

2v2 PLUS TWO TARGET PLAYERS

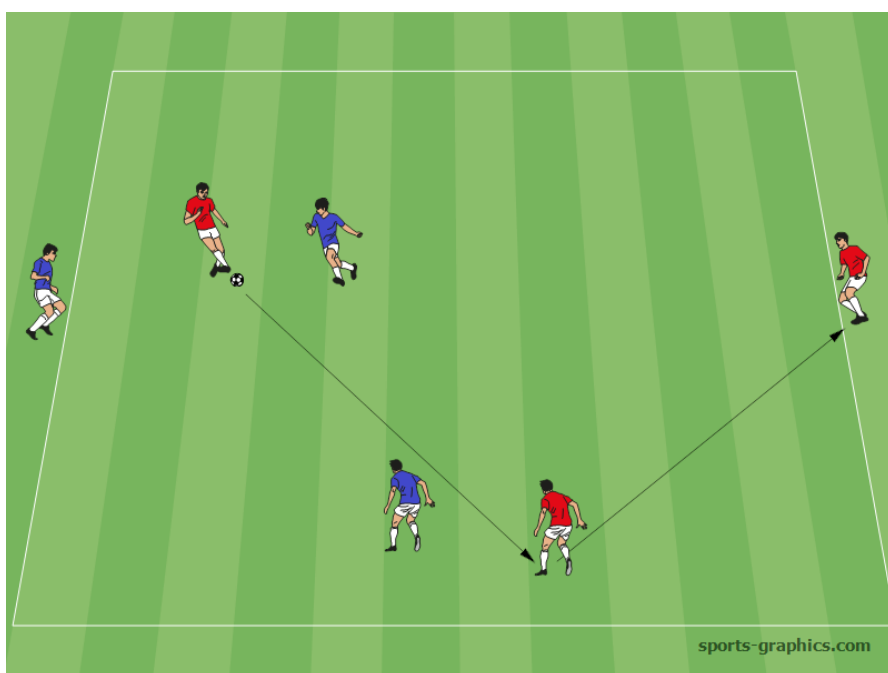
Develop basic ball retention

TECHNICAL

TACTICAL

Passing

Support Play



Set up a playing area 20x25. One player from each team acts as a target or goal at either end of the area. The aim is for the teams to get the ball to their target player to score. When one team scores, the other team starts by retrieving the ball and then trying to score at the opposite end. Change the target player 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

- Correct technique to receive to gain an advantage.
- How to make space as individuals.
- 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
- Form triangles
- Good first touch
- Head up
- Keep the ball moving into space
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support - diamonds and triangles.
- Awareness of passing options.
- Body shape.
- Can the pass go forward?
- Change angle on first touch to create and gain advantageous space.
- Creating space and movement to receive the pass.
- Good movement to show for the ball.
- Receiving with furthest foot to open up space.

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