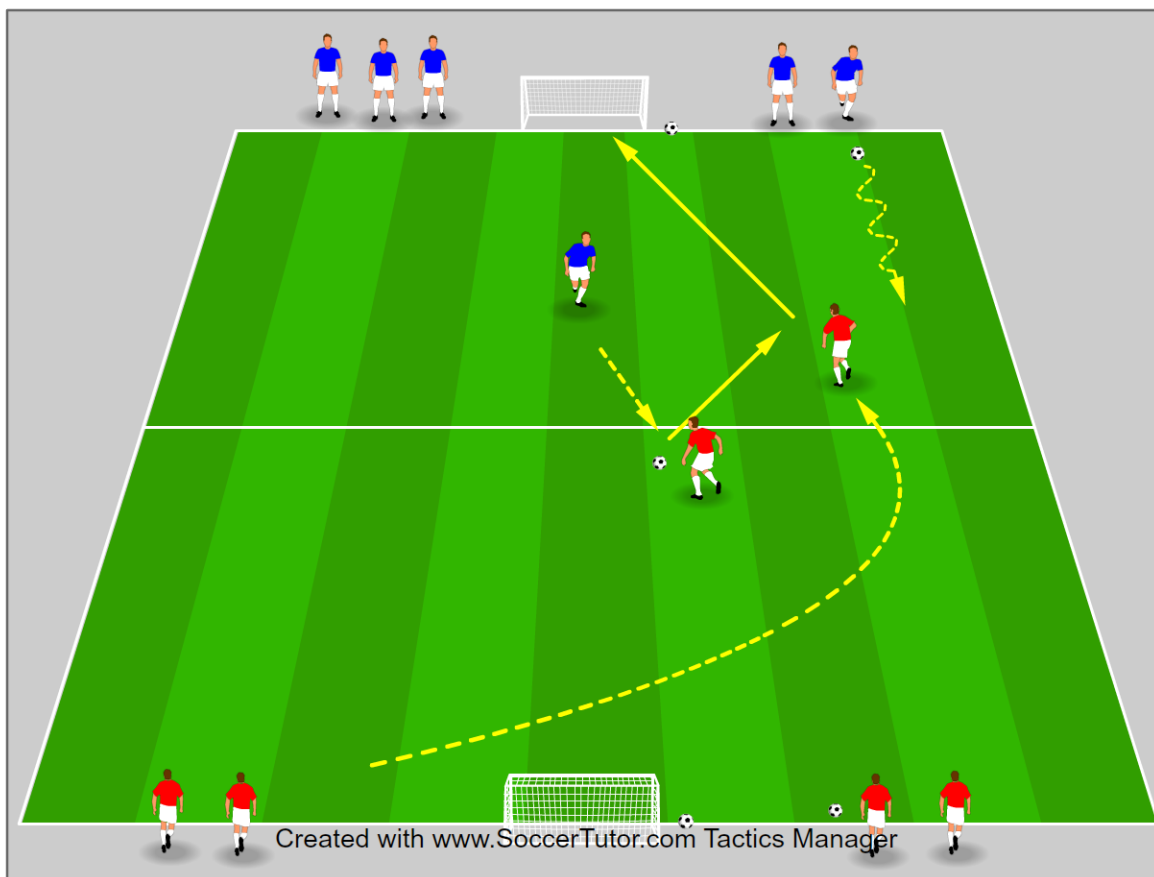


2v2 Quick Transition to Goal



Date: 26/Mar/2014 **Measurement:** 30 x 30 Yards
Time: N/A:N/A **Players:** 0
Duration: 20 **Level/Age Group:** U8 - U18

Description: Play 2v1 inside the grid to the small goals. The Red team attacks the blue team 2v1 to goal. If the red team scores the farthest defender from the goal stays to defend while the other steps off the field. Two new blue attackers step on the field and then attack 2v1 to goal. If the defending player wins the ball he is joined by another teammate and the attacker that gave the ball away now becomes the defender. Creating a 2v1 situation.

Objective:
 -Increase the players ability to quickly transition into offense.
 -Increase players recognition of when and how to combine to off balance defense.

Coaching Points:
 -Quick transition after scoring a goal.
 -Quick attack trying to off balance the defense.
 -Pick the right time when to beat a defender on the dribble and when to pass around defenders.
 -PLAY WITH SPEED. Make sure the game is quick, fast paced and a lot of goals are scored

Progression: Increase or decrease the size of the field in adjust difficulty.