

2v1 with wide outlet



The Set-up: Field should be approximately 36 yards long x 40 yards wide. Divide the team into two groups, place several balls in each goal.

The Exercise: The exercise begins with two white players attacking one red defender with an additional white player remaining in their “defensive zone”

If the white team shoots the ball and scores, misses the target or keeper makes a save, the keeper should outlet the ball to the first player in the red line (pictured below). The red player who just defended should now transition to the attack creating a 2v1 versus the white defender who had started the exercise by remaining in his “defensive zone”. * The second red player in the line should now run into the red defensive zone. **The two white attackers should join the back of their line.



Note: It's very important that when the attacking team loses possession of the ball they do **NOT** defend! If white were to win the ball, he/she must play wide to their first teammate in line and transition to join the attack. The red attackers should now rejoin their line. The second white player in line runs into the defensive zone. (Pictured below).



Focus on: Attacking transition, defending numbers down, finishing, quick distribution and communication

Coaches can position themselves to enforce the off-side law.