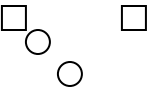
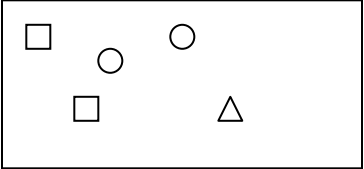
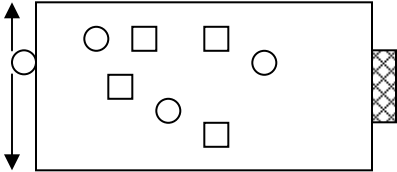





Name:

Topic: Defending 2v2

Date:

| <p>UNRESTRICTED SPACE – WARM UP</p>  | <p>ORGANIZATION</p> <ul style="list-style-type: none"> Players in groups of four Two attackers stand in a line and pass ball back and forth between them When the ball is passed the defenders move to pressuring and covering positions Each time the ball is passed the defenders switch roles | <p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Immediate pressure on the ball – takes away time and space Select proper angle of challenge – come at attacker at an angle to cut off options Select proper speed of challenge – quickly but not too fast as to be easily beaten Proper distance and angle of cover Cover defender tracks supporting players |
|--|---|---|
| <p>RESTRICTED SPACE</p>  | <ul style="list-style-type: none"> Team plays 2v2+1 in a 35-x-30 yard area Triangle is a neutral player who plays for both teams Teams try to complete 5 consecutive passes – get one point for doing so | <ul style="list-style-type: none"> Immediate pressure on the ball – takes away time and space Select proper angle of challenge – come at attacker at an angle to cut off options Select proper speed of challenge – quickly but not too fast as to be easily beaten Proper distance and angle of cover Cover defender tracks supporting players 1st def push 1st att to sideline or to 2nd def |
| <p>ONE GOAL WITH COUNTER</p>  | <ul style="list-style-type: none"> Play 4v3 to goal Team of four attacks goal After defending team wins ball they can score by passing to the target player | <ul style="list-style-type: none"> Immediate pressure on the ball – takes away time and space Select proper angle of challenge – come at attacker at an angle to cut off options Select proper speed of challenge – quickly but not too fast as to be easily beaten Proper distance and angle of cover Cover defender tracks supporting players 1st def push 1st att to sideline or to 2nd def |
| <p>GAME – TWO GOALS</p>  | <ul style="list-style-type: none"> 4v4 + GK game No restrictions on players | <ul style="list-style-type: none"> Observe to see if players are provide good pressure and cover |