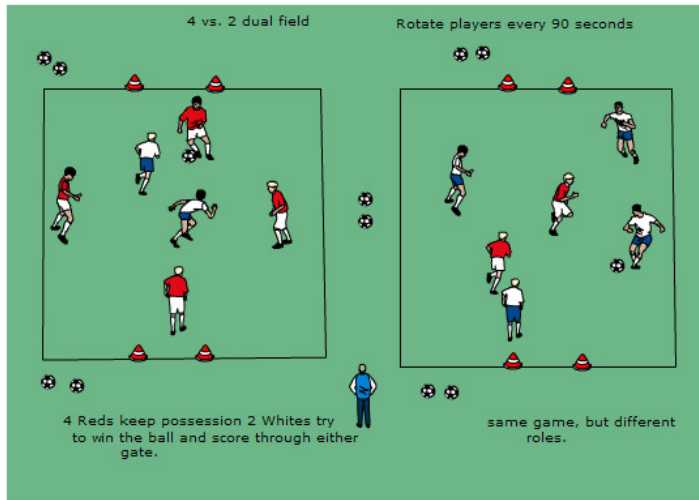


## 4 v 2 Dual Field



**The Set-up:** (as pictured). Set up two fields side by side. Field should be app. 20 x15 with a small gate on each end-line. Divide the 12 players into two groups of 6 (red and white).

**The Game:** Coach can make the games competitive. Team that is numbers up get a point for connecting 5 straight passes', defenders' get a point for scoring between the gates. Play

games to 3 or for a designated amount of time (90 to 120 seconds).

### **Note:**

The coach can make several adjustments to make this game more effective.

1. Can add an extra possession player creating 5v2.
2. Can make the field bigger if the 2 defenders are having too much success.
3. Make the Gates bigger or field smaller if the team in possession is having too easy of a time.

### **Focus:**

Attack- good angles of support, keep the space as big as possible, proper weight on passes.

Defending- work as a group, communicate, try to score quickly when you gain possession.

Transition- Can we get immediate pressure to the ball when we give it away? Can we score once game possession before the team that is numbers up can react?

### **If you enjoy this exercise Coach Donahue recommends:**

#### **Possible Warm-up:**

The German Box  
Groups of 4 Passing Warm-up

#### **Progress to:**

Paul Marco Transition  
Transition Combined