

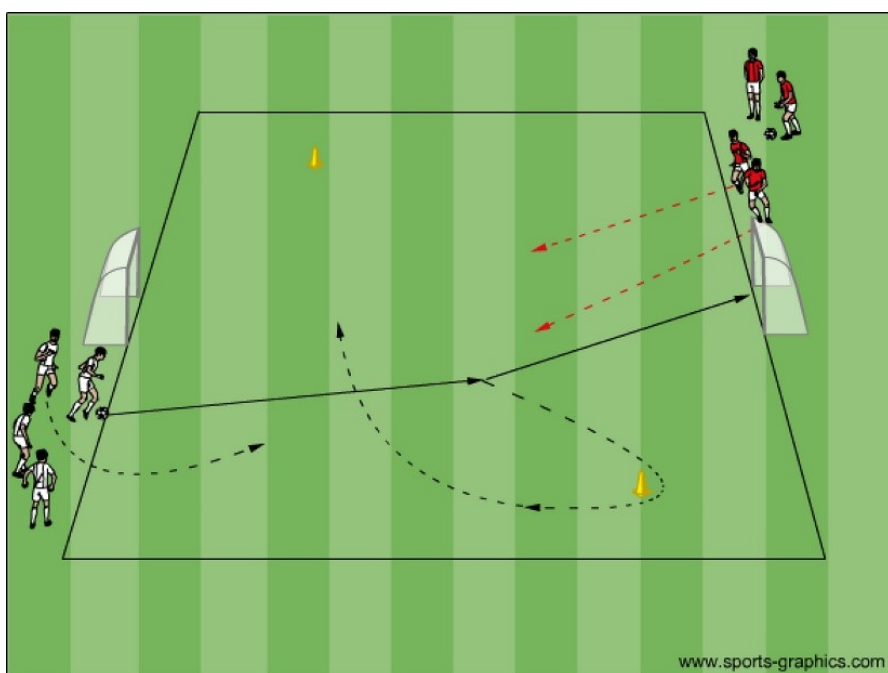
2v2 FINISH

Improve attacking play in pairs

TECHNICAL

Shooting

Support Play



Set up an area 30x30 with a goal at each end and two cones in the playing area as shown (adjust to suit).

Arrange two teams alongside goals diagonally facing each other. Players work in pairs and have a ball between them. To begin, one pair is nominated by the coach as the defending team and the other the attacking pair as they play 2v2.

Once a goal has been scored or the ball goes out of play, both players from what were the attacking team, must get around the cone before they begin defending against the next pair.

Next pair of attackers immediately attack their opponents goal and the practice continues.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Develop an understanding of space and correct timing of runs.
- Finishing under pressure.
- Improve shooting technique.
- Improve team work.
- To improve finishing by using different striking methods.
- Working as a unit.

KEY FACTORS

- Be positive
- Communication
- Keep the ball moving
- Movement
- Quality of the finish
- Shooting technique

FOCUS AREAS

- Action on releasing pass to other attacker.
- Attackers timing of movement.
- Changing tempo in attacks.
- Decision making.
- End product - hit the target.
- Supplying team mates with appropriate pass to feet or space.

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