



Drill Name: 2 v 2 to Goal

Set up :

Use the penalty area and a regulation size goal. Two teams with two players are inside the penalty area. The coach is standing inside the D with a group of balls, and dictates the service into the box.

Instructions:

The coach serves the ball into the penalty area and both teams compete for the ball and try to score. If the team on defense wins possession, they can go to goal as well. If the goalkeeper makes the save or the ball goes outside the penalty area, the play is done. Have the resting teams on the sides of the penalty area keeping the balls re-circulated.

Progression:

1. The serves can come from anywhere outside the penalty box. Use the extra players for this.
2. A goal must be scored in eight seconds or less.
3. Both teams have a two touch maximum.

Coaching Points:

- The players must be willing to work both sides of the ball.
- Receive the ball sideways on.
- Close down the shooter quickly.