



Physical Distance Training – 2v2 to 4 goals

Organization:

Set-Up two grids that have 4 6-foot by 10-foot-wide boxes that are 6 feet apart from each other. Place a mini goal 6 feet behind each players square.

How to play:

Players play 2v2 to score in either of the two goals behind their opponent's squares. Players cannot leave their squares but can pass the ball back and forth to create opportunities to score. 2 points for scoring in the goal straight in front of you.

Why:

Improve ability to create openings, pick up head to see passing lanes.

Variations:

Vary the size of the square and location of goals. Use a target instead of goals if all 9 players arrive. Play for 5 minutes and have winners play each other.

Coaching Points:

Body shape when with and without the ball.

Passing technique, see openings, creativity to create own opening

Defenders "pressuring" ball, closing passing lanes