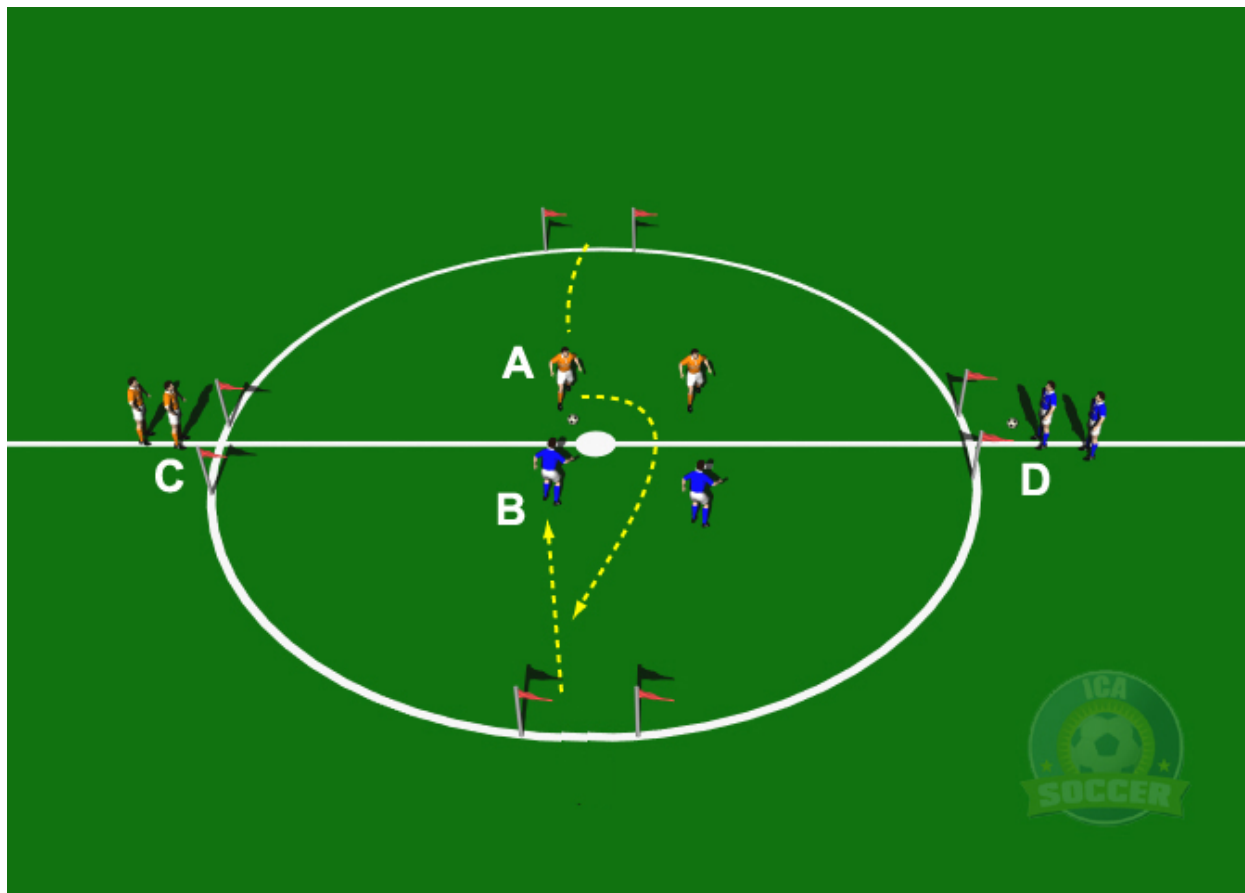


2 v 2 to Small Sided Goals



Exercise Objectives:

This is a 2v2 defending exercise that can be used for players at all ages and levels of ability. The coach should focus on technique of the defender in a 2v2 situation.

Field Preparation

- ☆ Entire Group
- ☆ Center Circle on field
- ☆ Cones or Flag poles
- ☆ Supply of Balls
- ☆ Colored Bibs

Coaching Pointers:

Divide your team into 4 equal groups. Position each group as in the diagram above. Group "A" plays group "B", and group "C" plays group "D". (Rotate groups frequently so they play different opponents).

The sequence starts when player "B" passes the ball to player "A". Player "A" then attacks player "B" with the ball and tries to score a goal between the two flag poles. If player "B" can win the ball he can counter attack and score. Once the play is dead. The drill is repeated from the opposite side with groups "C" and "D".

Progression: Progress to players now being able to also score in the side goals. So now they can attack side to side, or straight ahead, but still involving only 2 players.

Focus On:

- ☆ Quick tempo when attacking (speed is the key)
- ☆ Realistic full pressure defending.

Knowing "When" and "When" not to tackle is a very important quality for smart defending. Good defenders will pick the right time to win the ball, knowing that the pressure is on the attacker to beat his man. Experienced defenders will look to slow down the attacker and eliminate the momentum the attacker may have. This allows time for teammates to recover back goal side of the ball.

Tips to Consider:

Approach the attacker cautiously if he has good possession of the ball. Slow down your approach speed on your last few steps. Don't stop too close to the defender. This is when you are at your most vulnerable, because the exact moment you plant your feet to transfer your weight, good forwards will play the ball past you. You can compensate by stopping approximately 2 yards away from the attacker, then slowly edge in for the tackle. Watch the ball. Cunning forwards will use a variety of body and head feints to throw you off balance. Players lie, but the ball does not.

Timing a tackle is an art in itself. You must assess the flight of the ball quickly. Does your opponent have good control over the ball or are they still trying to get the ball under control? If their eyes are fixed on the ball and still trying to secure it, this is a perfect time to catch your opponent unexpectedly. Should your opponent have the ball under good control, caution is your best option.

Watch your opponent's head. Is their head down and looking at the ball or up and scanning the field of play? If it's down, go for the ball, if it's up, be patient. Wait until the attacker pushes the ball out of their feet to make your tackle. This is the point where the ball is furthest away from the body and harder to control. The longer you delay the attack, the more time it gives your teammate to recover goal-side of the ball. Don't dive into the tackle if you are the last defender. Stay on your feet. Use a slide tackle as a last resort.

Copyright SoccerCoachTV.com
May not be reproduced or distributed in any form