



Drill Quick Glance

Age: 6+	Field: 20X30
Players: 8+	Time: 15 mins.
Difficulty: MEDIUM	Focus: 2V2
Keeper: NO	Type: Team
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Equipment

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

2v2 with 4 Small Goals Funino

Objective:
This drill enhances small-group play by developing combination play, defensive communication, and finishing under pressure. Players work on quick transitions between attack and defense in a game-like setting.

Setup

- Field Size: 20x30 yards
- Goals: 4 small goals (two on each end line)
- Players: Two teams (yellow & blue) positioned outside the grid between their two defending goals
- Ball Supply: Large supply of soccer balls with the coach at the midline
- Roles:
Yellow Team: Defends two goals, attacks the opposite two goals
Blue Team: Defends two goals, attacks the opposite two goals

Instructions

- The coach plays a ball onto the field to start play.
- Two players from each team step onto the field to compete 2v2.
- Players attempt to score on one of their two attacking goals while preventing the other team from scoring.
- Play ends when a goal is scored or the ball goes out of play.
- Both pairs return to their team's starting area, and the next set of players enters the field.
- Repeat the cycle until all players have multiple rounds of play.

Coaching Points

- This drill develops key attacking and defending principles while maintaining a fast-paced, engaging format that simulates real-game situations.
- Encourage Combination Play: Players should use passing, movement, and 1-2s to break down the defense.
 - Defensive Communication: Defenders must work together to cover space and pressure the ball.
 - Quick Decision-Making: Players must recognize open space and decide when to pass, dribble, or shoot.
 - Attacking Awareness: Players should scan the field to identify which goal is easier to attack.
 - Transition Play: Encourage quick defensive recovery after losing possession.

Variations

- Limited Touches: Restrict players to three touches to encourage quick passing.
- Time Constraint: Require teams to score within 10 seconds to increase urgency.
- Weak Foot Challenge: Players can only score with their weaker foot.
- Defender Pressure: Defenders start closer to the ball to increase difficulty for attackers.
- Team Challenge: Track total team goals to add a competitive element.