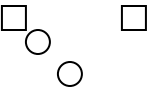
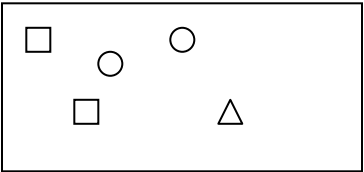
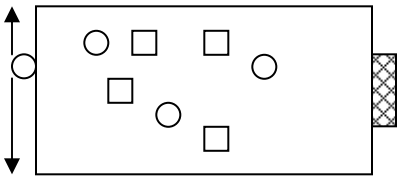
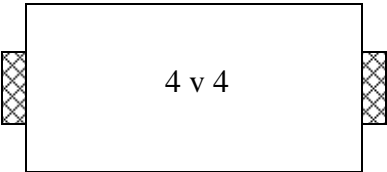




Name:

Topic: Defending 2v2

Date:

<p><b>UNRESTRICTED SPACE – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Players in groups of four</li> <li>Two attackers stand in a line and pass ball back and forth between them</li> <li>When the ball is passed the defenders move to pressuring and covering positions</li> <li>Each time the ball is passed the defenders switch roles</li> </ul>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Immediate pressure on the ball – takes away time and space</li> <li>Select proper angle of challenge – come at attacker at an angle to cut off options</li> <li>Select proper speed of challenge – quickly but not too fast as to be easily beaten</li> <li>Proper distance and angle of cover</li> <li>Cover defender tracks supporting players</li> </ul>
<p><b>RESTRICTED SPACE</b></p> 	<ul style="list-style-type: none"> <li>Team plays 2v2+1 in a 35-x-30 yard area</li> <li>Triangle is a neutral player who plays for both teams</li> <li>Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul>	<ul style="list-style-type: none"> <li>Immediate pressure on the ball – takes away time and space</li> <li>Select proper angle of challenge – come at attacker at an angle to cut off options</li> <li>Select proper speed of challenge – quickly but not too fast as to be easily beaten</li> <li>Proper distance and angle of cover</li> <li>Cover defender tracks supporting players</li> <li>1<sup>st</sup> def push 1<sup>st</sup> att to sideline or to 2<sup>nd</sup> def</li> </ul>
<p><b>ONE GOAL WITH COUNTER</b></p> 	<ul style="list-style-type: none"> <li>Play 4v3 to goal</li> <li>Team of four attacks goal</li> <li>After defending team wins ball they can score by passing to the target player</li> </ul>	<ul style="list-style-type: none"> <li>Immediate pressure on the ball – takes away time and space</li> <li>Select proper angle of challenge – come at attacker at an angle to cut off options</li> <li>Select proper speed of challenge – quickly but not too fast as to be easily beaten</li> <li>Proper distance and angle of cover</li> <li>Cover defender tracks supporting players</li> <li>1<sup>st</sup> def push 1<sup>st</sup> att to sideline or to 2<sup>nd</sup> def</li> </ul>
<p><b>GAME – TWO GOALS</b></p> 	<ul style="list-style-type: none"> <li>4v4 + GK game</li> <li>No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if players are provide good pressure and cover</li> </ul>