



Drill Library



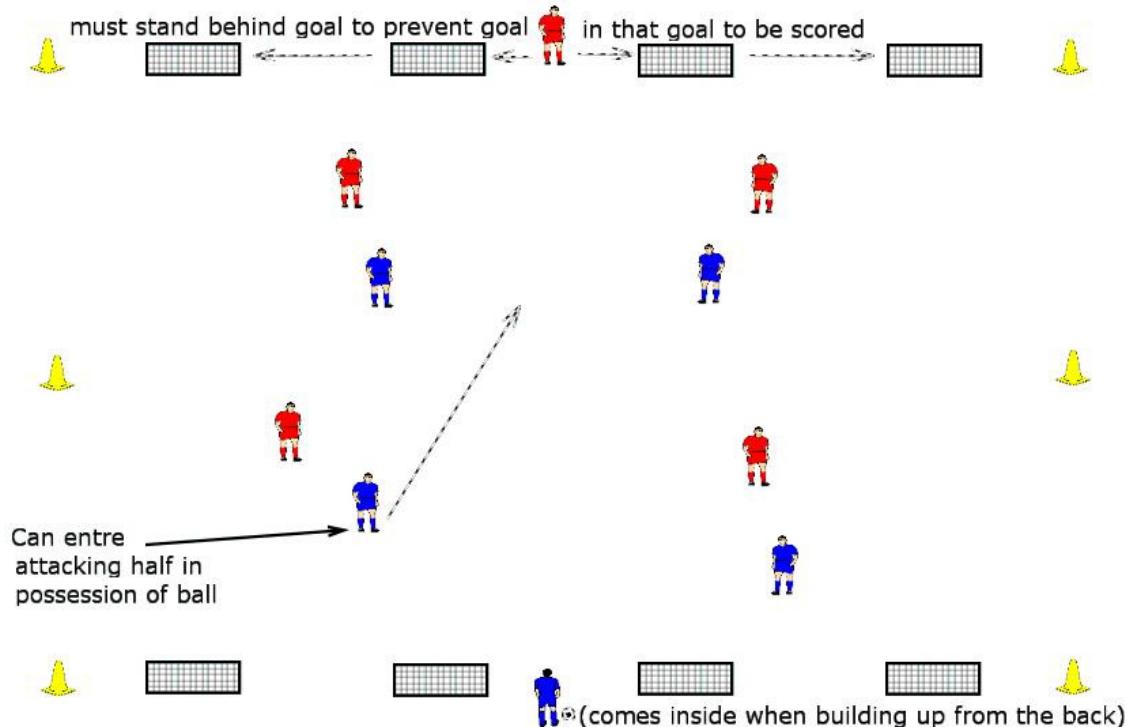
Drill Name: 5 v 5 (2 v 2 + 1)

Topic: Building up from back & transition into attacking half.

Objectives:

- Building up from the back
- Progress to next attacking area
- Transition (attacking to defense)

Diagram:



Description:

- Attacking team play 3 v 2. A player can enter into attacking half in possession of the ball to score in either 4 goals. Defending team has a player who can stand at the back of any goal to prevent a goal being scored. Attacker needs to switch the score effectively.

Progressions:

- Limited touches
- More players

Coaching Points:

- Penetration (early)
- Switch point of attack.