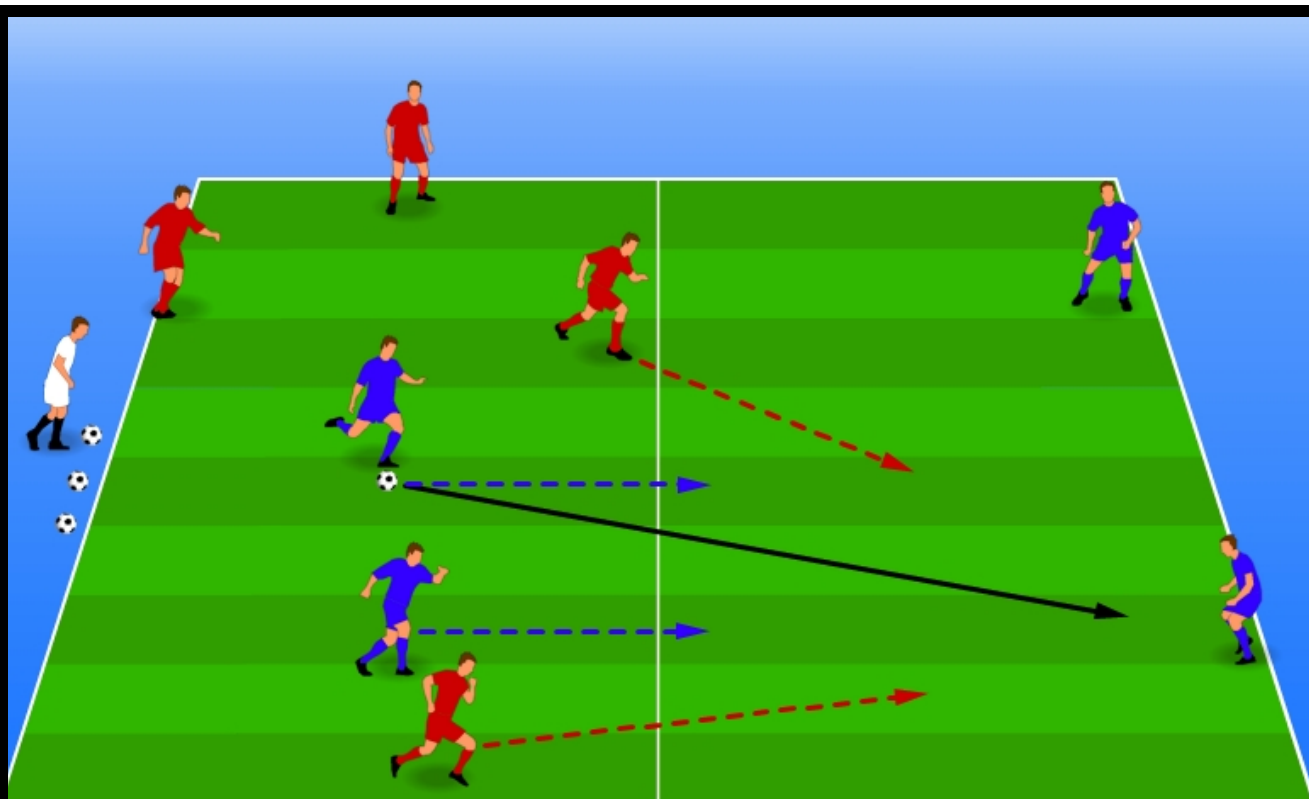


4 v 2 → 4 v 2

Small Sided

Group Attacking



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: Eight players are set up on a small split field, playing 4 v 4.

Procedure: The players are 4 v 2 in one half of the field, with two defenders stationed in the other half. When the defenders win the ball, they change it over to their teammates in the other half, and cross over with two of the attackers, re-forming the 4 v 2. Balls put out of play are re-started by the Feeder, and if the two defenders are in the middle for more than 30 seconds, the other pair of defenders switches in.

Teaching Topics:

- 1 Speed of play.
- 2 Expanding the field.
- 3 Changing the field.

Progressions:

- 1 Add a neutral attacker and play 5 v 2 in each half, with a one touch limit.

Coaching Points:

- 1 Get into the other half of the field quickly, before the two defenders close in on the ball.
- 2 Use the entire space and force the defenders to chase the ball.
- 3 Switch the ball before the defenders can close the distance.