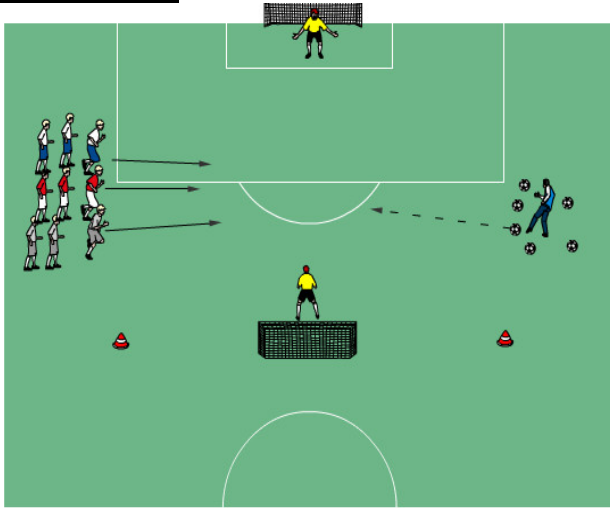


1v2 to 2 Goals



The Set-up: (As pictured) Double Penalty Box. This exercise requires several balls, two goals and three different colored bibs.

The Exercise: Coach begins by passing the ball into the middle of the field. The first player from each line sprints out to receive the ball. The player who gets to the ball first can attack either goal while the other two players act as defenders. This creates a 1v2 situation.

When a defender steals the ball, he/she now becomes the attacker while the original attacker transitions

to defense. The exercise concludes when a goal is scored, the keeper makes a save, or the ball runs out of bounds.

Focus:

- Starting speed
- Playing under pressure
- Change of direction
- Finishing

This is a very demanding exercise. It's best to have 12 plus players participate in the activity.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Groups of 3 Warm-up, Fitness & Technique
Get Out of Here!

Progress to:

Three Team Game
4v4 with Flying Rotations