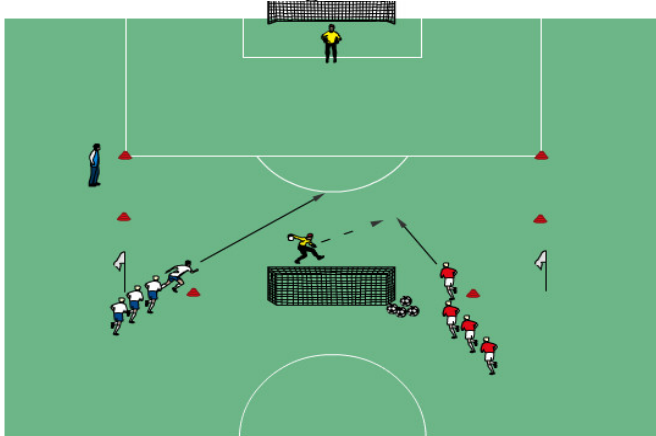


Frans Hoek 2v2 training



The Set-up: Field is a double penalty box. (36yards long x 44 yards wide)

The Game: Two teams are positioned on opposite sides of the goal. The exercise begins with the goalkeeper rolling the ball out into the path of the first player in line on the red team. The first player in the white line sprints out immediately when the goal keeper releases the ball.

- The goalkeeper should role the ball at a forward angle to encourage the attacker to shoot as quickly as possible.
- The more touches red takes the better the chance of the white defender to disrupt the attack.
- Goalkeepers should be in constant communication with the defender. “Force him wide”, “tackle”, “Be Patient”, etc.

- Player in Red should look to attack the goal immediately.

Note: If the goalkeeper makes a save. The white player should immediately look to attack the opposite goal. The Red player must quickly transition to defend. If a quick counter is “not on” the goalie should put the ball at his feet and white must work to get open.

Off-sides is in play in the attacking half of the field! Each team should attack/defend for 3 minutes

2nd Phase:



The Game: The defender is now positioned closer to the attacker and on his outside.

This will:

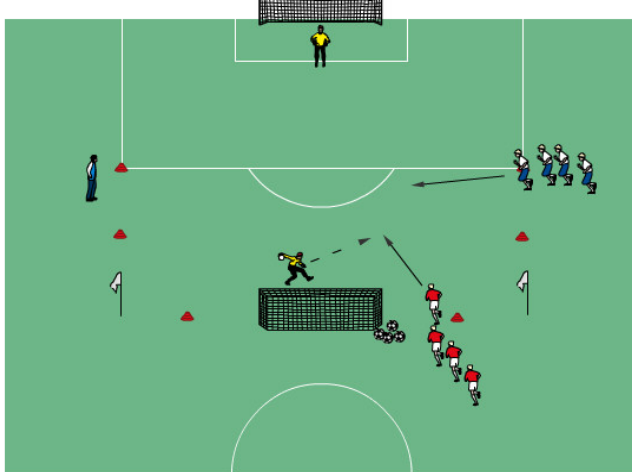
- Both GK's should be in constant communication with the field players.

Note: Again, if the goalkeeper makes a save. The white player should immediately look to attack the opposite goal. The Red player must quickly transition to defend. If a quick counter is “not on” the goalie should put the ball at his feet and white must work to get open.

- Put the attacker under more pressure.
- Force the attacker to keep his body between the defender and the ball.
- GK's outlet should be a bit more central to lead the attacker away from the oncoming defender

The success rate of the initial attack should drop from the first activity.

3rd Phase



The Game: The defender is now placed to the front and outside the attacker.

This will:

- Eliminate the possibility of the breakaway.
- Force the GK to outlet the ball more laterally to the initial attacker.
- Make the attacker beat a defender through deception and speed.
- Defending goalkeeper can be more commanding to his defender on where to force the

attack and when to challenge for the ball.

- If the defender wins the ball can he counter immediately.

Note: Coach should encourage the initial attacker to seize the initiative by running at the defender with speed. All the same rules apply, as in the previous exercises, if a save is made.

Final Phase:



The Game: Players start side by side. Movement begins with Red breaking to the middle followed closely by White.

This will:

- Add the element of shielding.
- Force the attacker to turn and “face up” to the opponent or play back to the goalkeeper and move off the ball.
- The GK’s ability to play with his feet will now become very

important.

- Defender will now need to decide how far up to defend. The higher up the more space you leave exposed behind you.
- The defending GK must adjust his positioning to deal with the space between he and his defender.

Note: All the rules of the game in the initial phase still apply. The level of success for the attacking team will be greatly reduced from the initial phase.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Full Team Circle Warm-up

Italian Warm-up

Progress to:

2 Shots followed by 1v1

3 Team Game with Vertical Targets