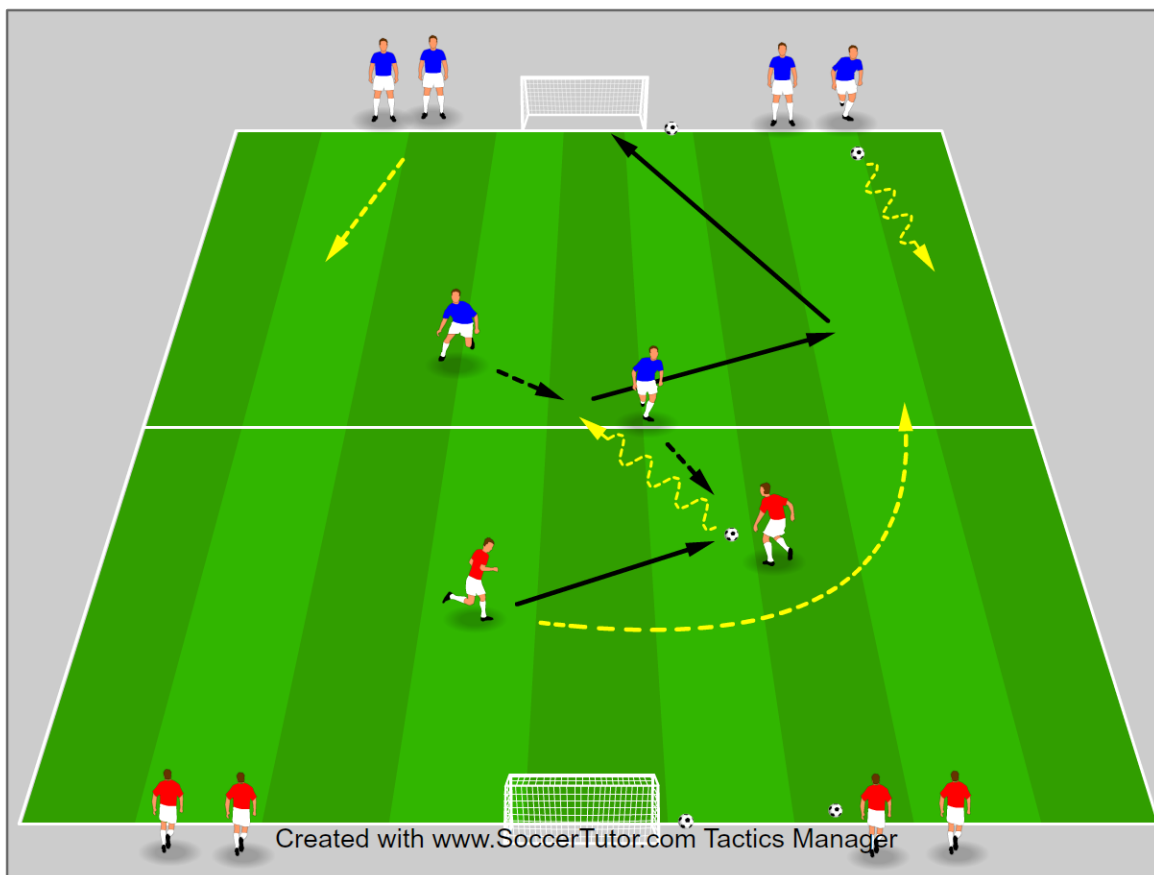


2v2 Quick Transition to Goal



Date: 26/Mar/2014

Time: N/A:N/A

Duration: 20

Measurement: 30 x 30 Yards

Players: 0

Level/Age Group: U8 - U18

Description: Play 2v2 inside the grid to the small goals. If a team gets scored on they step off and two new team members step on with the ball. They look to get a quick attack on the team that just scored. As a team scores they must quickly transition to stop the quick attack. The scoring team stays on the field and plays 2v2 until they get scored on. If the ball goes out of bounds, the ball restarts from a teammate on their end line. Players only switch after their group gets scored on.

Objective:

- Increase the players ability to quickly transition into offense.
- Increase players recognition of when and how to combine to off balance defense.

Coaching Points:

- Quick transition after scoring a goal.
- Quick attack trying to off balance the defense.
- Pick the right time when to beat a defender on the dribble and when to pass around defenders.
- PLAY WITH SPEED. Make sure the game is quick, fast paced and a lot of goals are scored

Progression: Increase or decrease the size of the field in adjust difficulty.