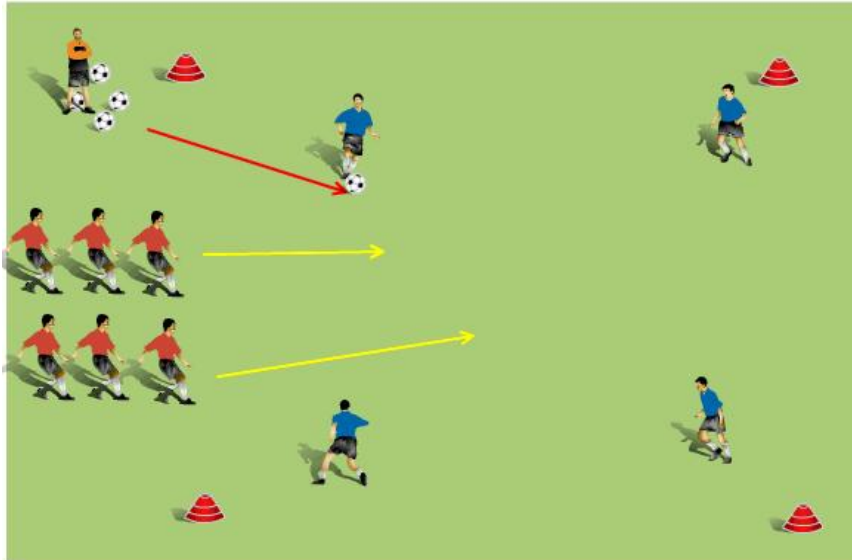
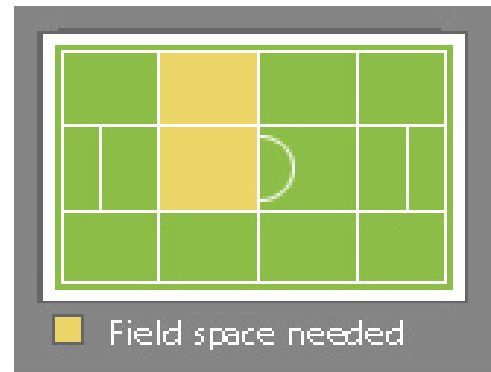


Timed 4 v 2 Keep-away



Materials Needed



10 x 10 yd grid

- Pinnies
- Balls
- Cones
- Divide players into two (2) or three (3) color-coded teams
- 4-5 players per team

Timed 4 v 2 Keep-away Dynamic Competitive

Set Up & Progressions:

The coach proceeds to pass one ball into the grid. The timekeeper starts the clock. The first player in each of the red lines enters the grid. The four (4) blue players (attackers) attempt to keep the ball away from the two (2) red defenders. The defenders try to knock the ball out of the grid. If they do, they must exit the grid immediately and get back in their lines. The clock continues to run. Upon their exit, the coach passes the next ball into the grid. The next two red defenders enter the grid immediately and proceed to knock the ball out. This sequence continues until the coach has passed in all six (6) balls. The same four (4) blue players (attackers) remain in the grid for all six (6) balls. When the last ball is kicked out of the grid, time is stopped. The time for possession of the six (6) balls is recorded for the blue team. If there are three (3) teams one rests. Enough games should be played so that each team gets two (2) attempts at defending and attacking. The winner is the team that has accumulated the most time on the clock while attacking. uipped with six (6) soccer balls.

Coaches can:

- 1) increase the number of players on each team and play 5v2
- 2) increase the size of the grid (easier to possess)
- 3) decrease the size of the grid (harder to possess).

Objectives:

To create a pressure situation in which SPEED of play is trained.

Coaching Points

- Speed of play (technical and tactical speed)
- Proper use of small space
- Destructive defending
- Fun