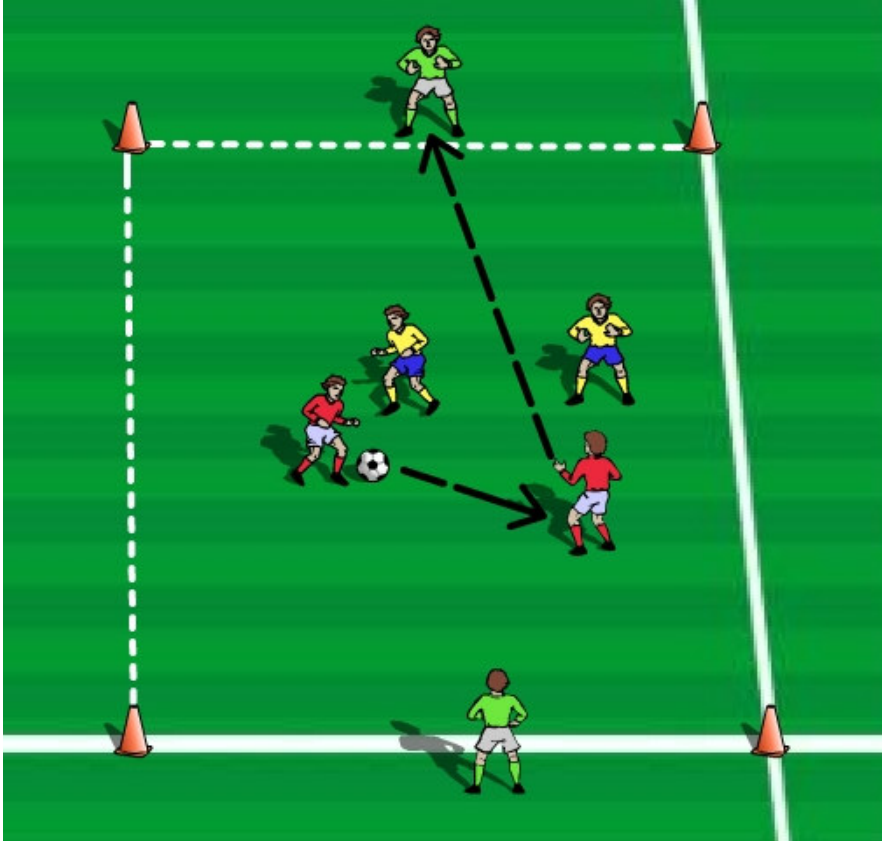


2 V 2 +2 With Targets

Emphasis: Passing, receiving, dribbling, turning, mobility



Set-up:

Create a 15x15 yard grid and position two pairs in the middle. Place a target at each end of the grid and those players are not allowed to penetrate the grid but can move anywhere laterally across the line. Place extra balls around the grid.

Objective:

The team with the ball must combine with each other and find one of the targets. They then must get the ball back from the target, combine, and find the target on the other side. A point is awarded for moving the ball from one target to the other while maintaining possession.

Progression:

1. One touch maximum.
2. Add a neutral player.

Coaching Points:

- Create supporting angles.
- Play the way you face and away from pressure.
- Look to combine.