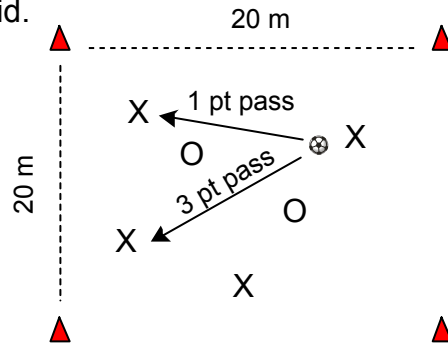




Technical Skill # 8: 4 v 2 Passing

1. 4 v 2 in 20m x 20m grid.



2. Group of 4 keeps possession and scores:

1 point for completed pass

3 points for completed pass between defenders.

Rotate defenders every 3 minutes.

Emphasize movement, passing into space, angles of support (triangles in particular) and communication.

Keep track of points for possession teams.

Coaching Points/Progression

1. X's need to constantly move to set up an opportunity for the pass between defenders. This is best accomplished by a couple of short and "square" passes while the fourth attacker "sneaks" behind the defenders and is now open for the through pass.
2. This is where thinking about and setting up triangles is of value.
3. Defenders need to decide who challenges player with the ball. The second, or covering, defender needs to decide which passing lane to cut off.

This is an excellent drill to train attackers to play the "deadly" splitting the defense pass.

You can make the drill easier for attackers by adding a fifth X, or more difficult by adding a third defender.

Coach's Notes