

2v2 ATTACKING FOUR GOALS

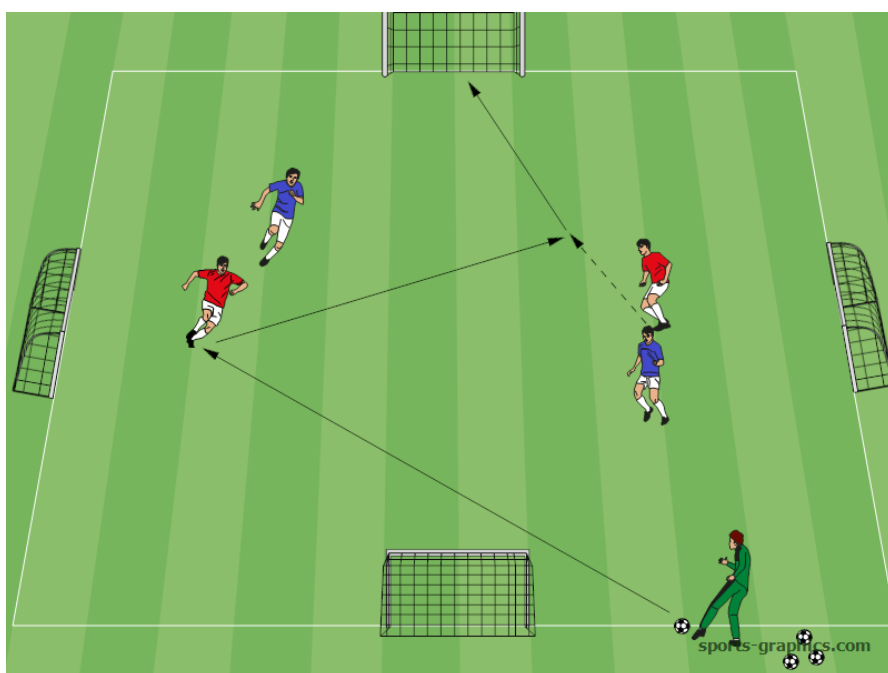
Developing basic attacking principles as well as improving passing and receiving skills under pressure of an opponent

TECHNICAL

PSYCHOLOGICAL

Passing

Combination Play



Set up a 15x15 area with small goals positioned at the centre of each line. Arrange two attackers against two defenders.

Set up a supply of balls at the side.

The practice starts with the server/coach passing into one of the two attackers that are moving into space.

The attackers combine to attack any of the four goals against the two defenders.

Following a goal or defensive regain of possession, the practice resumes with the server/coach.

Rotate roles after a set period of time.

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

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct passing technique.
- Develop good decision making.
- Good movement to show for the ball.
- To be comfortable in receiving the ball.

KEY FACTORS

- Communication
- Good first touch
- Head up
- Keep the ball moving into space
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Attackers combining and working as a pair to deceive and elude defenders.
- Attackers to be aware of position of defenders.
- Demonstrate good angles and distances of support.
- Early scanning of opportunities to score in relation to position of defenders and decision of which goal best to initially attack.
- Encourage communication between the players.
- Ensure that all players are affected in the session.
- Good choices of techniques and skills.
- Receiving and getting into line of ball and receiving with good first touch, using appropriate controlling surface.

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