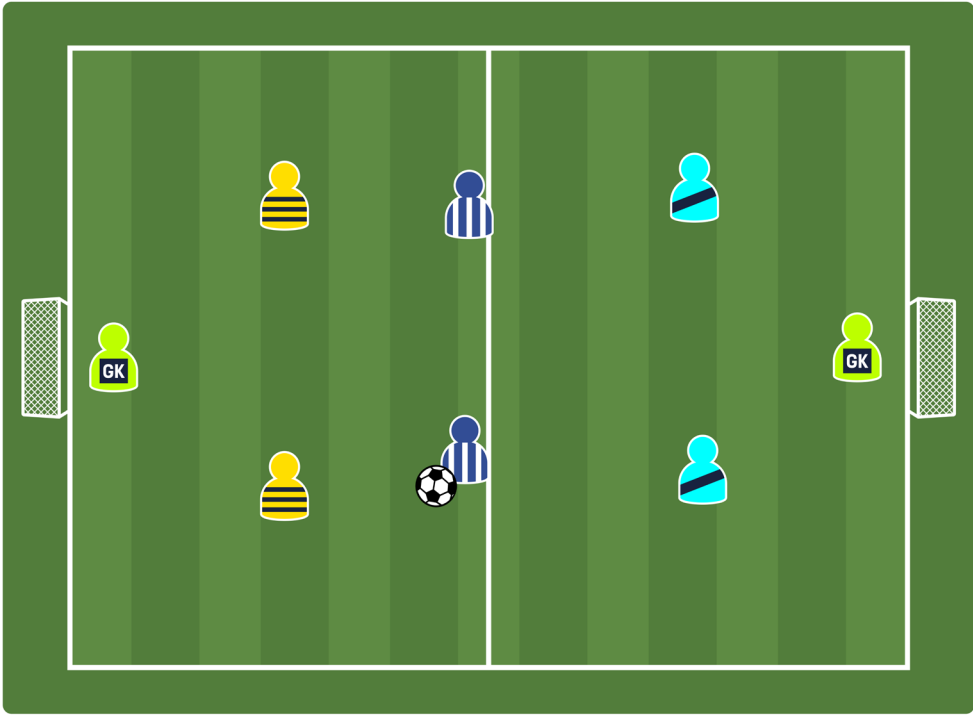


SESSION PLAN

2V2 ATTACK VS DEFENCE



Ball:

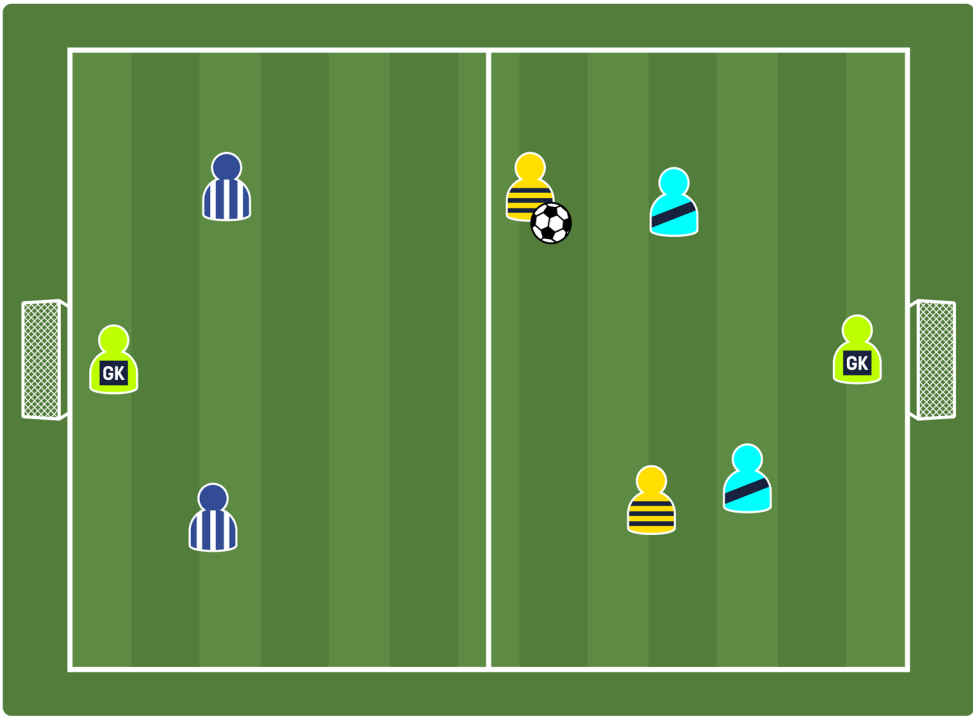
Team 1:

