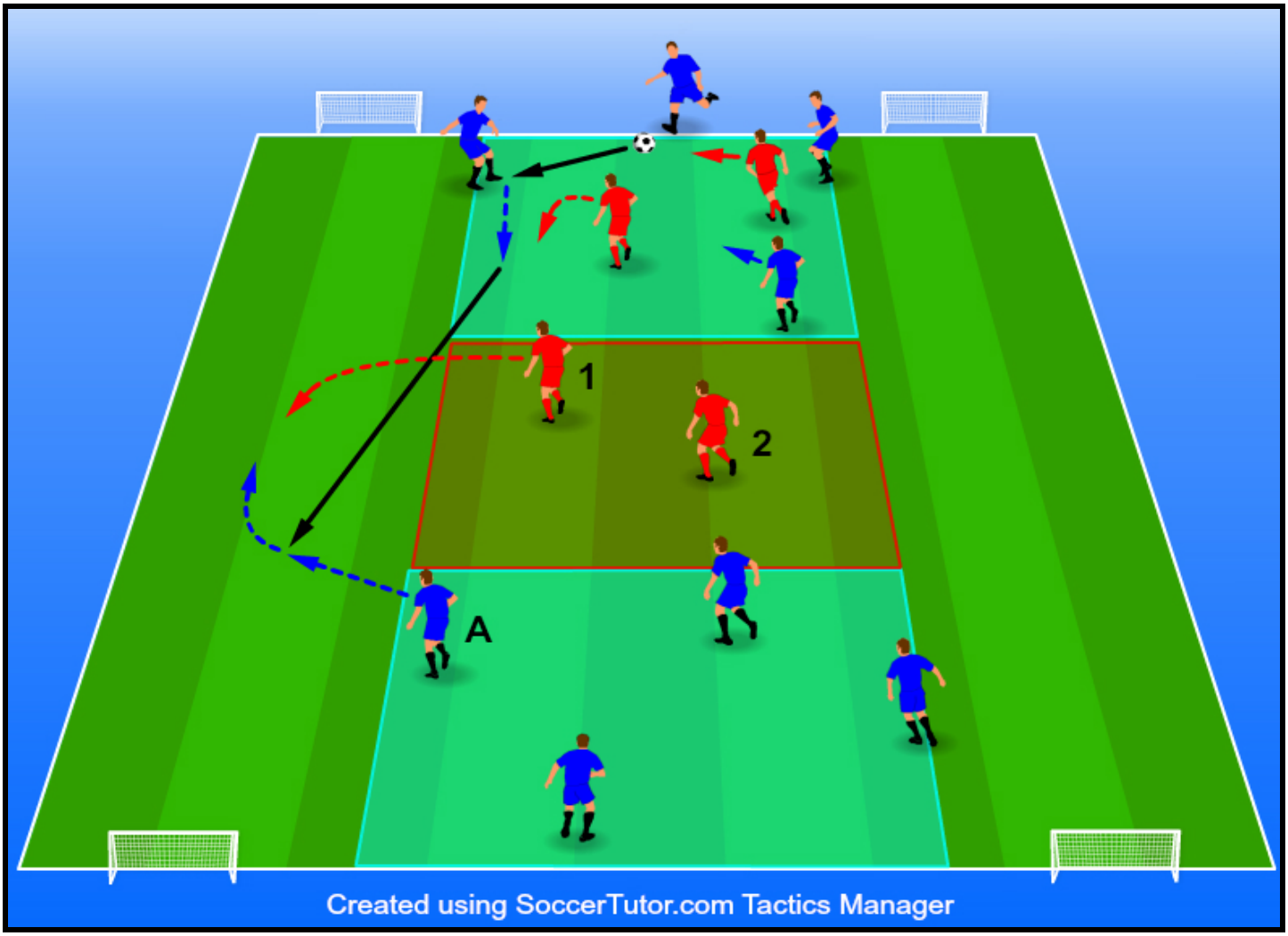
4 v 2 Into 1 v 1 Challenges Small Sided Group Attacking



Procedure:

Play begins with a 4 v 2 in one of the end zones. After making 3-5 passes, the attackers can: (1) change the ball to the other end to create a new 4 v 2, with Players 1 and 2 following the pass in. (2) Play a long pass into the channel to create a 1 v 1 to the opposite goal (see the diagram). And (3), send an attacker in the 4 v 2 out into the channel to create a 1 v 2 to the opposite goal. Also, when the defenders win the ball, they can pass or dribble out into the channels and attack 1 v 1 at any of the four goals.

Coaching Points:

1 Speed of Play – Get open early so that your team can play one and two touch soccer.

2 Decision Making – When a passing lane closes down, fake that pass and keep possession.

3 Concentration – Stay involved in the play at both ends of the field. Don't switch off.

Progressions/Regressions:

Progression 1 – Take away Option (3). The ball must be played to the opposite end.