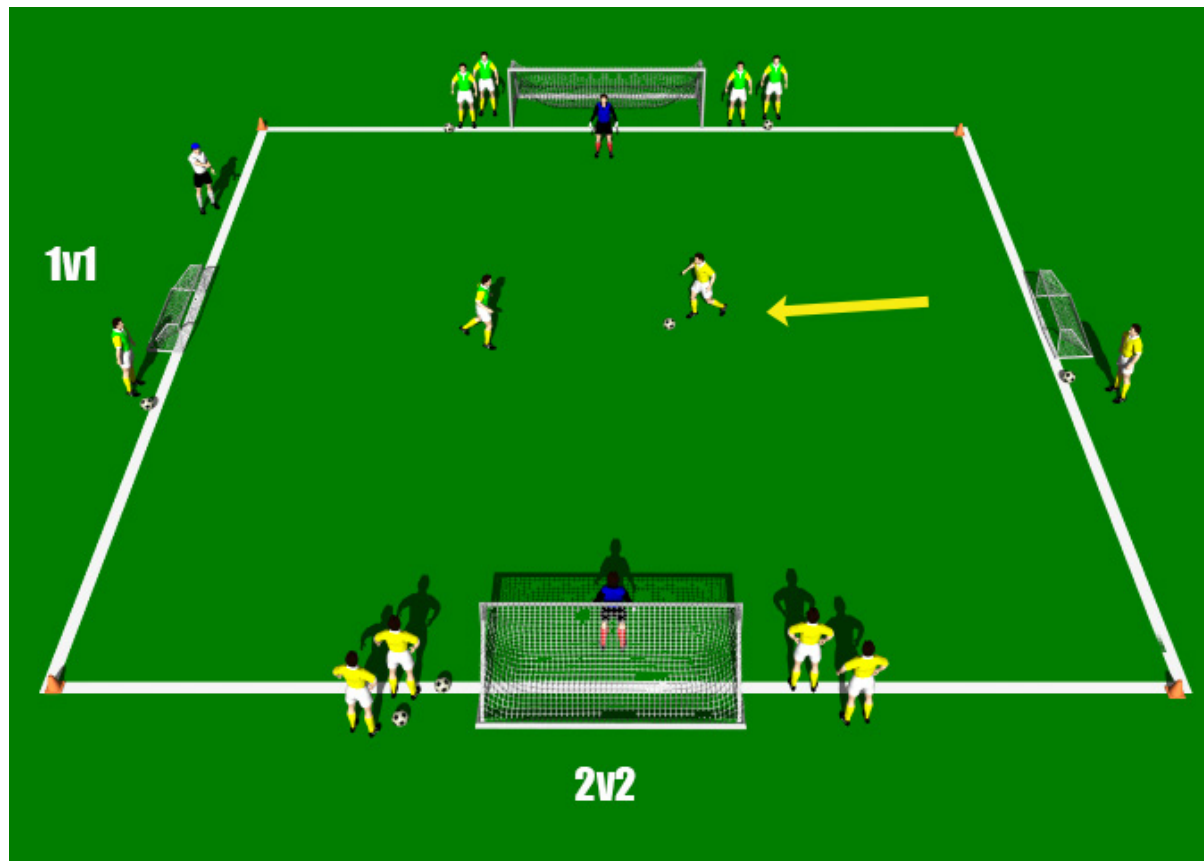


Liverpool v Real Madrid Four Game 1v1 2v2 Game



Exercise Objectives:

This is one of those practices that players love to do. Its a high tempo 1v1, 2v2 attacking and defending which develops both offensive and defensive skills. It also gives your goalkeeper a great workout.

Coaching Pointers:

Divide your team into two groups. Position a team opposite each other beside each goal. The practice starts with the coach shouting 1v1 or 2v2. The 1v1 teams play into a small sided goal with no goalkeepers. The 2v2 teams play into large goals with a goalkeeper. Keep a running score for both teams, first to 5 goals wins, then rotate teams so all teams experience attacking both the small and large goals.

Field Preparation

- ★ 2 Goalkeeper
- ★ 2 Even teams split into 4.
- ★ Area 20x20 yards
- ★ Cones
- ★ Supply of balls