



2V2 CHALLENGE

Emphasis:

This game focuses on putting players in 2v2 situations while attacking the goal. The dynamics of the game works on multiple technical and tactical aspects as well as fitness and the demands on the players can be intense.

Game Info:

This is for ages U10-U14. It is best run with at least 8 players but no more than 16 players. The game should be run approximately 25 minutes on a small field.

The coach will also make sure they have the following equipment: cones, goals, alternate jerseys

Setup:

Start the game by splitting the group into two teams with a keeper in goal. Place two cones approximately 20-25 yards from goal about 30 yards apart. Instruct one team to line up behind one cone and the other team line up behind the other team (don't worry about lines because the players will be involved very quickly). Create a 5 X 5 yard box about 10-15 yards past the two cones, and place all the balls in this box.

Instructions:

Have 2 players from each team enter the playing area. Each team will play 2v2 to goal as normal. However, the dynamics of the game begin when you introduce the two rules.

RULE 1: If a player shoots and the keeper saves it, or the shot misses the goal, the shooter must quickly run get their missed shot and dribble it back to the 5X5 box. That player will then go to the end of their team's line and await their turn again. Once the shooting player dribbles back into the 5X5 box, his team can send in another man to even up the match at 2v2. In the mean time, the other team will sprint to the 5X5 box attempting to catch the team who just missed a shot in a man down situation.

RULE 2: If a team scores a goal, they are awarded with a point, the opposing player closest to the ball will be out and must dig the ball out of the goal, and return the ball to the 5X5 box. In the mean time, the attacking team is sprinting to the 5X5 box attempting to take advantage of a man down situation.

First team to 10 wins.

Progression:

- Limit player's touches.
- Keep track of offside.
- Play with 3v3 or 4v4.

Coaching Points:

- Quickly pursue the area around the ball
- Build 2v2 quickly.
- Quick transition between defense and offense
- Movement off the ball