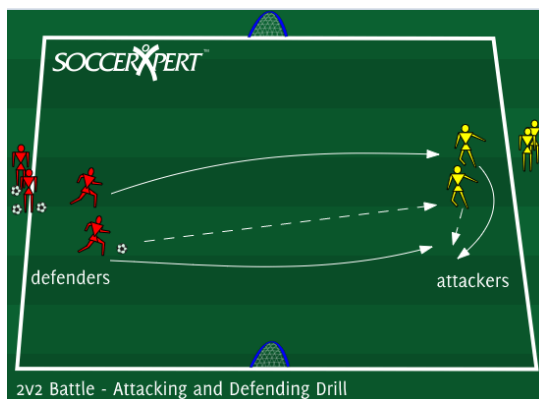




Drill Quick Glance

Age: 9+	Field: 30X40
Players: 8+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Pugg Goal

2v2 Battle - Attacking and Defending Drill

Objective:

This 2v2 soccer attacking and defending drill focuses on the attacker's decision to dribble, pass, or shoot. From the defensive side, they must quickly close down the attackers and deny space.

Setup

1. Create a 40X30 grid. The grid should be wider than longer.
2. Place a small goal or Pugg Goal on each end line.
3. Split the team into two groups.
4. Have one group start on the sideline without a ball; they will be the attackers.
5. The other group will start on the opposite sideline with a ball; they are the defenders.

Instructions

1. Two defenders step out with one ball.
2. Two attackers also step out without a ball.
3. The defender with the ball passes to one of the attackers.
4. The defenders quickly move to close down the two attackers.
5. The attackers must immediately start with a pass to the second attacker. Encourage deception such as overlapping runs from the attackers to throw off the approaching defenders.
6. The attackers can attack either of the two goals.
7. Once a goal is scored, the ball goes out of bounds, or the defensive team wins the ball, the play is over and the next group begins.
8. The drill repeats with two new defenders and two new attackers.
9. Switch the roles of each line to allow the opportunity to attack and defend.

Coaching Points

Attackers

- Encourage attackers to work together to quickly and effectively attack the goal and score quickly.
- Continuous movement to assist your teammate.
- Make the right decision to either dribble to beat a defender, pass, or shoot.

Defenders

- Quickly close down the attackers to deny space.
- Continue working hard until the ball is won.
- Proper body mechanics while defending to hold off the attackers.

Variations

- Modify the field size to play 3v3.
- Limit the touches of the attackers to encourage more passing and 1-2's.