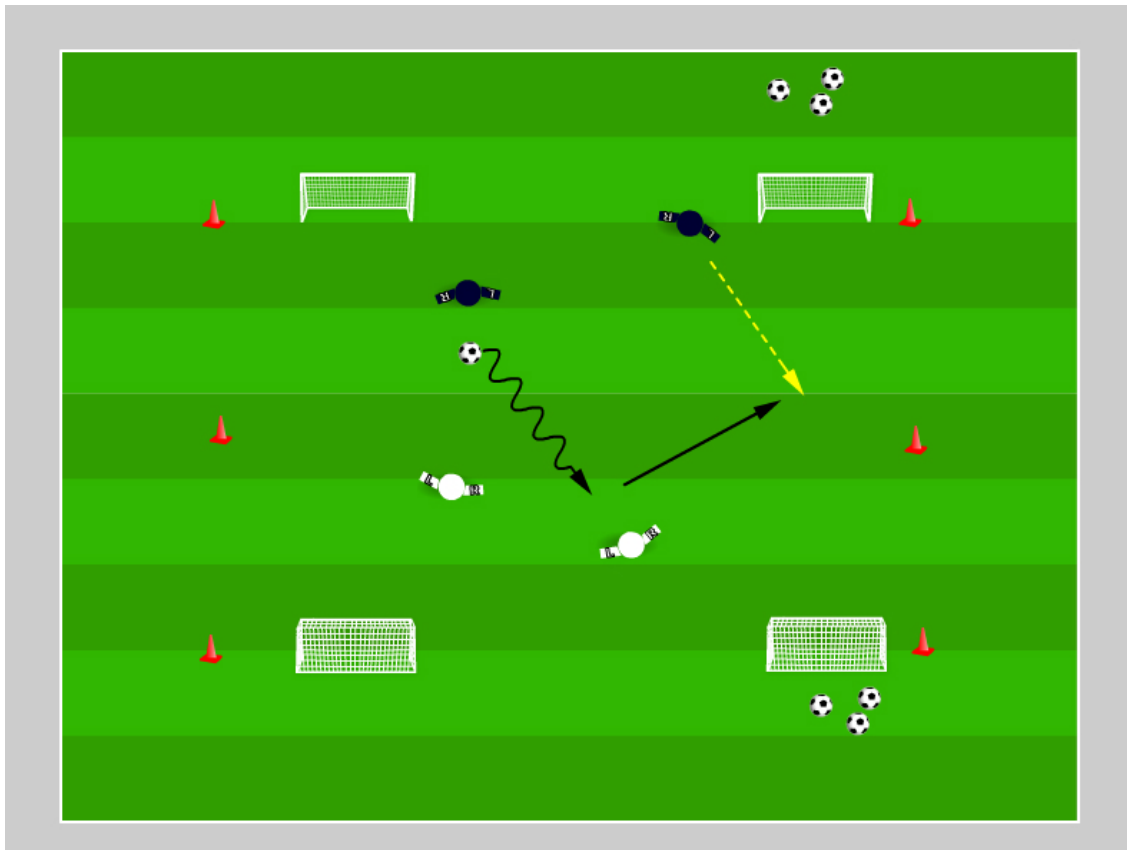




2v2 with 4 small gates



Date: 10/Oct/2015

Measurement: 20 x 20 Yards

Time: 11:30

Players: 4

Duration: 15

Level: U5 - U14

Objective: Can the team in possession find an opportunity to create a 2v1 and exploit that advantage.

Description: Playing field is about 20 yards wide and 15 yards long
Set up 2 small gates/goals about 2 yards wide on opposite ends to score on (4 in total).
To score a goal the team in possession has to finish on 1 of the 2 small goals.

Coaching Points:

- 1 - Create a 2v1 by dribbling the ball to the other defender (2nd defender). He or she then has to choose between the ball carrier or the supporting player.
- 2 - The supporting player needs to get open in a good angle and if possible in a wide area.
- 3 - Quality of the passes (angle, weight, accuracy).
- 4 - Good first touch in to space when receiving the ball

Progression: We can set up a 2v2 competition and divide all players in teams of 2.