

5V2 KEEP AWAY

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Transition and attacking rhythm
- + Switching the point of attack
- + Counter attacking and finishing breakaways
- + Group defending.

Competencies:

- + Short and medium passing
- + Receiving using different surfaces of the body.
- + Mobility on and off the ball.
- + Attacking in pairs and small groups.
- + Defending in pairs and small groups.
- + Shooting technique

WHY USE IT

This activity emphasizes defending in pairs, focusing on pressure and cover.

SET UP

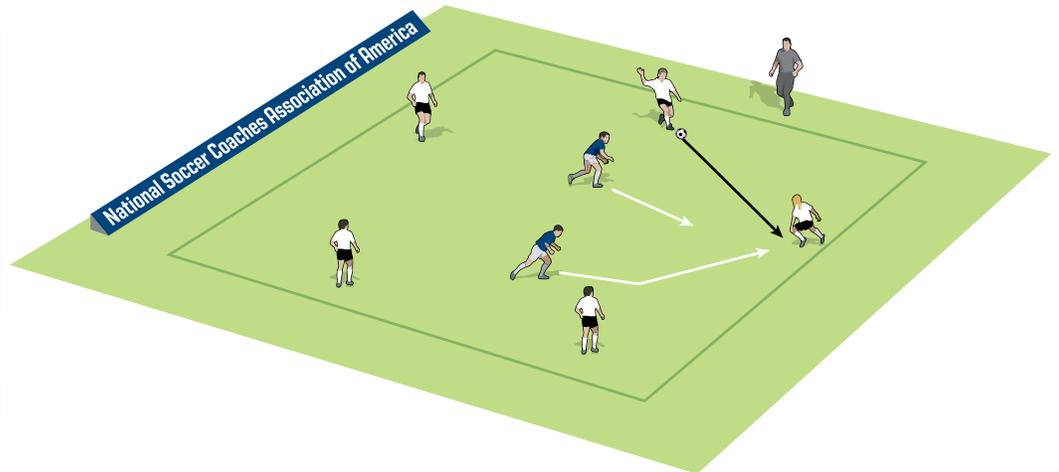
5 attacking players in a circle with 2 defenders in the center holding a vest.

HOW TO PLAY

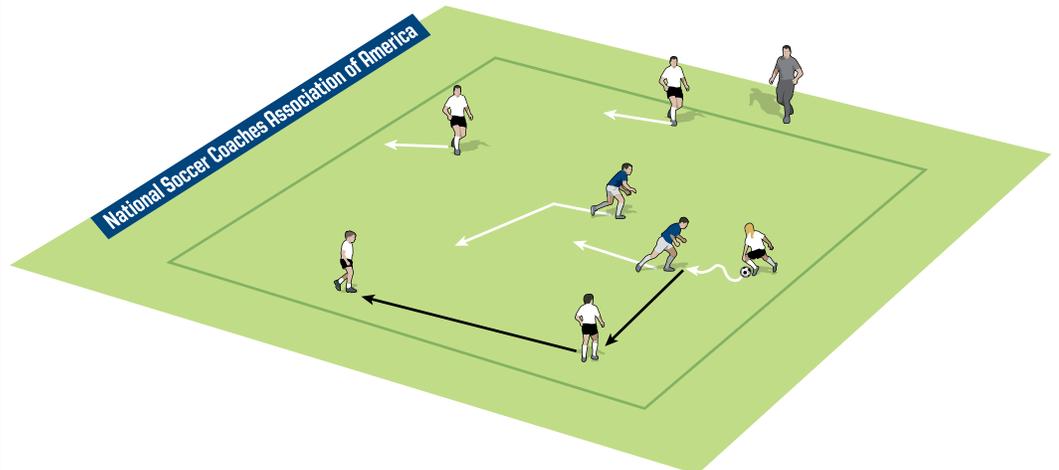
Play 5v2 keep-away, with a “minimum 2-touch” restriction for the outside possession players. If a player makes a poor pass, loses the ball to a defender, or violates the touch restriction, that player switches with one of the defenders and play continues immediately. If the attackers can “split” the defenders with a pass, the defenders must do 2 push-ups right away.

COACHING NOTES

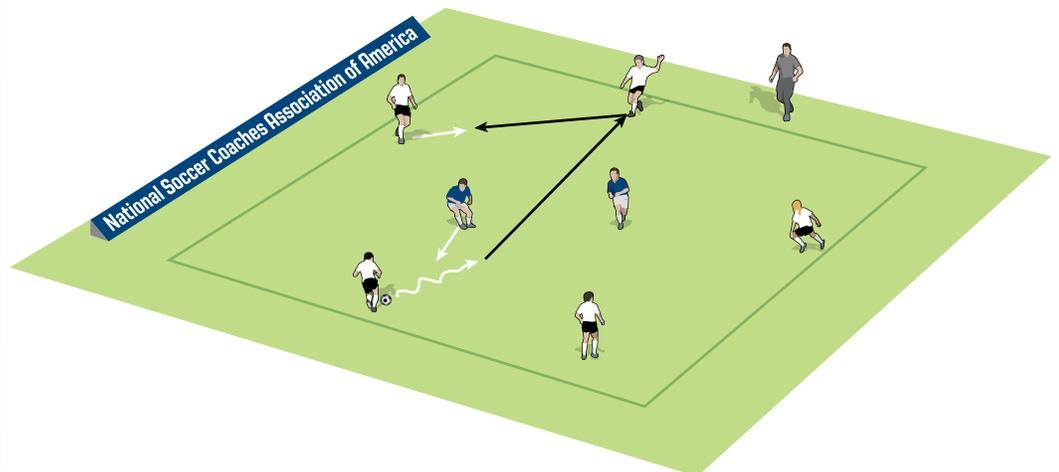
- + Coaching objectives – Defenders to work as a unit to limit passing and penetrating options - using good pressure, cover, and communication. Defenders will usually be most successful if they trade between pressure and cover roles, and not “chase the ball”.
- + Coaching tip – To increase competitiveness, randomly call “time!”, and have the two players in the middle do push-ups before trading out and restarting action.
- + Adaptations – Periodically adjust the touch restrictions, and include a requirement that the “ball must never die”.



- + The first pass is “free”, then the defenders attempt to win the ball
- + The defenders alternate pressure and cover roles



- + With a minimum touch restriction, attacking players are free to dribble
- + When the coach calls “time!”, the two players in the middle lose that round



- + If the defenders are split by a pass, they must do 2 push-ups immediately
- + Play continues while the defenders are on the ground doing their push-ups

