



2 v. 2 Transition Exercise with Targets

Organization

Field 20 yds wide by 54 yds long, with 4-yd wide goals

2 v. 2 with target player ahead.

No GK's - players behind goal have a supply of balls to keep the exercise flowing.

Description of Exercise

- 2 vs. 2 for two minutes. When (4) & (5) win the ball, they look to play directly to (9), scoring in a 1-2 or three-man combination.
- Target players have one function only – rebound ball to teammate. They do not tackle or score and cannot be tackled. They always stay ahead of the ball.

Purpose of Exercise

To get players conditioned to win ball and immediately look to play ball quickly forward to begin the counterattack. The exercise also helps condition players to support vertical passes.