

2 vs 2 + 2 to goal (U14 only)



The Game: Teams play 2 vs. 2 in a small grid outside the penalty area and use two neutral players outside of the grid to release an attacker into the box for a shot. If the attacking team fails on three consecutive occasions to break out of the box they rotate out (follow rotation below). Resting players should have balls available to keep the game moving.

Focus:

- Quick Combination Play
- Movement off the ball

- Finishing on the 1st or 2nd touch

Rotation:

1. Attackers to Resting
2. Defending to Attacking
3. Wall Players to Defenders
4. Resting to Wall Players

Variations:

- Attackers must dribble the line to go to goal.
- Attackers must combine with each other to exit the box

Progress to 2 vs. 2 becomes 3 vs. 1



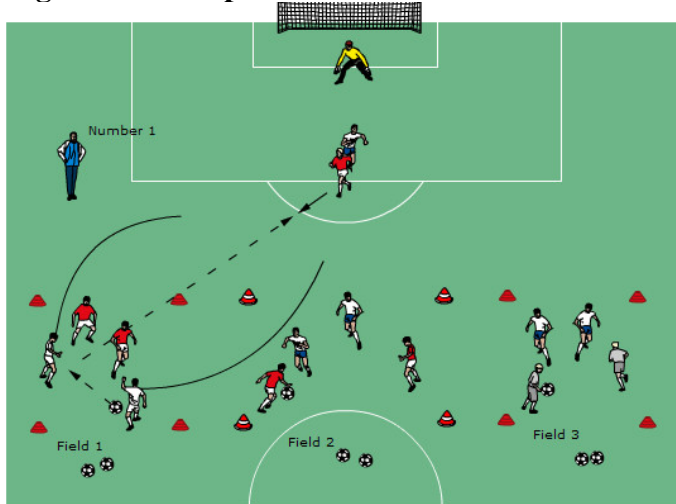
The Game: Teams play 2 vs. 2 in a small grid outside the penalty area. The attacking team (Red) penetrates by playing into a target player and moving quickly to support (creating a 3v1 to goal). The defensive team (White) must remain inside the grid with the exception of the one defender covering the target player (this defender must play “goal-side of the attacker”).

Focus:

- Quick Combination Play
- Movement off the ball
- When to Penetrate, when to be Patient
- Can we Finish!

Rotation:

1. Attackers to Resting
2. Defending to Attacking
3. Resting to Defending

Progress to Multiple 2 vs. 2's to 3 vs. 1 to Goal**Set-up:** as pictured**The Game:** Teams play 2v2 in multiple grids numbered 1,2, and 3. When the Coach yells One! Whoever is in possession on field one plays into the target player and transitions to support, creating a 3 vs. 1 to goal. The other fields continue to play 2 vs. 2 possession against one another.**Focus:**

- Quick Combination Play
- Movement off the ball
- Transition to Support
- Shielding (during the 2v2 possession)
- Can we Finish!

Note: If you have additional players have them ready to take place of the team that just attacked the goal upon entering into the target player or you could have an attacker and defender ready to rotate in with the target player and goal-side defender every 4 or 5 attacks.

This is a great practice to train a striker to learn to play back to goal and hold the ball up for teammates!

If you enjoy this exercise Coach Donahue recommends:**Possible Warm-up:**

Ajax Passing Circuit
Team Triangle

Progress to:

Dutch Box to Goal
Brazilian Movement to Goal