

4v2 Three Zones to Goal

Category: Tactical, Defensive, Offensive

Difficulty: Intermediate

Drill of the Week #7

4v2- 3 Zone (15 minutes)

Goal: Possess a ball in a small area to open up passing lanes for a Target (T) player upfield in a dangerous scoring space. Defenders are looking to pressure the ball and take away the lane to the Target (T) player.

Skill emphasis: Individual Defense, team defense, possession passing, upfield cutting attackers, ARZ/DRZ, 1v1 versus a goalkeeper

Drill:

1. The coach feeds the 3v1 attackers a ball In Zone 1 and the attackers need to make three complete passes. Once they do that, they are looking upfield to find the Target (T) player in a dangerous space.
2. D1 is looking to pressure the ball and keep it in front in Zone 1 while D2 in Zone 2 communicates where the Target (T) player is In Zone 3.
3. After the three complete passes are made In Zone 1 ALL players continue to play to goal.
4. D2 in Zone 2 is looking to make an interception and works to position themself in the lane to the upfield attacker.

This drill is from the July 2023 Ready2Coach Clinic at the University of New Hampshire and Associate Head Coach Steve Danielson. Thank you Coach!

