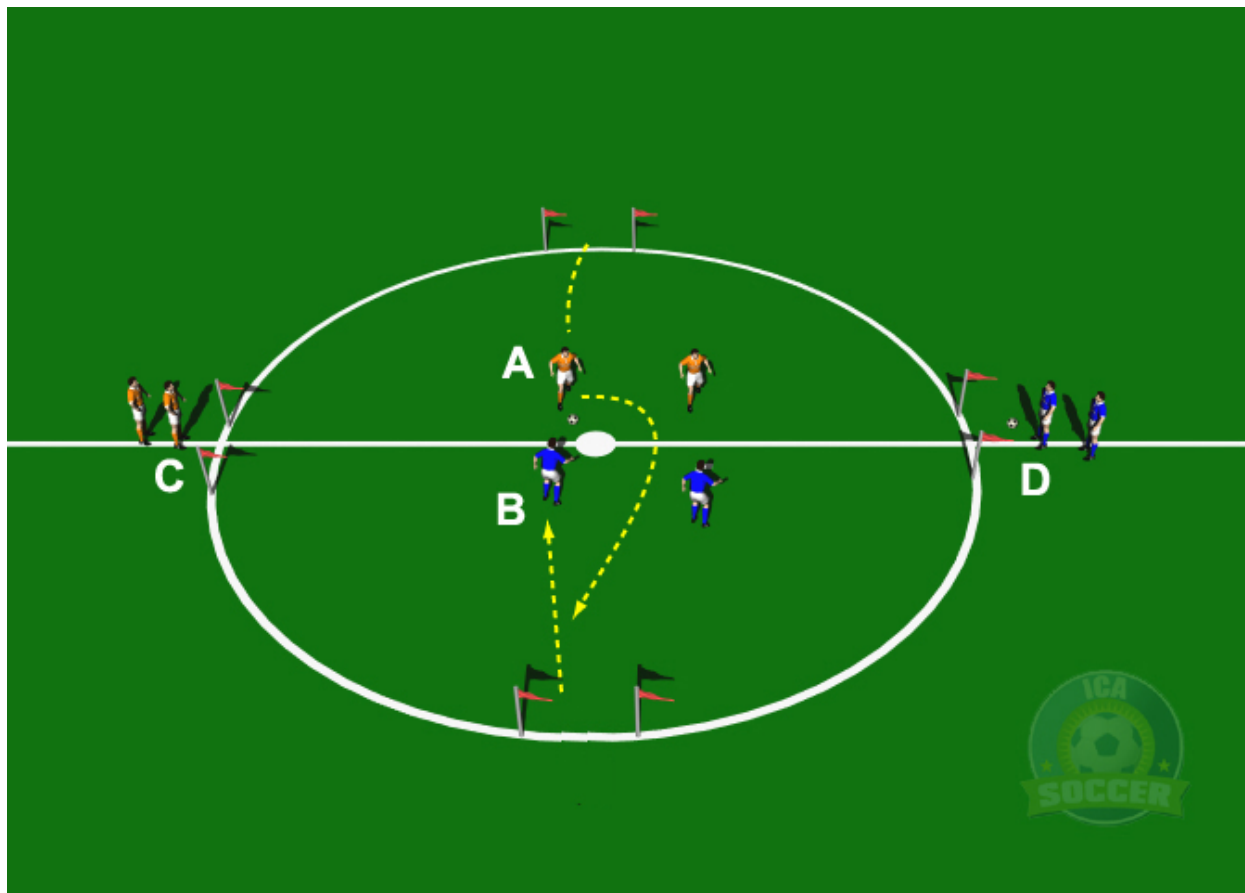


## 2 v 2 to Small Sided Goals



### Exercise Objectives:

This is a 2v2 exercise with an emphasis on the two attacking players. The coach should focus on technique of the attackers 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" and partner then attack player "B" and partner with the ball and tries to score a goal between the two flag poles. If player "B" team can win the ball they 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 4 players.

**Focus On:**

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