



5v2 Rotating Defenders 5v2 Rotating Defenders

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Drill Objective:

This drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.

Drill Setup:

Start by setting up a 12X12 grid. 5 attackers wear Alternate jerseys, and the remaining players should pair up as defenders behind one cone with the supply of balls.



Drill Instructions:

The first pair of defenders passes a ball into the 5 attackers, and step into the grid and become defenders. The attackers should continue passing until the defenders win the ball, or the ball is knocked out of play. Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

Drill Coaching Points:

- Vision
- Changes in the direction and speed of play
- Appropriate use of 1st touch
- Appropriate use of short or long passing
- Good passes to feet
- Good first touch
- Good decision making (make play easy)
- Speed of play/decisions

Drill Variations

- Adjust grid (larger = easier; smaller = harder)
- Introduce splits (split defenders, defenders do 10 pushups every split)
- Adjust the number of attackers (4 attackers vs 2 defenders)

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