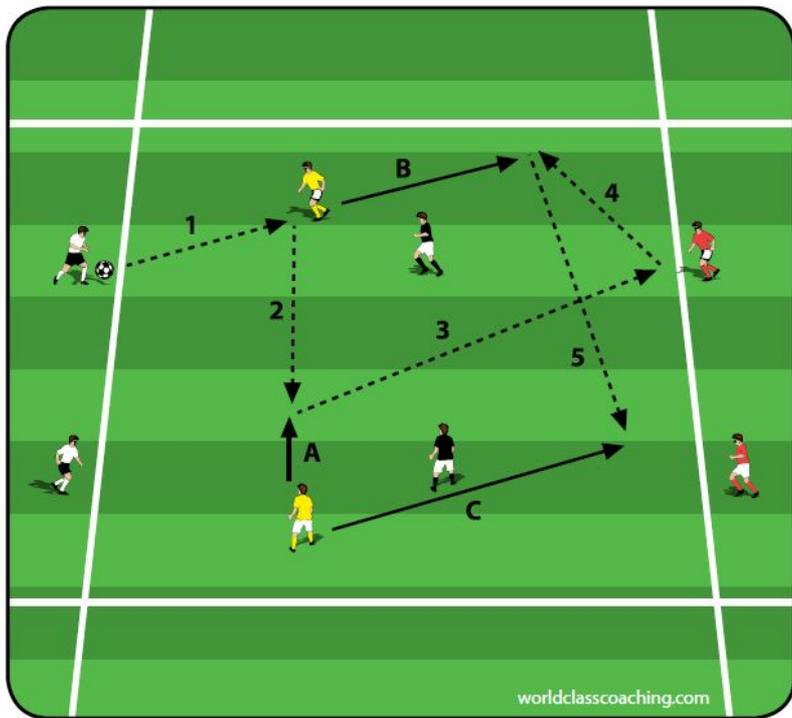


2 v 2 + 2 Support Play



Set-Up

- 20 x 20 m box
- 4 teams of 2 players each
- 2 teams play inside of box for 3 minutes, then switch with outside players

Coaching Points

- Body shape when receiving.
- Support player with the ball to create easy passes forward (a).
- 3rd man running scenarios to retain possession (b).

Players score by moving the ball from one end of the grid to the other. 2 supporting players increases the chances and use of width in the grid area.

Defensive management, how do we deny space and time for passes forward?



1 v 1 with support

Adjusted for numbers - 15 minutes

1v1 to small goals or to dribble through gates.

Ball is served in from one side.

Each team has supporting players on either side of the grid.

Player in the grid can pass to either outside player.

Effectively creates a 3 v 1.

Inside player moves to outside bumper after attacking.

Coaching points

Movement after pass.

Supporting players engaged and aware of how they can help.

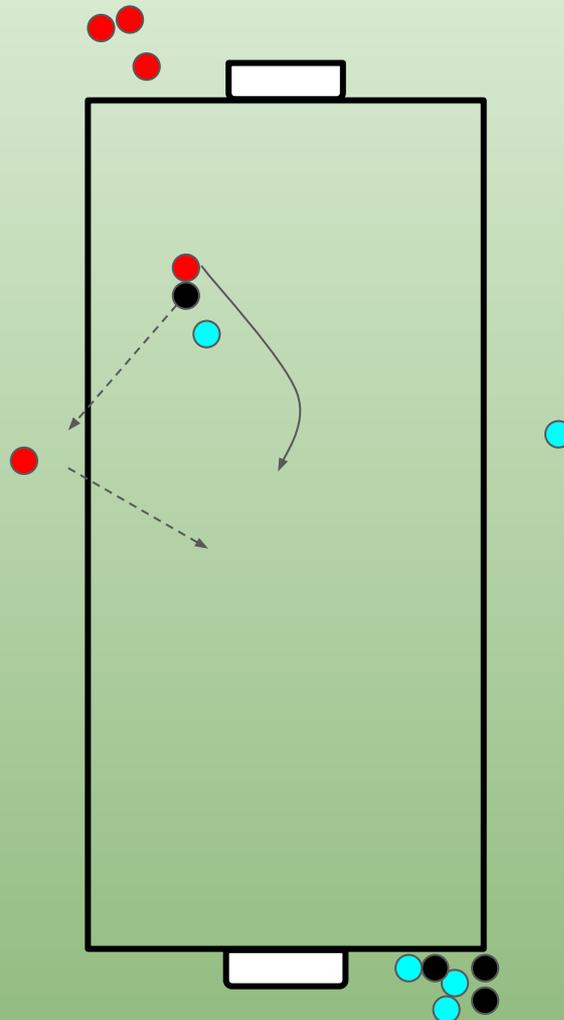
Weight of passes, body position, accuracy.

