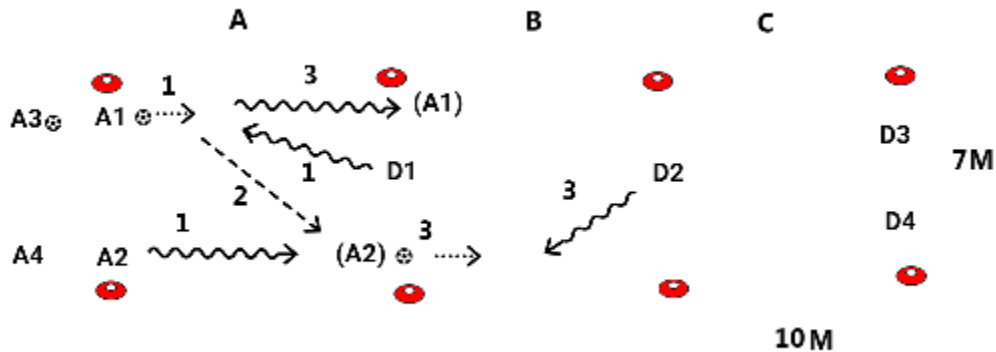


## Soccer Training Activity

**Topic:** 2v1 & 2v2 with Give & Go

**Purpose:** Shift side of attack to put opponent off-balance and out of shape, creating space



### **Organization:**

- Three areas of 10 x 7 M
- 4 attackers and 4 defenders

### **Rules of Play:**

1. A1 starts running with ball, D1 closes down A1. A2 runs into space
2. As D1 closes down A1, A1 passes into run of A2
3. A1 Runs past D1 into grid B, A2 runs with ball into grid B and is closed down by D2

Play repeats in grid B as A2 passes to A1 as D2 closes down A2. In grid C A1/A2 play 2v2 against D3/D4 and try to dribble or pass across end line.

After play in each grid is done, defenders return to their starting point getting ready for next attacking pair (A3/A4).

Rotate defenders and attackers after 3 attacks by each attacking pair.

### **Coaching Points:**

- Defender must sprint to attacker with ball as soon as attacker is moving to close down quickly
- Attacker with ball must time pass into run of their partner before being closed down
- Attacker without ball must time their run so that they receive the ball before entering the next grid. This timing of pass and run between attackers is critical and needs to be emphasized. The receiving player can't run ahead and wait for ball. Nor can the pass go out of bounds.
- Pair your players as they would play together in a game. For example D3/D4 could be central defender pair. A1/A2 could be two adjacent midfielders, two strikers or a midfielder/striker
- Progression might be to ask receiving attacker to stay onside with passer. This makes timing of runs more challenging