WOMEN’S 2V2 TO 3V2 DRILL

AUTHOR INFORMATION:
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DRILL SPECS:
Drill Theme: Even Strength
Field Location: Midfield
Time Needed: 10 Min

Drill Style: Game, Conditioning
Field Position: Offense, Defense, Midfield
Skill Level: Intermediate

OBJECTIVE:
To work transition in a small space with man up/down situations.

DRILL DESCRIPTION:
Create a small field with goal cages 30 yards apart. Divide field in half with cones. Divide players into two teams. This game is a 2v2 that turns into a 3v2 when a team is on offense (one player from the defensive side, joins the attacking side, attackers have to stay). If offense scores, the GK clears to defense and the same thing happens going the other direction.

SKILLS PRACTICED:
• Transition
• Communication – where to force the attacker with the ball
• Ball Movement
• Odd Man Situations

VARIATIONS:
You can make it more competitive by keeping score. Also you can add a time limit or a number of passes that must be completed.
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