

THE FIVE REASONS GOALS ARE SCORED

When you are playing or watching soccer, try to figure out why the goals are scored.

	Reason	Things to do when Defending (To Prevent Goals)	Things to do when Attacking (To Create Goals)
1	Failure to challenge for the ball	One player (ONLY one player!) should apply immediate pressure on player with the ball. Other supporting defenders should remain several yards away with one eye on other players in the area, but ready to challenge ball if the first defender is beaten.	Carry the ball (dribble forward) if there is no defender in the area. Force the defenders to deal with you! The faster you penetrate, the harder it is for defense to adjust. Try aiming for a hole between two defenders, forcing them to make a choice.
2	Failure to support the player challenging for the ball	If beaten, make recovery run towards the goal we are defending. (Goal Side Run) If first defender is beaten, a second defender should be close enough to shut down the attacking player.	Look for 1v1 opportunities in the attacking third. Immediately pressure a defender who is alone with the ball. Other attackers can shut off the passing lanes. Don't let them out!
3	Failure to pick up players moving into dangerous positions	Track players - avoid "ball watching" – keep an eye on players in your area as well as the position of the ball. Communicate with other defenders so everyone knows who has each player: "I got #6!"	Attack in numbers. Attack in unpredictable ways (not always a straight line) to unbalance defense and get players open to receive a pass.
4	Giving away the ball in the defensive third of the field	Support each other well in the defensive third. Avoid careless and/or square passes. Be sure to look first when passing back. Keep possession on our throw-ins and goalie throws/kicks.	Force turnovers in the attacking third of the field by pressuring right away when the ball is lost. Mark players who are trying to receive a ball from the goalie or another defender.
5	Failure to react to set plays	Mark players on other team's throw-ins and free kicks. Be in the right place on our own goal kicks and the other team's corner kicks. Learn who the dangerous players are on other teams: long shooters, big players who can win air balls, etc. and shut them down (by double-teaming occasionally, if necessary.)	Develop throw-in plays to free an attacker Rehearse goal kicks, corner kicks, and free kicks – identify target players and kickers Practice penalty kicks

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