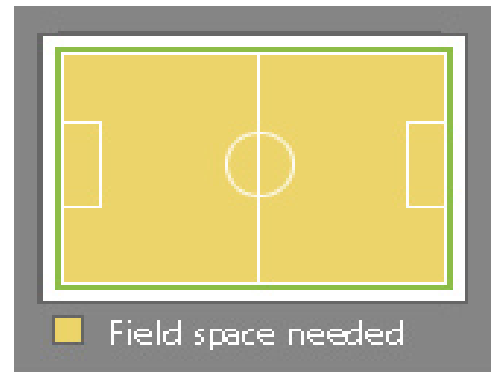


Zone 2v3 + 2v3 Competition



Materials Needed



40 yd x 45 yd grid

- Soccer Balls
- cones and pennies
- goals

Zone 2v3 + 2v3 Competition Economical

Set Up & Progressions:

Goals at each end with goalkeepers. Midfield line marked off with cones. Two teams, red and yellow. One red goalkeeper, two red defenders and two yellow attackers positioned in $\frac{1}{2}$ of the field (2v3); one yellow goalkeeper, two yellow defenders and two red attackers in the other half of the field (2v3). Players must remain in their own half of the field. Multiple balls placed in each goal. Game begins when one of the goalkeepers puts a ball in play by throwing it or kicking it off the ground. (no punting allowed by the goalkeeper). The goalkeeper and defenders in one half attempt to combine with their attackers in the other half and score. Shots can be taken from anywhere on the field.

Variations: Once a ball is played into a red attacker, a red defender can enter the other half and join the red attackers and once a ball is played into a yellow attacker, a yellow defender can enter the other half and join the yellow attackers.

Objectives:

To create a real-game environment with pressure and real time decision making.

Coaching Points

- passing and receiving
- combination play
- shooting
- defending
- group attacking and defending shape
- goalkeeper foot skills
- goalkeeper distribution and communication