

LIVE 2-on-2s

OBJECTIVE

To practice two-man offensive plays that work well in a 2-2-2 offense.

SPACE/EQUIPMENT

- Balls
- Goal
- Half-field

PLAYERS NEEDED

No more than 12-14 players, plus a goalie, should participate in this drill at a time.

Start two attackmen behind the goal (one at back-right and one at back-left) and two midfielders above the goal (one at top-right and one at top-left), and start one defender on each of the offensive players. A coach throws the ball to one of the offensive midfielders, and the four players above the goal will play a live two-on-two. The first midfielder immediately throws the ball to the other offensive midfielder, and then can either clear through to create dodging space or set a pick for his teammate. Either way, his job is to roll to the goal and create a passing lane once his teammate begins to dodge. After they take a shot or turn the ball over, the coach throws a ball to one of the attackmen behind the goal and then they play out a live two-on-two with the same options from there.

DRILL-EXECUTION



