When a number is called, that player finds space and hits a one-two pass to the coach and takes a shot. Repeat.</td>
<td></td>
<td>✓ Placement versus power – put balls on frame</td>
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<td></td>
<td>✓ Proper striking surface</td>
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| **Restricted to Two Goals** | | | ✓ Look for combination and long range shooting opportunities |
| 6 v 6 with goalkeepers to two large goals (44 x 36 area or as needed). 4 v 2 in each half – players stay in their own half. | | | ✓ Correct attacking shape and balance |
| | - Attacking team looks for early opportunities to shoot or maintain possession to free themselves for shots on goal. | ![Diagram](image) | ✓ Positioning to gain an advantage |
| | - Progress by allowing a 3rd attacker to enter the area. | | ✓ Deception and disguise |
| | - Look for quick combination opportunities (award two goals). | | ✓ Aggressive and positive mentality – be resilient |
| | - Remove the central line and play. | | |
# Topic: Beating a Packed Defense

## Two Goals with Channels

| 6 v 6 with goalkeepers to two large goals (70 x 40 area or as needed). Create a channel on each side (10 to 15 yards wide). Use full width to encourage attacking into wide spaces. | - Two attackers are allowed in the outside channels and only one defender. This creates 2 v 1 opportunities on the flanks and begins to stretch out the defending core.  
- Attacking wide spaces and encouraging shooting from a distance are vital to breaking down a team that “packs it in.” | ✓ Attack the flanks to unbalance and stretch the defense  
✓ Look for opportunities to switch the point of attack  
✓ Proper timing of 2nd and 3rd man runs  
✓ Possession with a “purpose” |

### Diagram:

![Diagram of 6 v 6 with channels]

## Two Goals

| 7 v 7 with goalkeepers to two large goals (70 x 60 or as needed). | - Possible formation 2:3:2.  
- Maintain natural width of field.  
- No restrictions. | ✓ Be patient in possession and allow opportunities to develop  
✓ Find the most efficient way possible to score  
✓ All of the above |

### Diagram:

![Diagram of 7 v 7 with channels]

## Cool Down

| Players jog (dynamic movements). Stretch. | - Focus on major muscle groups. | ✓ Reduce Heart Rate  
✓ Static Stretching  
✓ Review Session |