



# Sydney FC: 2v1 to Goal to 4v3 to Goal

Date: **May 09, 2018** | Duration: **24-30min** | Team: **U15**  
Intensity: ● (6/10) | Category: **Tech / Tact**



1

⌚ 8 ↗ 36 x 16

**Setup:** 36 x 16 area, 12-16 players, 2GKs  
**Instructions:** GK serves the ball to one of the wide players who both join in and work with each other to score a goal 2 v 1. 5 seconds to score. If the defender wins the ball he may counter to the other goal using his teammate at the opposite end. Restart exercise from the opposite side. Defender at the servers end is resting until there is transition.  
**Coaching Points:** Do it quickly. Get yourself free enough to shoot. Get your teammate free. Find the free player.



2

⌚ 8 ↗ 36 x 16

**Setup:** 36 x 16 area, 6 whites, 2 Reds, 2GKs  
**Instructions:** GK serves the ball to a deep player next to the goal; this player then joins in the attack with the wide players - this creates a 3v2 to goal. 5 seconds to score. If the defender wins the ball he may counter to the other goal using his team mates at the opposite end. Repeat from the other end. Defenders at the servers end are resting until there is transition.  
**Coaching Points:** Do it quickly. Get yourself free enough to shoot. Get your team mate free. Find the free player.



3

⌚ 8 ↗ 36 x 16

**Setup:** 36 x 16 area, 12 -16 players, 2GKs  
**Instructions:** GK serves the ball to a deep player next to the goal who then joins the attack with the wide players and the #9 - this creates a 4v3 to goal. 5 seconds to score. If the defenders win the ball they may counter to the other goal using the team mates at the opposite end. Repeat from the other end. Defenders at the servers end are resting until there is transition.  
**Coaching Points:** Do it quickly. Get yourself free enough to shoot. Get your team mate free. Find the free player.