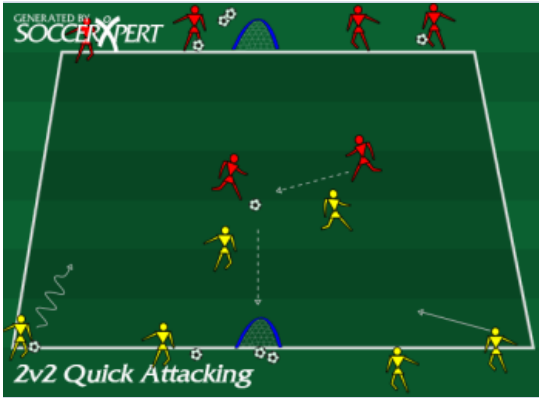




Drill Quick Glance

Age: 9+	Field: 25X40
Players: 8+	Time: 15 mins.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

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

2v2 Quick Attacking Soccer Drill

Objective:
This 2v2 soccer drill is a great game to work on quick attacking and defending skills. It is a very fast-paced and dynamic soccer game that the kids will love.

Setup

1. Create a grid approximately 25X40 yards. This is a large field for 2v2, but this is intentional as it will create more breakaway situations and will encourage players to attack the space while going to goal.
2. Place a small goal or Pugg goal on each end line.
3. Split the team into 2 equal groups, one with an alternate jersey color.
4. Assign each player a partner on his team. These players will continue to be teammates throughout the entire soccer drill.
5. Assign each team a goal to defend.
6. 2 players from each team step out to play 2v2. The remaining players should line up across their defensive end line with a large supply of balls.

Instructions

1. Play 2v2 inside the grid to the small goals.
2. If a team gets scored on they step off and two new team members step on with the ball. They look to get a quick attack on the team that just scored.
3. As a team scores a goal, they must quickly transition to stop the quick attack.
4. The scoring team stays on the field and plays 2v2 until they get scored on.
5. If the ball goes out of bounds, the ball restarts from a teammate on their end line. Players only switch after their group gets scored on.
6. First team to 20 wins.

Coaching Points

- Quick transition after scoring a goal.
- Quick attack trying to off balance the defense.
- Pick the right time when to beat a defender on the dribble and when to pass around defenders.
- PLAY WITH SPEED. Make sure the game is quick, fast paced and a lot of goals are being scored.

Variations

- Modify the size of the grid and play 3v3 or 4v4 depending on the number of players you have.