

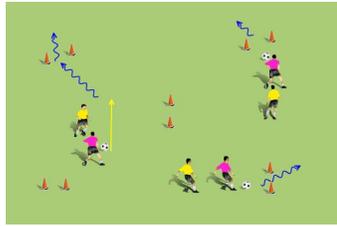


Week 7

2 v 1, 4 v 2

Activity 1: 1 v 1 Challenge

Focus: Defending, Attacking



1. Area 30 x 30 yds
2. Balls
3. Cones
4. Training vests

Objective

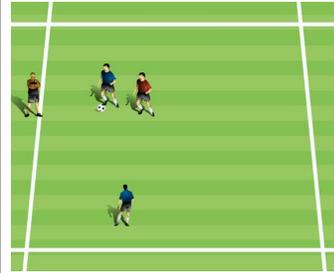
Players work in pairs. One player is the attacker with the ball and one player is the defender. The attacker's objective is to try and dribble through as many of the gates (two cones 2 yds apart) as possible. The defender must try to stop the attacker from scoring. After 45 seconds change roles.

Coaching Points

1. Defense - try to slow the attacking player
2. Defense - don't be overly concerned with winning the ball
3. Defense - use body strength to force play to one direction
4. Attack - awareness of the open space

Activity 2: 2 v 1 Keepaway

Focus: Attacking



1. 15 x 15 yard Grid
2. Pinnies
3. Group of players
4. Cones
5. Large supply of balls

Objective

To create a game like situation for players to familiarize themselves with pressure situations. This will allow players to work on their individual skills, problem solving skills and creativity. The players will play 2 v 1 continuous keepaway.

The two attackers combine to keep the ball away from one defender.

Coaching Points

1. When the defender wins the ball, he/she immediately combines with the attacker he/she did not win the ball from and the attacker who lost the ball becomes the defender.
2. All balls that go out of play are to be dribbled in or passed in.

Activity 3: 4 v 2 + 2

Focus: Transition



1. Area: 40 x 30
2. Balls
3. Cones
4. Training vests

Objective

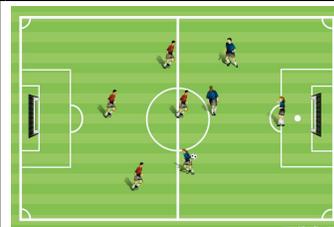
Divide the players into two teams of four. The format is 4v2 with 2 players resting. The defending team must have two players on the post. When the defending team win the ball they must pass back to their teammates on the post. Two players from the opposite team then drop back to their post.

Coaching Points

1. Work hard to regain possession
2. Angle and distance of support
3. Decision to counter attack

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

