

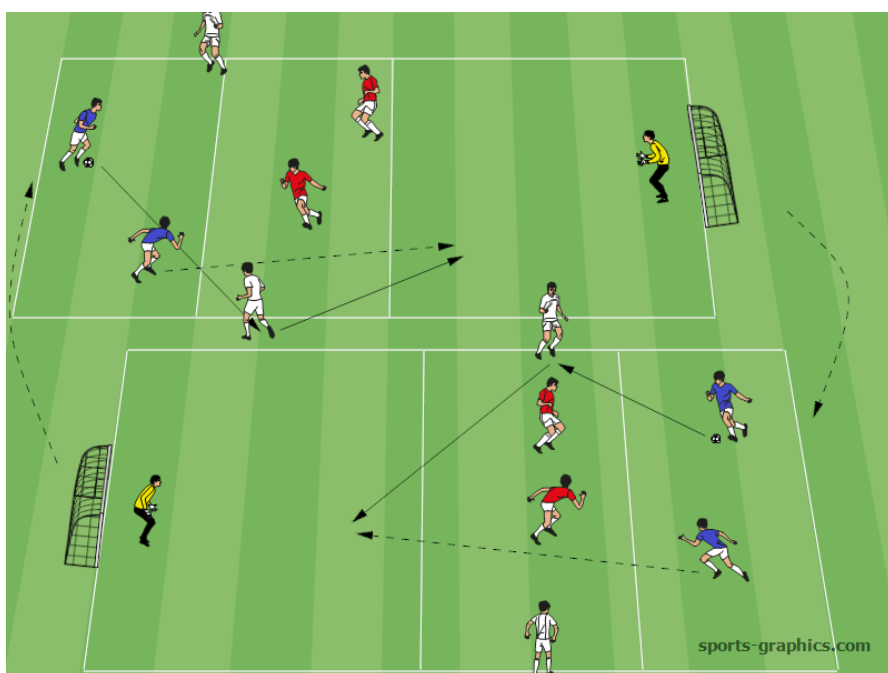
# 4v2 REPETITION CIRCUIT

Improve attacking play in pairs

TACTICAL

## Passing

## Support Play



Set up two playing areas one 30x10 the other 30x20, including an end zone 18yds deep on both with one goal at alternate ends.

Fourteen players (including two goalkeepers), working in pairs, with two pairs operating as defenders and one pair working as support players on side of each practice area.

Practice starts with the attackers at each end playing unopposed in the first third of the practice areas.

Defenders are restricted to mid and defensive thirds.

The attackers work up and down each area to complete circuit.

Offside applies in final third and attackers can shoot from any position.

Change roles after a predetermined number

of attempts.

## VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

## LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Correct passing technique.
- Correct technique to receive.
- Creating space away from the ball.
- Develop good decision making.

## KEY FACTORS

- Communication
- Good first touch
- Head up
- Keep the ball moving into space
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)

## FOCUS AREAS

- Attackers to be aware of position of defenders.
- Attacking with ball centrally to pull defenders together.
- Decision on how to beat GK.
- Early strike at goal.
- Good movement by attackers to throw defenders off balance.
- Passes to feet or measured to space.
- Quality of the pass - accuracy, weight and timing.



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