

4 VS 2+2

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Defending in pairs and groups.
- + Attacking transition.
- + Passing combinations.

Competencies:

- + Medium to long passing.
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.

WHY USE IT

Activity works on pressure - cover and transition. It assists players in both communication and identifying situations that occur in the game.

SET UP

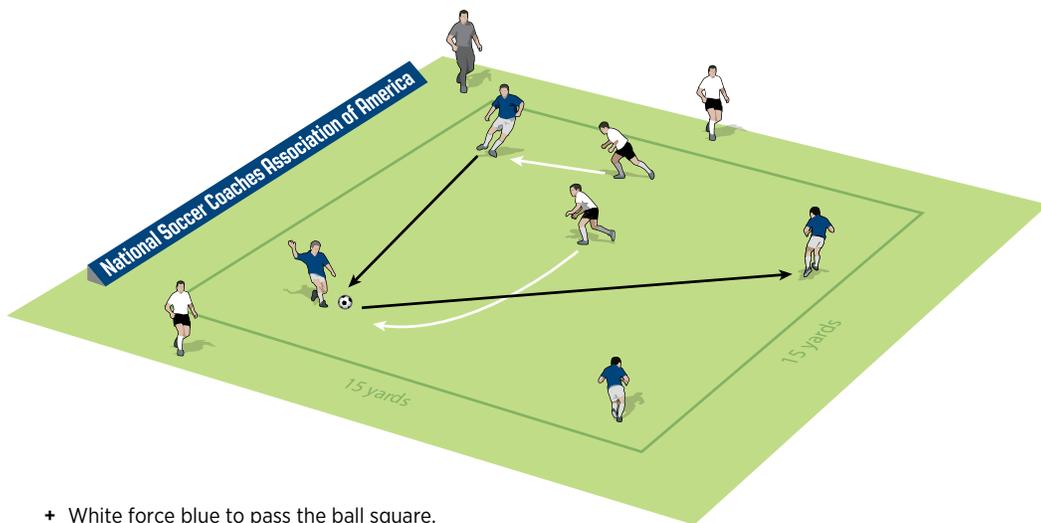
In a 15x15 yard grid start with 4 attackers with a ball and 2 defenders. 2 other defenders start outside the area.

HOW TO PLAY

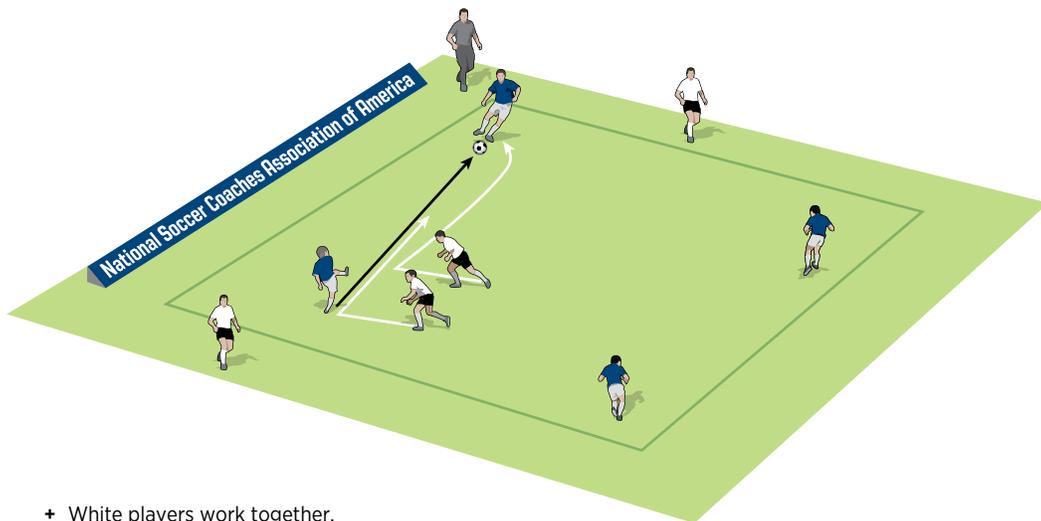
Play a standard game of keep away - blues attempting to combine passes to keep the ball from the white defenders. The focus is on defending and specifically on the role of the first defender in pressing the ball and the second defender in providing cover - without giving up a splitting pass between the defenders. Include an incentive for the defenders that if they win the ball and can pass it out of the area to their team mates they can switch roles. Play can be continuous with coach supervision.

COACHING NOTES

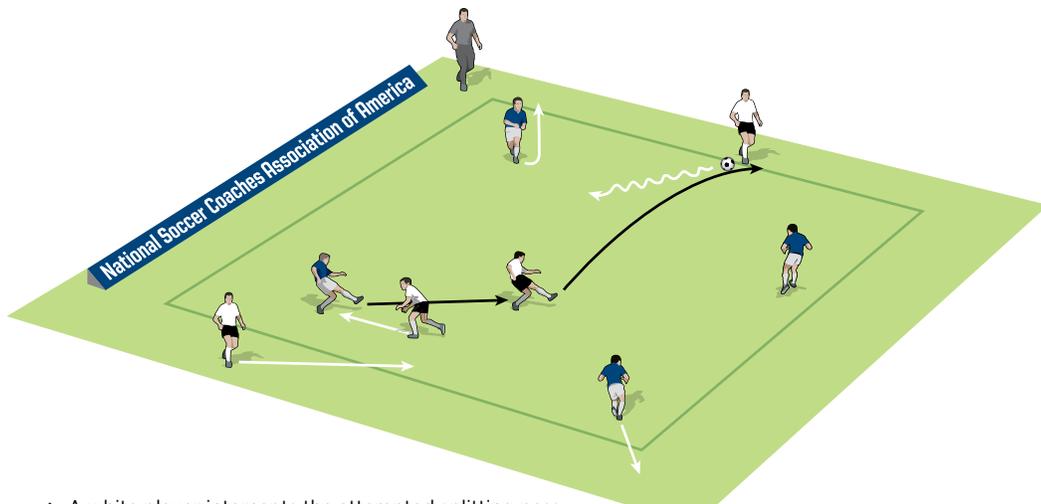
- + Coaching objectives - to encourage the two defenders to work in tandem to win possession and in transition play to their team mates in space.
- + Coaching tip - help the two defenders reminding them to make up space as the ball is traveling, rather than wait for the ball to arrive at an opponent.
- + Adaptations - as you defenders improve make the grid bigger to increase the challenge.



- + White force blue to pass the ball square.
- + Only one white player reacts.
- + Blue plays a splitting pass.



- + White players work together.
- + Blue is forced to pass square.
- + White players react together to apply pressure.



- + A white player intercepts the attempted splitting pass.
- + White players pass to their peripheral targets.
- + Teams switch roles.

