

Attacking & Defending

Two versus two each player attacking and defending

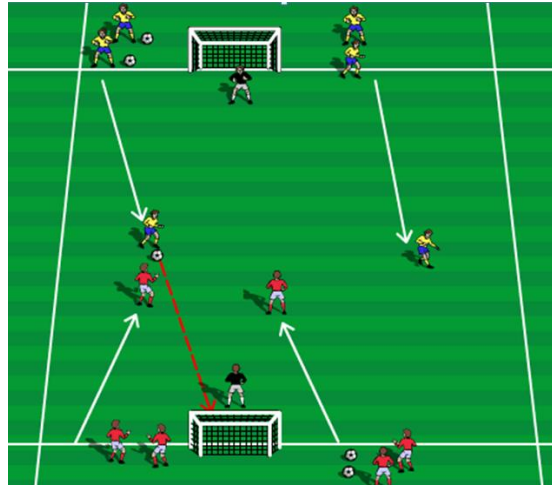
Technical & tactical:

2v2 attacking & transition to defending

15 minutes

Organization:

- Set-up area 30x40m.
- Players work in pairs
- 2 yellows attack the other goal and try to score;
- When the ball is out or in the goal, the next two reds in line go to opposing goal;
- The 2 yellow players must now switch to a defending role.



Coaching Points:

Attackers:

1. Quality technical-tactical skills (passing, dribbling, shooting)
2. Decision making – passing to teammate – dribbling

Defenders:

1. Adjust to speed of opponent
2. Try to gain possession back

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** Quick progression with the ball to score a goal
3. Two players get forward and try to eliminate two opponents to score. If the defender recovers the ball, they must try to score while the two yellow players will work to prevent from scoring.
4. If the ball goes out of bounce, or in the goal, the next two red players in line will get going immediately while the two defenders teammate return at the back of the line. The same two yellows who were attacking must defend.

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