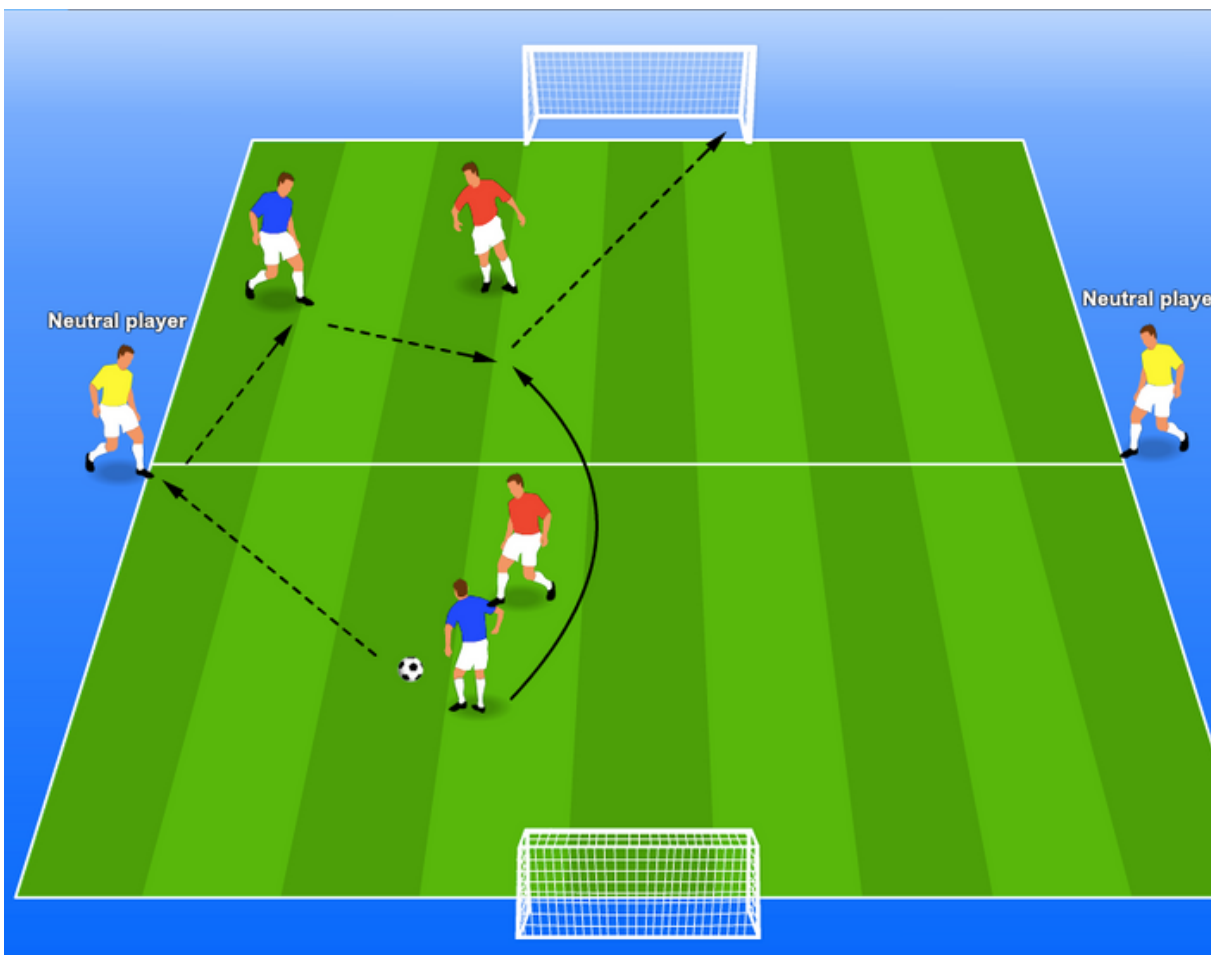


2v2 Attacking drill with bounce players



Purpose

The purpose of this soccer drill is to help players combine passes to go forward and attack

Set up

- 15 x 20-yard area
- 2 goals
- 6 players
- 1 soccer ball

How it works

Set up your area and divide your players into 3 teams. There will be a 2v2 in the middle with 2 players as neutral players on opposite 20-yard lines.

The neutral players will act as a left midfielder and a right midfielder for the teams in the middle.

The two teams in the middle will set up as central midfielder and striker.

Each round will last 3 minutes and there will be 6 rounds to ensure that all the teams have played each other twice.

A team will win a round if they score more goals than the opposition.

Coaching points

- Create space for yourself with your first move away from the space to drag the defender away and then your second movement should back towards the space.
- Your first thought should be to go forward
- Wide players need to create angles to help support the players in the middle

Questions

- How can you create a space for yourself?
- When you get the ball what should your first thought be?
- What can the side players do to help support the players in the middle?

Advanced