

2v2 Defending Drill

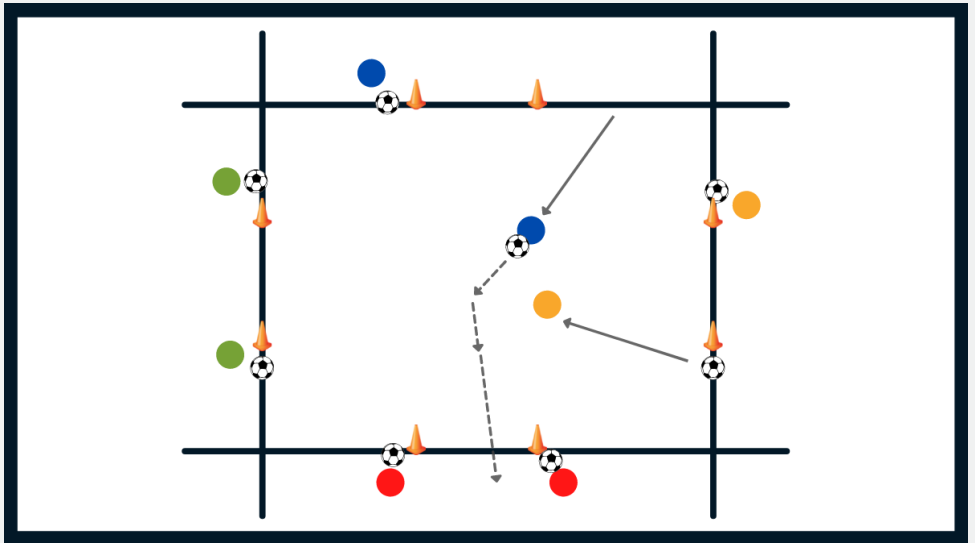


Age: 9+ Years

Players: 8-16

Topic: 2v2 Defending

Duration: 20 Mins



Set Up The Drill:

Mark off a 20x20yard grid with small cones. Use tall cones to set up 4 small goals, 1 on each side of the grid. Split the players up into four teams and have each team form two lines on either side of each of the goals (one team per goal). You'll need four sets of pinnies in different colors, one for each team. For the purpose of this explanation, the team colors are red, green, blue, and orange. Each team should also have a supply of balls (approximately one per player).

Instructions:

To begin the activity the coach calls out two colors (e.g. 'Red and Green'). One player from each of the teams comes out to play a 1v1 game. The first color called out is the attacker and that player dribbles a ball in and attacks the goal directly across from them (this is the only goal they are allowed to attack).

The second color called out is the defender and that player runs onto the field without a ball and defends the goal that the attacker is trying to score a point on. If they win the ball back the defender can score in any of the other three goals. After a goal is scored or the ball leaves play, the coach calls out two new colors, and the game is played again.

Progression:

Once players understand the premise of the game progress so 2 players from each team come out and play 2v2 with the same rules.