



Drill Library



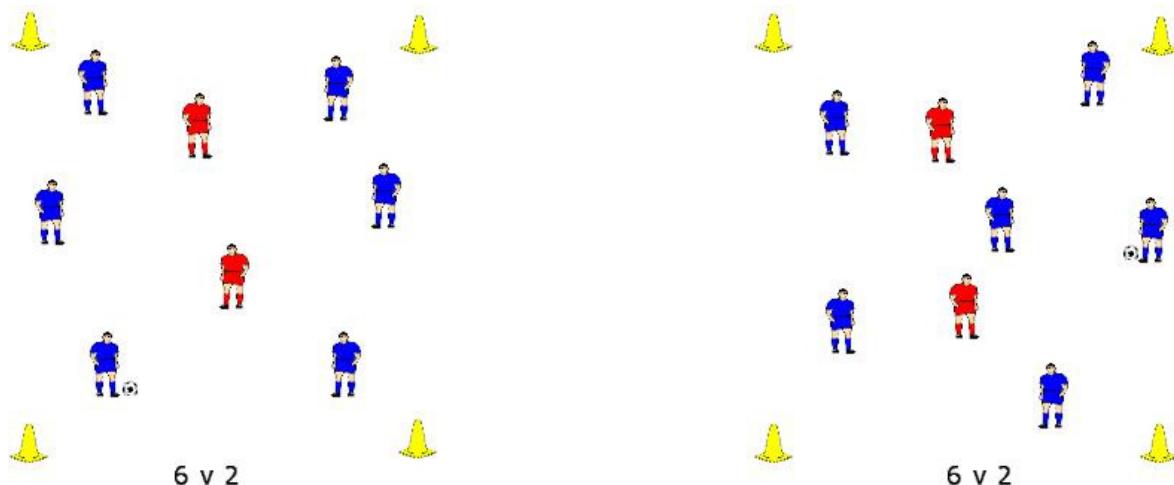
Drill Name: 6 v 2 + 2 Areas

Topic: Positioning Games

Objectives:

- Angles of support
- Ball Speed

Diagram:



Description:

- 2 areas of 6 v 2. Once the ball is lost, player responsible and the player to their left run into the other area and defend, which would make it 6 v 4. Once ball is won, 2 new defenders enter the other area, making it 6 v 2 again.

Progressions:

- Limit touches
- Reduce space

Coaching Points:

- Ball Movement
- Angle of support.