

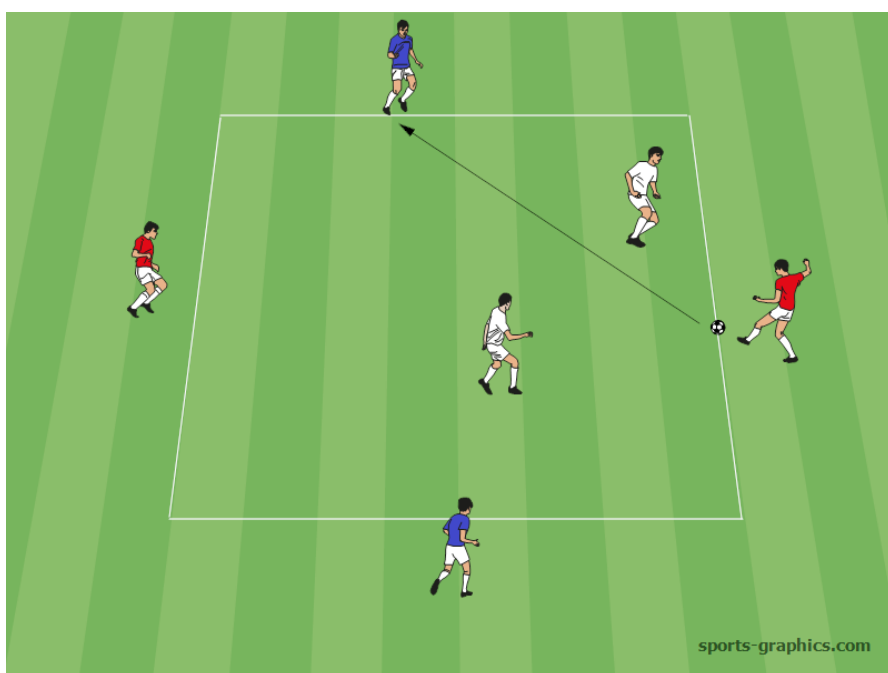
4v2 DEFENDERS IN THE MIDDLE

To improve basic passing and receiving in a confined area under pressure of an opponent

TECHNICAL

Passing

Possession



Use a 10x10 area with three teams of two players each.

One team defends inside the square and the other two teams (four players) keep possession of the ball on the outside of the square.

The attacking team attempts to make ten consecutive passes to score a point.

If the ball is won by the defenders, they swap with the team that gave the ball away.

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

- To develop more fluent and quicker passing.
- To understand how and when to support the player with the ball.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support.
- Awareness of passing options.
- Encourage communication between the players.
- Encourage good crisp, flat passes. Players should pass and move quickly to open space. Reinforce this repeated action of pass and move, in all relevant practices and games.
- Ensure passes are kept on the ground.
- Supporting players must stay open (two passing options at all times).

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