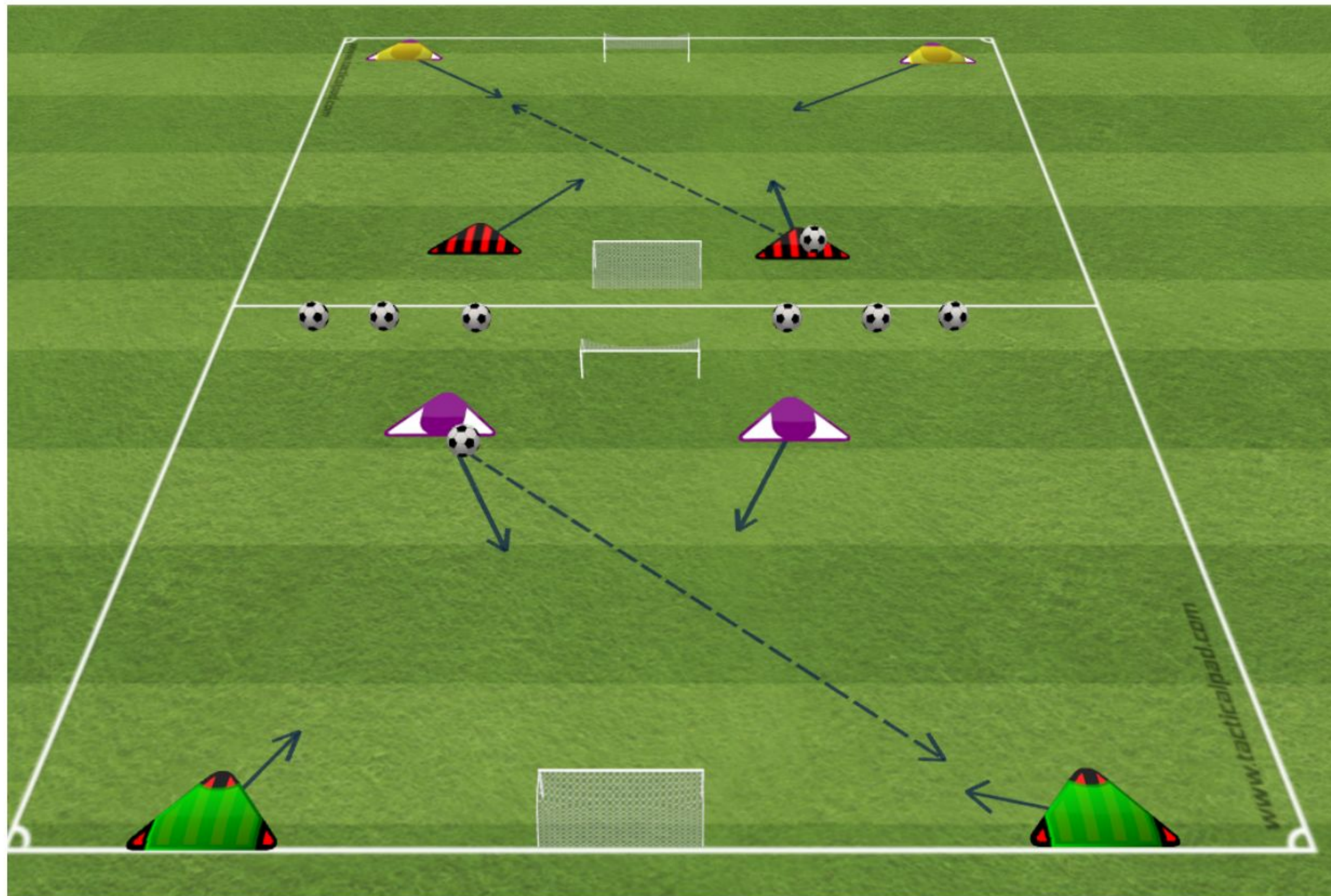


EXERCISE 2



We progress to a 2v2 set up that allows players to work on 2v2 defending then 2v2 attacking. Stress the defenders role is to delay and a bonus is to win the ball and play forward. The attackers role is to play quick and make the correct decisions.

2 v 2 starts on coaches whistle and only lasts 30 seconds (depends on ability level and age) but once allocated time limit is done the 2v2 is over and players sprint to go again

30 second games, 10 second break, continuesly