



2v2 Activity with servers

Objective

The game is played in a 20x30 grid

Players play 2v2 with a server at each end. The server plays as a target player and always plays the ball to his/her teammates when they receive the ball

The aim is to score a point by moving the ball up the field and passing the ball to the opposite server.

When a point has been awarded the opposition take the ball and try to score at the opposite end

Progression

Attacking players must play at speed and a time limit is imposed to get the ball to the other side and score a point

Coaching Points

This can be used as functional training where the coach can highlight both attacking positions and defending positions

Coach highlights attacking positions as a pair, give and goes, overlapping and diagonal runs

Coach highlights defending positions, the placements of the first and second defender

Finally spacial awareness, quality first touch and the importance of good passes should be highlighted