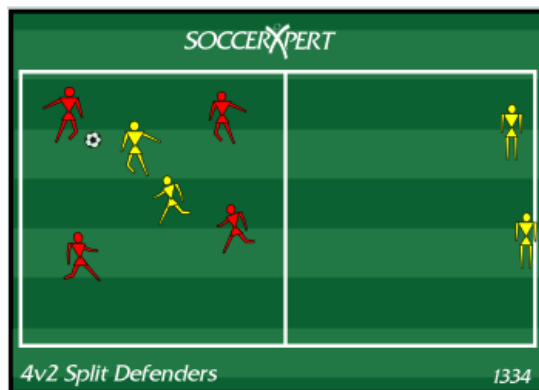




Drill Quick Glance

Age: 9+	Field: 18X36
Players: 8	Time: 15 MINS.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

4v2 Angle of Support

Objective:

This 4v2 soccer game will help perfect early support, movement without the ball, and good angle and support distance.

Setup

1. Create two 18X18 grids with one common side.
2. Split into two groups of four players (4 red and 4 yellow).
3. Place four red and two yellow players in one grid and the remaining two yellow players in the other grid.
4. The two yellow players in the red grid will start as defenders.

Instructions

1. Play a 4v2 in the first grid with four red offensive players and two yellow defensive players.
2. The offensive players focus on early support, correct angles, good distance, and giving the player with the ball at least two passing options at all times.
3. The defender's objective is to gain possession and pass to a teammate in the other grid.
4. If one of the yellow defenders gain possession of the ball, they pass to a yellow teammate in the other grid.
5. The two yellow defenders then join his team in the other grid and assist in maintaining possession.
6. Two players from the red team enter the grid as defenders.
7. The red defending players now attempt to win possession and return the ball into the other grid with their teammates.
8. Continue to play 4v2 by repeating this pattern.
9. This game should be very dynamic, and players should be moving at all times.
10. Even the players waiting in the opposite grid should be moving to put themselves in an excellent supporting role.

Coaching Points

- Early support - start supporting before the ball is received.
- Good angle - support in undefended space where the pass cannot be intercepted by the defender.
- Players must move, even without the ball.
- Supporting players should create a triangle to support both sides of the attacker with the ball.
- Focus on a good first touch in space towards a supporting player.
- Use deception when playing.

Variations

- Limit the players number of touches