



THE GAME:

- 2 v 2 to Goal

AGE LEVEL:

All

STAGE:

Small-sided activity.

EQUIPMENT

- Extra balls
- Training bibs
- Goals

OBJECTIVE:

PRINCIPLES OF ATTACK:

- The player on the ball can use the run of their teammate to draw the defenders away from the ball. If the defenders move toward their teammate making a run, then they can dribble towards goal. If the defenders remain in a central position, then a pass into space in front of the supporting player becomes an option.
- The options for the attacking team increase as the player on the ball is able to turn and face the defenders and force them to make a choice between players.
- Quick and decisive decisions are needed so the defenders cannot slow up play.

PRINCIPLES OF DEFENSE:

- It is critical that the two defenders work together to pressure the ball and protect the space between them and the goal.
- In this example, both defenders should not move in the direction of the penetrating run. Ideally, the covering player or last defender is able to step into space and the pressing player or front defender should first, a) deny the turn, b) deny the pass and then c) if the pass is made, recover centrally into a covering position.

2v2 TO GOAL GAME

