



2v2 continuous game

What you tell your players the session is about:

This session will hone your players' attacking and defending skills in 2v2 situations around the box.

What you tell your players to do:

Encourage your players to be positive in attack, to look for a half yard advantage and to shoot early. Tell your defenders to be patient, to communicate with each other and not to jump in to the tackle too early.



what to shout

- "Work together"
- "Be positive"
- "Get your shots off early"
- "Use quick combinations"



what to look for

- Does the player not in possession make a run which isolates his team mate 1v1?
- Do the players shoot at every opportunity?
- Do they combine?
- Do the defenders dive in to the tackle or do they try to jockey their opponent away from scoring opportunities?



what to think about

This is a simple game to work on attacking and defending in and around the penalty area. It enables you to see which players in your team are able to create space in order to create chances and score goals. It also allows you to see whether your defenders can be organized and level-headed in 2v2 situations.

What you get your players to do:

Set up:

Pitch size: 30 x 20 yards (minimum) up to 40 x 30 yards (maximum).

Two goals and two goalkeepers arranged as in the diagram.

Two defenders in each half of the pitch.

Two attackers starting on the half way line.

Rules:

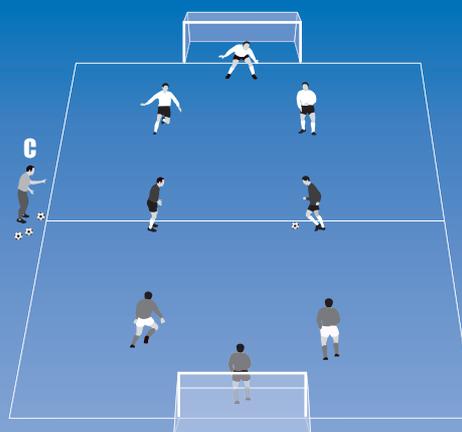
The attackers choose one end of the pitch and attack the goal 2v2.

If they score a goal they are rewarded with a second attack at the opposite end.

If the defenders win the ball, or if the attackers fail to score, roles are reversed – the attackers become defenders and the defenders attack the opposite goal in a 2v2 situation.

The practice continues in this manner.

2v2 continuous games



C = coach

Development

This session is easily adapted into 3v3 or 3v2 if you want to try giving your players an overload advantage.

How would I put this into a game situation?

Play a normal game but mark the pitch into three zones and only allow 2 attackers and two defenders in each end zone at any given time.