

Football Specific Theme: 2v2 Defending

Warm Up (15 mins)

Set Up:

6v2 in a rectangle (15 meters by 10 meters).
 First defender puts pressure and channels.
 Second defender directs and supports/covers.

Conditions:

If the defenders do not succeed, the attacking players must use a minimum of 2 touches.

Coaching Points:

Avoid passes going through the two defenders.
 Communicate with each other to make fast decisions, who presses and who supports/covers.
 First defender delays, denies space and channel attacker.
 Second defender supports/covers and directs first defender in choice of channel and amount of pressure.



KEY: - - - - > Ball Path → Player Path - - - - - > Dribble

Dynamic Stretching (5 mins)

Speed and Agility (10 mins)

2v2 Drill (15 mins)

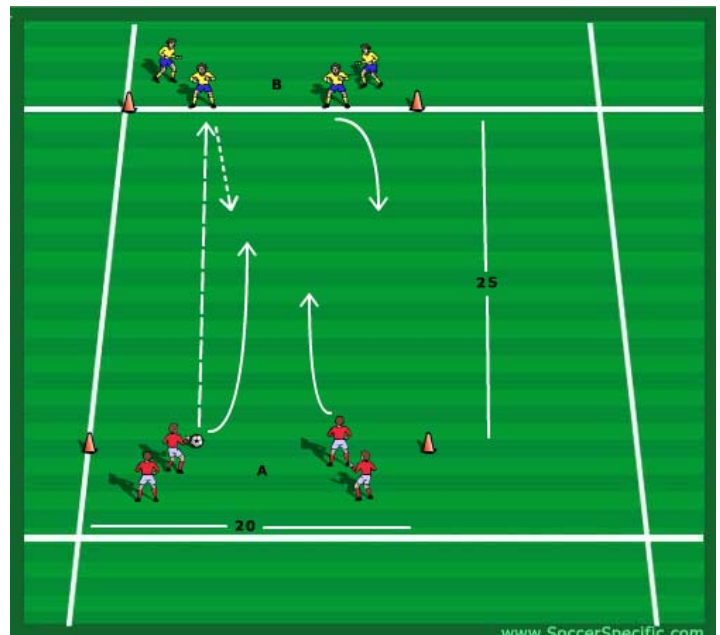
Set Up:

Mark out two channels (25 meters by 20 meters), 4 players on each side is a good number. To start the drill, one of the players A plays a pass to players B, Players A becomes the defenders and players B becomes the attacking players. Players B tries to dribble the ball across the line protected by players A. In the beginning the attacking players must pass the ball between each other a couple of times before they try and go past the defenders.

Progression: The attacking players are allowed to try and pass the defenders directly.

Coaching Points:

Both defenders position themselves in relation to goal(line). The first defenders body position – channel opponent, isolate first attacker. Second defender place herself in position depending on the success of the first defenders attempt to channel the attacker. If first defender is successful, second defender supports, otherwise she covers. Second defender be aware of second attacker's position. Awareness of offside.



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2v2 Defending Game Related Practice (20 mins)

Set Up:

Use sideline for marking up the area.
 A1 and A2 attacks from the first zone and tries to get through the middle zone where B1 and B2 defends.
 Change side on attacker and defender after 10 mins.

Progression:

Second defender is allowed to recover into the goal area to defend a penetrating pass.

Coaching Points:

As in Warm Up activity and 2v2 drill.
 Channel over the sideline.



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Conditioned Game (25 mins)

Set Up:

Conditioned Game 6v6 plus 2 goalkeepers in three zones. 2v2 situations in each of the three zones. Attacking in final third after a lay-off to the second forward who has dropped off into the mid-zone (passive in mid-zone).

Coaching Points:

As in Warm Up and 2v2 drill.



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Homework – Individual Specifics (20 mins)

Cool Down (10 mins)