



Drill Quick Glance

Age: 9+	Field: 25X40
Players: 8+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: GAME-LIKE
Keeper: NO	Type: Team
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Equipment

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

2v2 + 1 to Two Goals

Objective:

This is a 2v2 + 1 attacking soccer game is played to two goals with a free attacker on the end line between the two goals. This game focuses on playing the ball forward to your target player before going to goal.

Setup

1. Create a grid approximately 25X40 yards.
2. Place two mini-goals on the longer sides of the field.
3. Split the team into two groups.
4. Place one player from each team as a target player between the goal their team is scoring on.
5. The coach should have a supply of balls to the outside of the grid.

Instructions

1. The coach begins by playing a ball into one of the two teams.
2. The team in possession must keep possession and play a ball to the target player before scoring on one of the two goals.
3. If the other team wins possession of the ball, they attack the other set of goals by getting the ball to their target player before scoring a goal.
4. Target player should play in one-touch. Allow two-touches depending on the skill level of the target player.
5. Target players should remain off the field and can play along the line or behind the line as long as they stay between the two goals.
6. Once the ball is out of play or a goal is scored, the coach will play into one of the two players from either team.
7. Players not in the game should position themselves behind their defensive goals ready for the next ball in.
8. The game is intended to be fast-paced.

Coaching Points

- Attempt to play the target player early.
- Once a ball is played into the target player, both players should make runs off the ball to score from a one-touch shot. However, two touches can be used to score a goal.
- Overlapping runs often help unbalance the defenders.
- The target player is allowed to move along the line between the two goals, but should not join in on the 2v2.

Variations

- Enlarge the field and play a 3v3 or 4v4