

2V2 TRANSITION TO GOAL KEEPER

STAGES COVERED BY ACTIVITY

Stages 2, 3 & 4- 6-14 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.
- + Passing and receiving.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Passing over a short distance.
- + Receiving the ball with the feet.

WHY USE IT

This is a fun transition game and allows players to work on their individual defending and communication with a partner.

SET UP

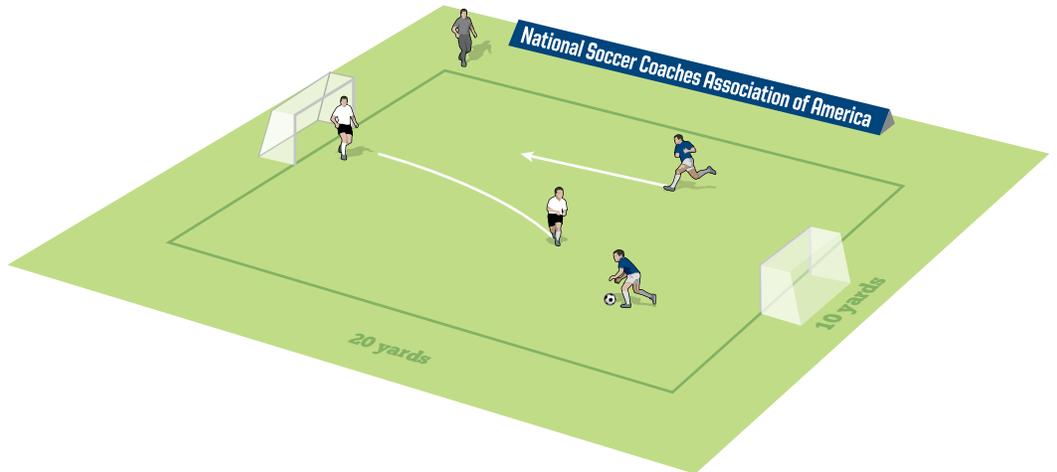
Create several 10x20 grids with a small goal on each end line. This will allow for multiple groups to play at the same time. Players will be split into teams of 2.

HOW TO PLAY

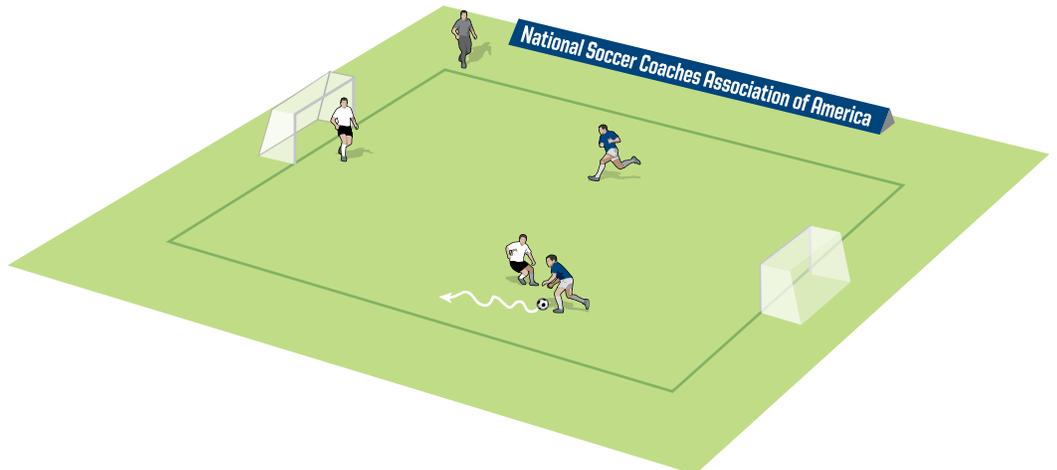
The team without the ball will play with 1 player on the field as a defender and the other player is restricted to the area in front of the goal to act as a keeper. If the defender wins the ball, she must play the ball back to the keeper, to start the attack. The team that lost possession will then have one player assume the role of the goalkeeper and the other a defender.

COACHING NOTES

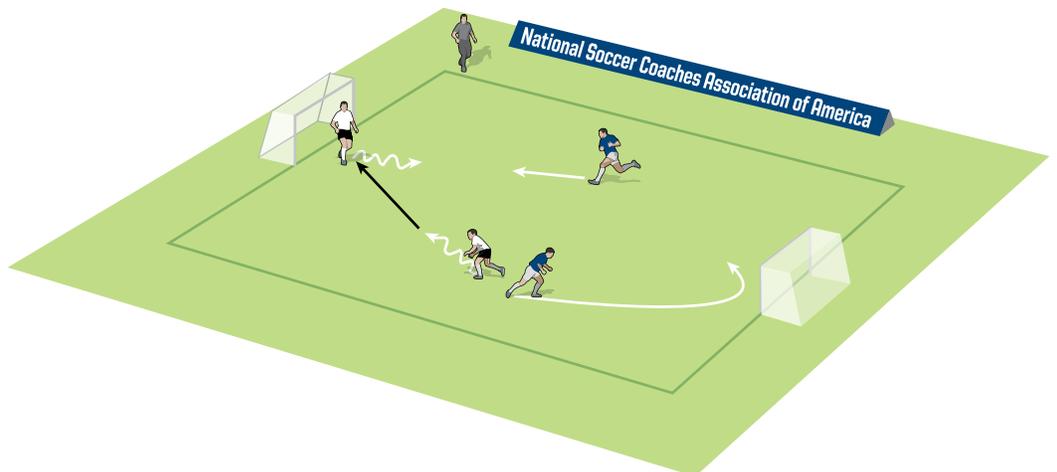
- + Main coaching objectives - players should think about their defensive body position and approach to the ball
- + Coaching tips - switch teams every few games to allow players to work with other teammates
- + Adaptations - players do not need to play the ball back to the keeper before starting the attack to allow for a quicker transition from defense to attack



- + Pressure - Defender makes an angled run attempting to cut off the pass to the other attacker



- + Defender should stay low and keep their feet moving to force the attacker to the side line



- + If the defender sees an opportunity to win the ball they should do so and play to their keeper to transition to attack.

