

Drill Number

59

Min Age Group:

U9

Min # of Players

8

Drill Name

4 v 2 and 2

Min Time Required

10

Description

Setup:

Mark two square grids about 15x15 yards adjacent to each other (or split the penalty box in two), 4 attackers with balls and 2 defensive players in one square, and the remaining two players in the other grid.

Description:

1. 4 players with ball play keep away trying to score a point by making 8 consecutive passes.
2. If the ball goes out of the grid no matter who touches it last, or the defenders win possession, the defenders bring (or pass) the ball to the other grid.
3. Two of the attackers who lost the ball run to the new grid and become defenders.
4. Continue playing and keep score.

RULES

1. Once possession is lost or the ball goes out the attacking team must stop playing in that grid. They cannot try to win the ball back until they (only 2 players) are in the other grid.
2. The two defenders should be different for each lost possession.

Coaching Points

1. Transition from offense to defense and defense to offense. Ensure proper spacing for the attackers and pressure, cover for the defenders.
2. The players waiting for the ball in the other square should be maximizing their space by being close to the far side.
3. This game can also be played with 3v1 plus 2 and 5v2 plus 3.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

