



### 2 v. 2 to Targets

#### Organization

Two players per team, with teammates on the end-line acting as targets. Target players may move sideways along the end-line.

Field is 44 yds long by 20 yds wide, with 4-yd goals marked by flags

#### Description of Exercise

2 v. 2 - ○ vs. △.

Teams can only score via a 1-2 combination with teammate on end-line. Target players are restricted to one touch.

#### Purpose of Exercise

Win ball – Look forward

Look to play the vertical pass immediately to target

Both attackers sprint to get ball back from target player and score.