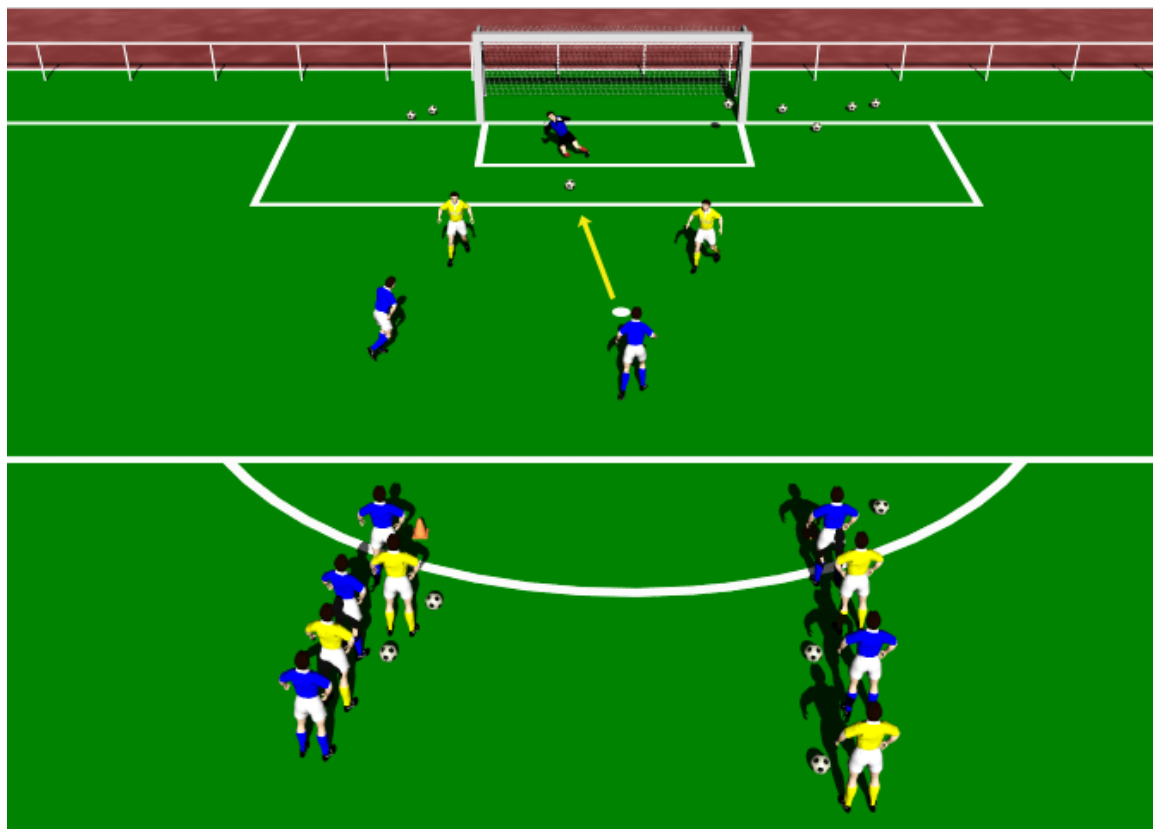


Man City 2v2 Shooting Game



Exercise Objectives:

This is one of those practices that players love to do. Its high tempo, fun and develops both offensive and defensive skills. It also gives your goalkeeper a great workout.

Field Preparation

- ☆ Goalkeeper
- ☆ 2 Even groups.
- ☆ Penalty Area
- ☆ Cones
- ☆ Supply of balls

Coaching Pointers:

Divide your team into two groups. Position your players as in the diagram above. The practice starts with two yellow players going to goal. Immediately after shooting the ball they must defend against the blue players in a 2v2 situation. When the attack ends, the yellow players returns to their group and the blue players now defends against the next two yellow player. Make a competition out of the exercise, first team to score 5 goals wins.