Progressions

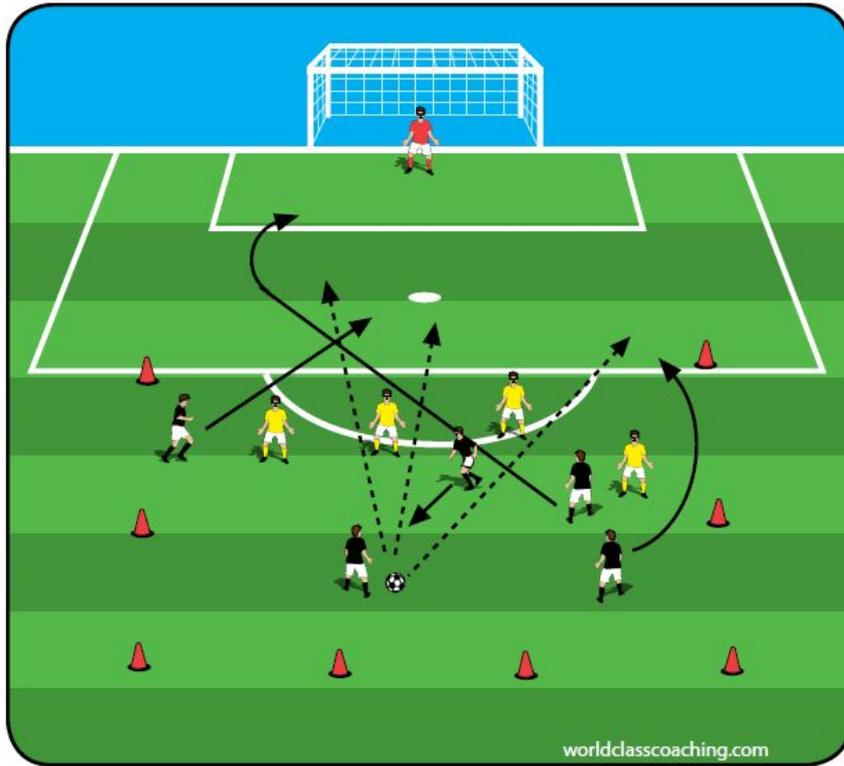
Outside players move to 1 or two touch

2 points for 1 touch finish

Serve ball to outside players to encourage attacking player immediately looking to get in behind



Small sided attacking



Set Up

3v3 or 4v4 to goal.
Small grid with offside to goal.
Keeper or small goal - adjusted to numbers.
Ball is served in by coach to start

Coaching Points

Looking for “numbers up” situation, imbalance defenders to draw a space for a “through ball” or a “slip pass”.

Use combination play and ball movement to create gaps.

Once a breakthrough happens, can we shoot quickly, is there follow up/support?

Defenders are looking to compact the space and prevent any passes behind their line.



Game

Breaking lines

Duration - 20' - Half Grid

Objective - Improve the players ability to see a space to attack with a penetrating pass

Organization:

- 4 v 4, 5v5 or add neutral as required (adjust numbers to fit)
- Each Team is set up in a Diamond Formation
- To Score, You must pass into the final third attacking zone to score 2 points, single point for a ball dribbled in
- Use Retreat/Offside lines to encourage movement and passing with a purpose

Coaching Points:

Movement after pass.

Supporting players engaged and aware of how they can help.

Should always have more than 1 option.

Weight of passes, body position, accuracy.

