



Dimensions: Set up a small area approx 35 yards from goal, one Defender occupies the area. Two attackers and 1 defender occupy the space between the area and the goal. Allow 1 goalkeeper.

How to: This is a weighted 2 v 2 game. The Goalkeeper passes the ball to the defender in the area, the defender must pass the ball to the attackers who attempt to score on goal, once the defender has made the pass into the attackers, the defender must make a quick recovery run to help out their other defender. This will be 2 v 1 until the defender can get back and defend.

Coaching Points: The defender in the area must recover quickly to get back behind the ball and help out their other defender, the outnumbered defender should try to cover both attackers and slow the play down, position yourself between both attackers and goal and drop backwards straight to prevent over committing to one player and allowing easy passage, slow play down enough and this will allow the recovering defender to get back into position and even up the numbers.

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