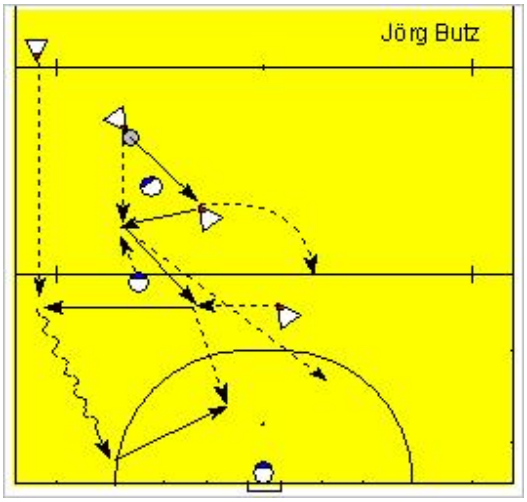
Tactical training
Examples of forms of training



Goal of the exercise
4 players attack along the wing using different moves towards a goal with a keeper and 2 defenders.

Movements along the wing
A dribbles towards their opponent and beat them using a 1-2 with player B. Then A dribbles towards the next opponent who is beaten by a 1-2 between A and C. However the return pass from C goes out to the wing where player D has come forward. D dribbles to the goal line and crosses for A and C who run in. B gives cover.

Variations
Player A may beat their opponent by dribbling and pass to D directly themselves. (This practises making decisions in match situations)
1 extra defender in front of goal