

## 2v2 + Crossing



Date:	10/Jan/2022	Measurement:	30 x 40
Time:	N/A:N/A	Players:	14
Duration:	N/A	Level:	U11 - 18+

# **Objective:**

## **Description:** 1. Divide players into two teams.

2. Attacking team two lines either side of goal (one line has balls)

3. Defending team two lines either side of goal and third line outside of area with balls (crossing line)

Two players in attacking team start with a ball and attempt to score. On attackers first touch two blues come out to defend and try win ball to score on reds goal. After play is over (goal scored or ball leaves area) the blue player outside area dribbles passed blue cone and crosses for another chance to score.

Switch roles after set time.

## Coaching Points: Attacking

- 1. Shoot early
- 2. Player habbits Vision, Positive forward play, receiving to shoot

Defending

- 1. Closest defender close down ball carrier to delay attack
- 2. second defender covers
- 3. Defending cross tight marking , open body shape to see players and ball

#### **Progression:**