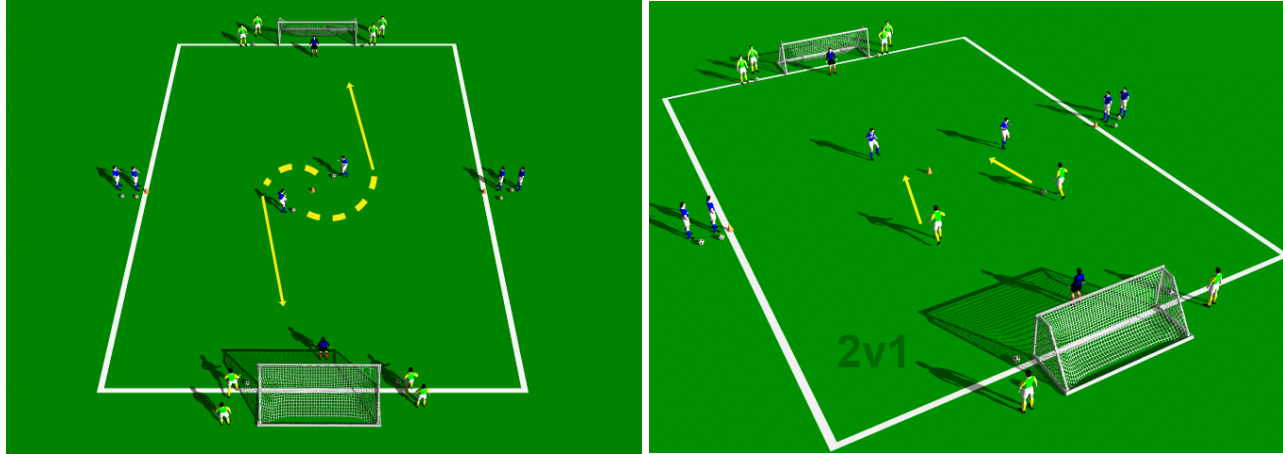


West Ham 2v2 Shooting Game



Exercise Objectives:

This is one of those practices that players love to do. Its high tempo, fun and develops both offensive and defensive skills. It also gives your goalkeeper a great workout.

Coaching Pointers:

Divide your team into two groups. Position your players as in the diagram above. The practice starts with two blue players simultaneously dribbling the ball around the center cone, then taking shots at opposite goals. Immediately after shooting the ball they must defend against the 2 yellow players in a 2v2 situation. When the attack ends, the players returns to their group and the exercise is repeated. Make a competition out of the exercise, see which team can score the most goals.

Field Preparation

- ☆ Goalkeeper
- ☆ 2 Even groups.
- ☆ Penalty Area
- ☆ Cones
- ☆ Supply of balls