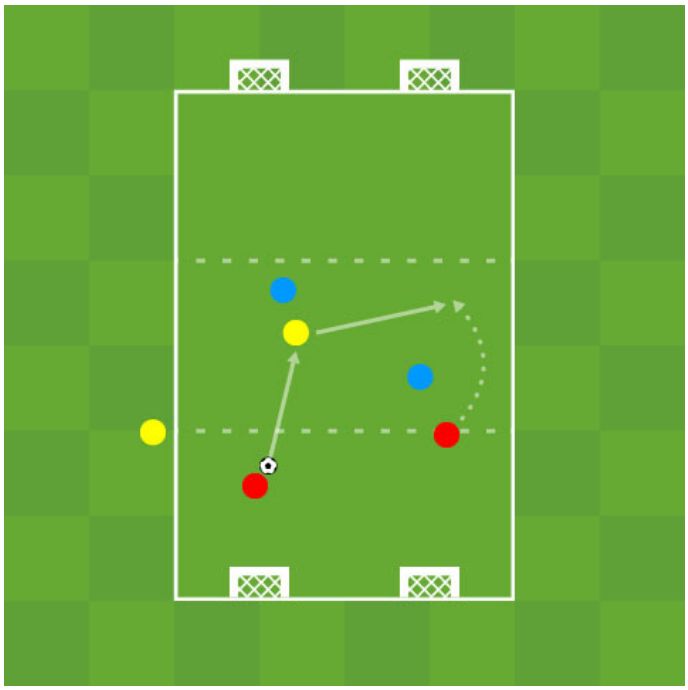
Build Up Through Thirds: 2v2 Four Goal Game

This session improves the teams' ability to possess the ball and penetrate through the midfield third.

Watch the video at http://thecm.co/3017



The Session

Organisation

Set-up a small field with 2 small goals on each end-line.
Mark out the middle third.
Play 2v2 plus 1 neutral player. The neutral player is always on the attacking team and must stay within the middle zone.
Goal = 1 point.
Goal after combination play = 5 points.

Guided Questions

- How should the neutral player know when to present themselves for the ball?
- What attacking shape should try to be formed?
- What types of techniques will players need to perform?
- How are the receiving player's body positions?

Adaptations

To Give Players More Success I Might...

To Increase The Challenge I Might...

Individual Challenges I Could Give...