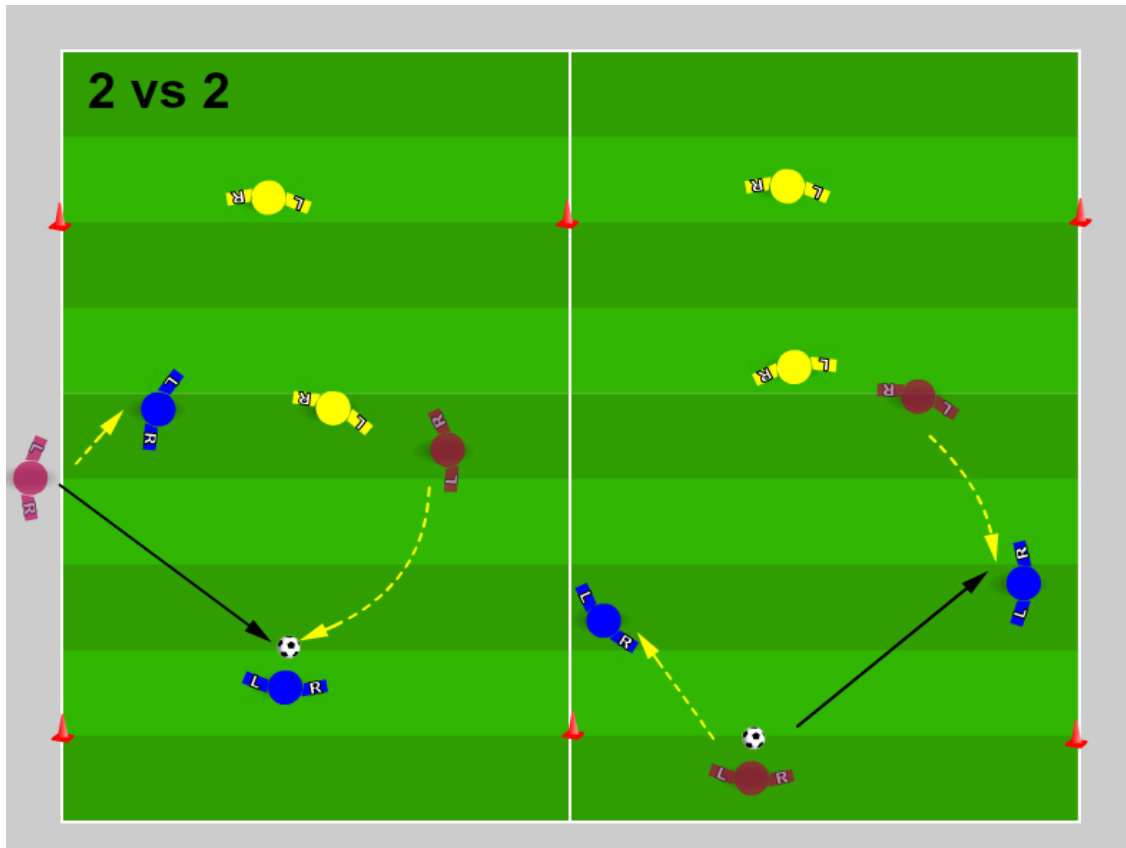




## 2 vs 2 - Peel off to receive the ball



**Date:** 24/Oct/2015

**Measurement:** 10 x 20 Yards

**Time:** 11:00

**Players:** 6

**Duration:** 10

**Level:** U5 - U14

**Objective:** Provide support for the player off the ball in the right angle and area of the field.

**Description:** The field is about 10-12 yards wide and 15-16 yards long. The start of the exercise is as before, but this time the server is allowed to get on the field to provide an option off the ball for the 1st attacker. The 2nd attacker (the server) can be included and used to create a 2v1. Once the 2nd attacker receives the ball, a 2nd defender is allowed to enter the field, which turns the game in a 2vs 2. Again, the server can start on the touch or backline.

**Coaching Points:**

- 1 - Peel off in an area of the field where you can receive the pass
- 2 - Try to peel off the weakside shoulder of your opponent. He can't keep an eye on both the ball and the player at the same time.
- 3 - Control the ball sideways on so you are facing forwards
- 4 - Make sure to provide support in the right area and in an angle

**Progression:** 3v3 scrimmages