

2v2 to a 4v2

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OBJECTIVE

Develop attacking and defending decision-making as play progresses from an even-numbered 2v2 into a quick 4v2.

DIAGRAM



SETUP

Players

- Two teams, each with at least one goalkeeper

Area

- The 25-yard area

Equipment

- Two Goals
- Balls and cones

EXECUTION

1. Two attackers initiate a 2v2 toward Goalkeeper 1.
2. If the defenders win possession, they immediately counterattack toward Goalkeeper 2.
3. When the first ball ends, a new ball is entered from the same side, and two additional attackers join to create a 4v2 toward Goalkeeper 1.
4. If the defenders win possession during the 4v2, they immediately counterattack toward Goalkeeper 2.
5. Repeat the sequence from the opposite side.

POINTS OF EMPHASIS

- Create width and exploit the numerical advantage.
- Defend patiently, protect the middle, and communicate with the goalkeeper.
- Transition quickly after winning possession.
- Prepare the next ball for a quick restart.

VARIATIONS

- Award points for goals, counterattacks, or goalkeeper clears.
- Limit touches during the 4v2.
- Adjust the playing area to vary pressure and transition distance.

Drill Booklet Key

- Pass
- Run without the ball
- Dribble
- Shot