

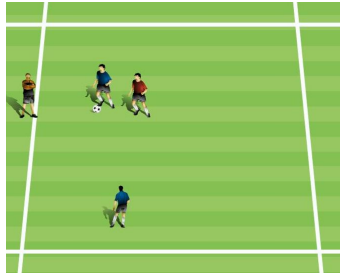


Week 4

2 v 1, 2 v 2 Defending

Activity 1: 2 v 1 Keepaway

Focus: Defending



1. 15 x 15 yard Grid
2. Players
3. Cones
4. Balls
5. Pinnies

Objective

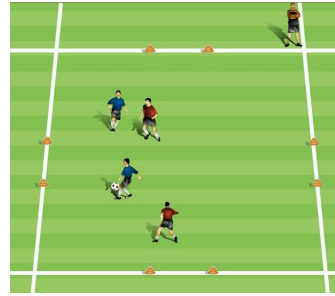
Place three players with one ball in the grid. The players will play 2 v 1 continuous keep away. Red player attempts to steal ball. If successful, simply give the ball back to the attackers and repeat.

Coaching Points

1. The two attackers combine to keep the ball away from one defender.
2. When the defender wins the ball, he/she immediately returns the ball to the attackers.

Activity 2: 2 v 2 to Four Cross Goals

Focus: Economical



1. 12 x 12 yard Grid
2. 4 Mini-goals
3. Group of players
4. 2 sets of pinnies
5. Cones
6. Large supply of balls

Objective

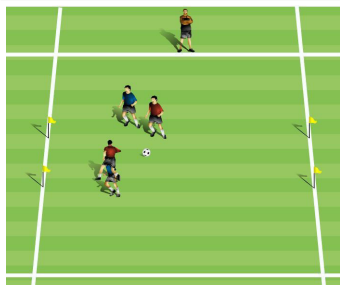
Coach divides team into two teams. The teams defend one goal and have the opportunity to score on the other three, the players must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 12 x 12 yards in size.

Coaching Points

1. Dribbling
2. Passing
3. Shooting
4. Receiving

Activity 3: 2 v 2 to Goals

Focus: Defending



1. 15 x 20 yards
2. Mini -goals
3. Group of players
4. Multi - fields
5. Cones
6. Balls

Objective

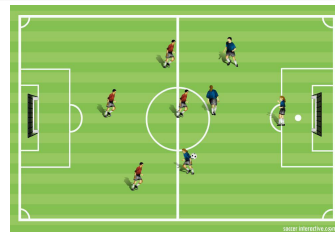
Coach calls out 2 numbers and the players run around the goal onto the field. The attacking players try to score by passing, dribbling and/or shooting the ball into the goal.

Coaching Points

1. Close down space quickly
2. Pressure and Cover
3. Recover the ball and counter attack
4. Double Team when attackers facing in negative direction, head

Activity 4: 4 v 4 Small Sided Game

Focus: Economical



1. 35 x 40 yards
2. Flags
3. Group of players
4. Mini -goals
5. Cones
6. Large supply of balls

Objective

Coach divides the players into teams comprised of 4. Set up as many fields as needed based on the number of players. Play a regular soccer game to goals with NO GOALKEEPER. US Youth Soccer modified rules are used.

Coaching Points

1. Team Shape
2. Body shape when receiving a pass
3. Keep the ball moving
4. Timing, angle and shape of runs

