

2v2 defend your goal

This session is about defending as a team against a number of pressurised attacking situations.



What you tell your players the session is about

1. Defending the dribble.
2. Defending the cross.
3. Defending when outnumbered.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15-20 mins	15-20 mins	15-20 mins	10 mins

Activity	Kit	Outcome
Warm-up	Ball each	Various dribbling and skills
The session	Balls, goal	Stop attackers from scoring
Development	Balls, goal	Stop attackers from scoring from a dribble, cross and a 3v2 situation
Game	Balls, goals	Normal game
Warm-down	na	Gentle jogging and stretching De-brief Q+A with coach



Where it fits

Individual skills: Individual defending, reactions, passing, dribbling, shooting, running, strength

Team skills: Defending, communication, team work, attacking, combination play

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What to think about

This practice develops from one attack into three attacks in a short period of time. The pressure on the defenders is therefore increased.

This is more like a real game where your team can be under pressure from constant attacks on your goal. The players must be able to work together, concentrate and use communication to be successful.





Set-up

- 30x50yd area (only width of 18 yard box is used for opposed play).



What you get your players to do

The goalkeeper throws the ball out to the two attackers, immediately a 2v2 game commences.

Progress the practice so that after the first ball leaves the play, there is a cross from the right and a cross from the left to deal with.

Finally, progress the practice so that after the initial attack there is one cross and then an additional player dribbles into the pitch to make a 3v2 situation.



What to call out

- “Always be on the move”
- “Time your runs”
- “Get out of the defenders vision”



Development

Allow the attacking players to decide which order the different attacks take place. This gives the defenders a chance to adjust to different scenarios.



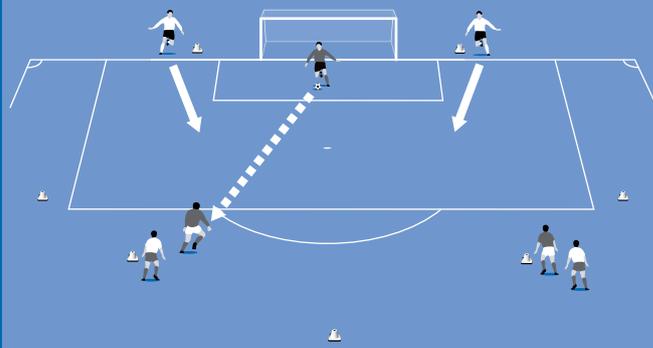
Game situation

Play a small sided game.

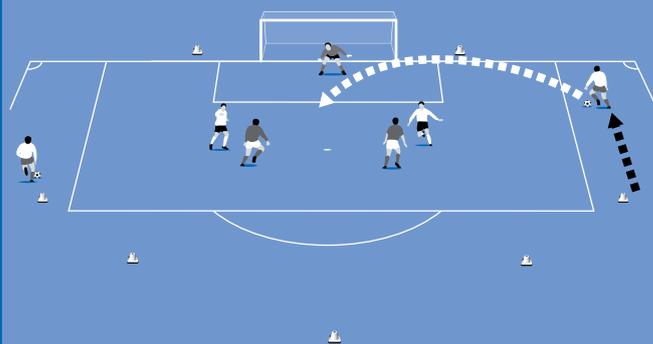
Encourage players to take pride in their defending and enjoy stopping the attackers.

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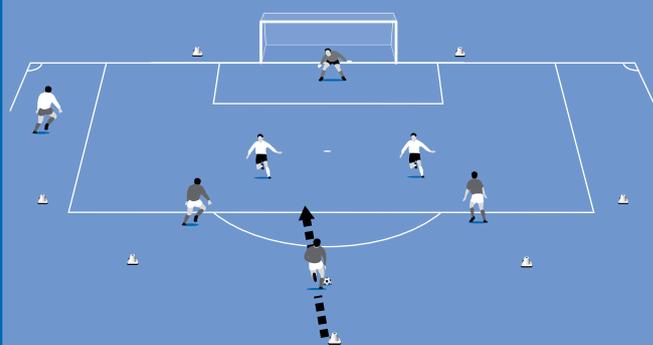
direction of run \Rightarrow pass $\square\square\square\Rightarrow$
dribble $\blacksquare\blacksquare\blacksquare\blacksquare\Rightarrow$



First defend a 2v2.



Then react to defend from a cross.



Can they still keep a clean sheet when outnumbered?