

2 VS 2 TO SMALL GOALS

STAGES COVERED BY ACTIVITY

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

THEMES & COMPETENCIES

Theme:

- + Passing combinations
- + Attacking transition.
- + Defending in pairs and groups.
- + Shooting

Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Attacking support.
- + Shooting technique

WHY USE IT

This activity gives pairs lots of repetition and opportunity to learn important principles of defending - pressure and cover.

SET UP

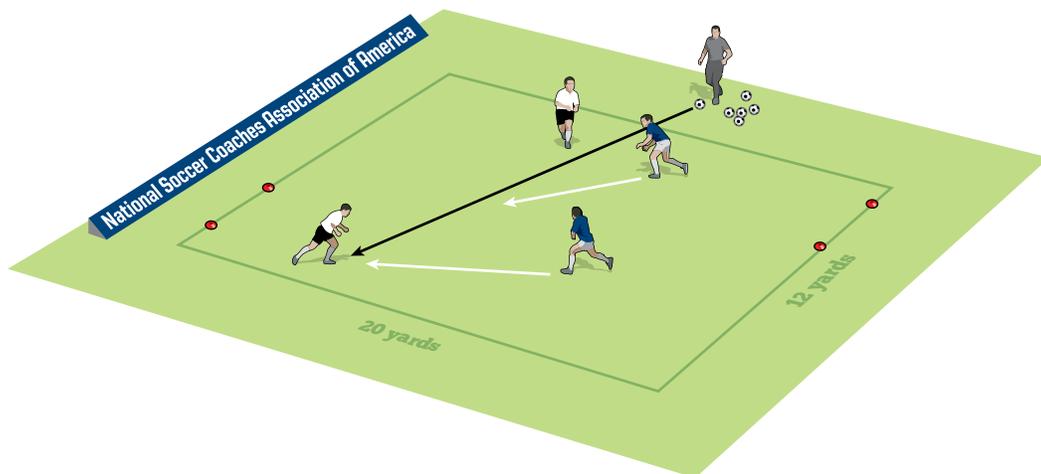
In a 20x12 grid place two small goals on a diagonal from each other. Play 2 v 2 inside the grid with the ball being introduced by a server each time.

HOW TO PLAY

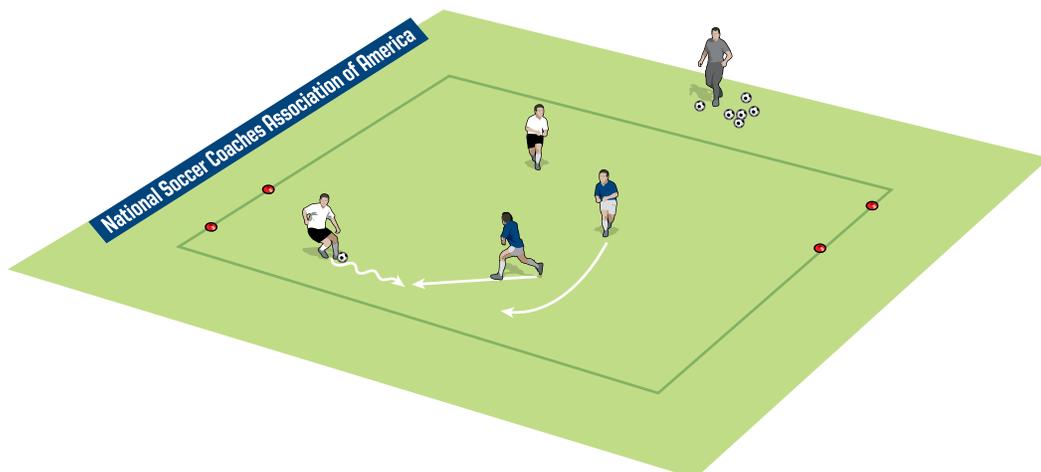
Both pairs start in their own half of the field to begin. The server should favor one pair or the other with the ball. The other team must communicate who will pressure the ball and where they will direct the pressure - inside, outside or backwards. One player will pressure the ball and the other will provide cover to effectively double team.

COACHING NOTES

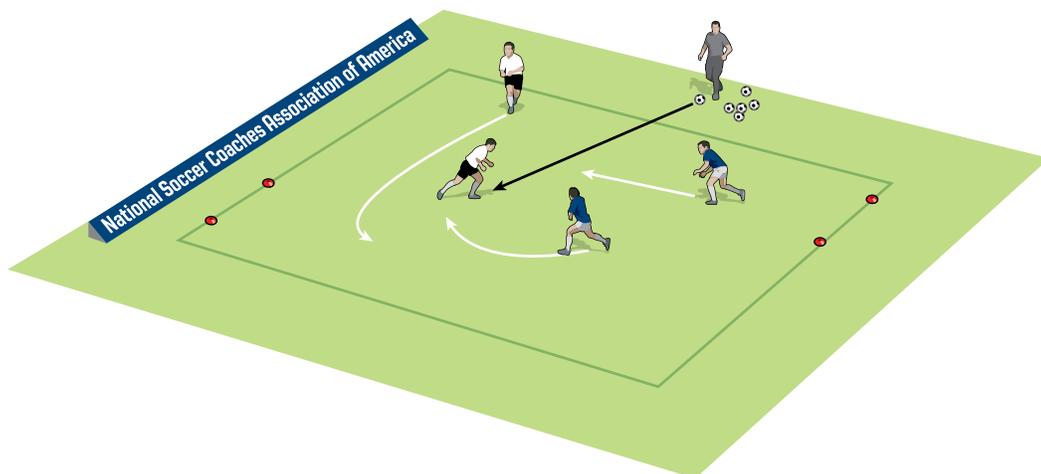
- + Coaching objectives - to train all players the fundamentals of small group defending. PRESSURE and COVER.
- + Coaching tip - vary the service and the start positions of players to create different scenarios for the players to defend.
- + Adaptations - replace goals with an end line to dribble in order to vary the challenge for the defending pair.



- + Closest blue player presses white as the ball arrives.
- + 2nd blue player moves to cover teammate.



- + As white receives the first blue player presses.
- + Blue pressure forces the attacker to the outside.
- + 2nd blue player runs to cover to the outside.



- + 2nd white player overlaps.
- + Blue pressure forces to inside.
- + 2nd blue player covers to inside.