Team 2:

Team 3:

Goalkeeper:

Goal:



Ball:

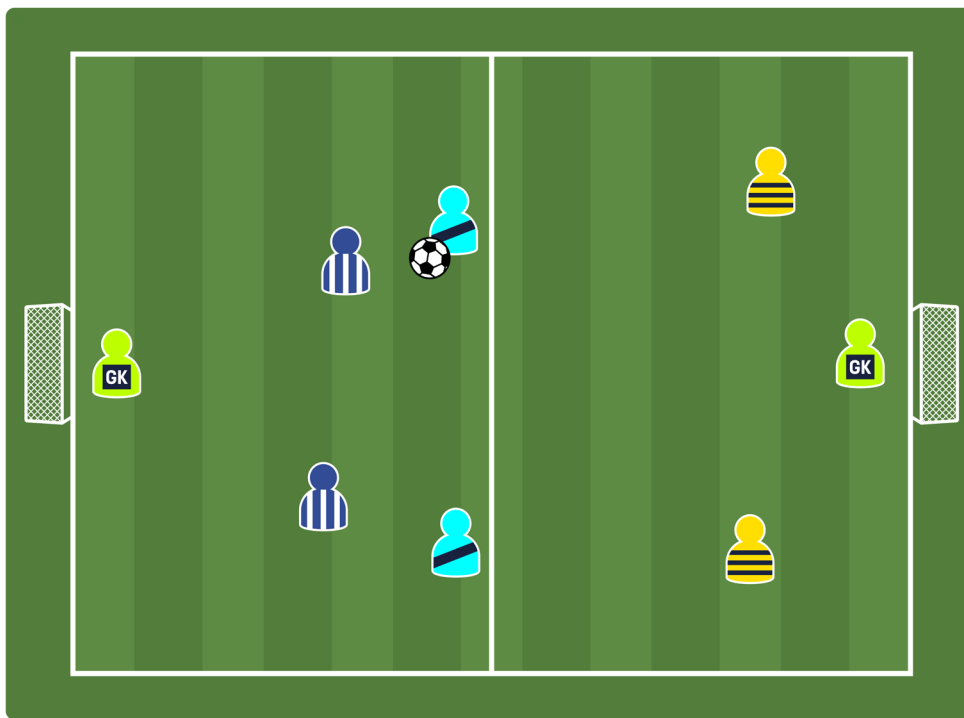
Team 1:

Team 2:

Team 3:

Goalkeeper:

Goal:



OBJECTIVES

Players will develop their understanding of:

- when to be creative to attack alone and when to combine with a partner
- defending high to protect the goal
- reacting to a transition.

ORGANISATION

- Set up an area appropriate for your players
- Mark a halfway line and put a goal at each end
- Ask two players to be goalkeepers, and put the other six into pairs
- Place two pairs and a goalkeeper in one half – they'll play 2v2
- Place the remaining pair and goalkeeper in the other half
- Create as many areas as you need to get all your players involved

HOW TO PLAY

- One pair starts with the ball on the halfway line – they play 2v2 against another pair who are defending the goal
- If the attack ends due to a goal, a save, or the ball going out of play, the goalkeeper plays to the defenders, who now become the attackers – they play 2v2 against the third pair in the other half
- If the defending team win the ball, they can immediately counter – the attackers that lost it drop back and wait to become defenders
- When attacking, each pair must work together to find the best way to score
- When defending, encourage each pair to defend high and keep their opponents away from shooting distance