



2v3 plus 2v3 ***(Functional training for the forwards and backs)***

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In a rectangular grid, 44 yards wide x 50 yards long, create a midfield line with cones. Each side should also have an offsides/restraining line about 7 yards in from the midfield line. Position 3 Red (backs) vs 2 Yellow (forwards) in one half and 3 Yellow (backs) vs. 2 Red (forwards) in the other half. The ball is played in from the Red or Yellow GKpr to their backs, who try to pass the ball into their forwards in the other half or try to score themselves with long range shots. Players are restricted to playing in their half of the field. The two forwards attempt to score. The game is continuous back and forth between the Red and Yellow teams. Make sure that there are plenty of soccer balls by each goal so that the Gkpr's can keep the game going.

Version 2: When a back player plays the ball into a forward player, one of the backs can join the forwards in their half of the field, creating a 3v3 in that half. (any one of the three backs can join; it doesn't have to be the one who played the ball in).

