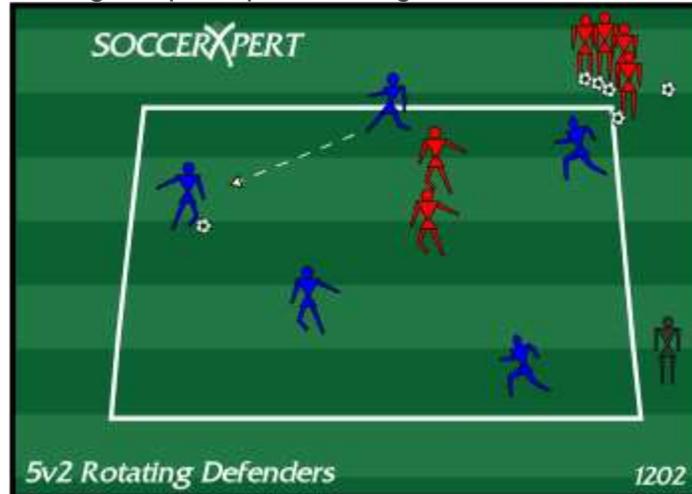


5v2 Rotating Defenders

Chris Johnson 208,347 Views Rating 4.12 (140 Reviews)

This 5v2 drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.



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Drill Setup

1. Create a grid that is approximately 15X15 yards.
2. Place 5 attackers inside the grid in an alternate jersey.
3. The remaining players pair up as defenders behind one corner cone with the supply of balls.

Drill Instructions

1. The first pair of defenders passes a ball into the 5 attackers.
2. The defenders immediately step into the grid and become defenders creating a 5v2 inside the grid.
3. The 5 attackers attempt to put together a set number of passes. If this is achieved the two defenders do pushups.
4. The attackers continue passing until the defenders win the ball, or the ball is knocked out of play.
5. Once the play is dead, the next pair of defenders plays into the same 5 attackers, and play resumes.

Drill Variations

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

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 towards space
- Good decision making (make play easy)
- Speed of play/decisions

Equipment

- Disc Cones - Mini or Full-Size Disc Cones are a critical piece of equipment that every soccer coach must have in your equipment bag.
- Scrimmage Pinnies/Vests - Scrimmage vests, also called bibs or pinnies, are also another must-have in your soccer coaching equipment bag.
- Soccer Practice or Training Balls - Every player should have a soccer balls at practice to have a successful training session.

Drill Ages

- 4 - U4, Under 4, 4 and Under
- 5 - U5, Under 5, 5 and Under
- 6 - U6, Under 6, 6 and Under
- 7 - U7, Under 7, 7 and Under
- 8 - U8, Under 8, 8 and Under
- 9 - U9, Under 9, 9 and Under
- 10 - U10, Under 10, 10 and Under
- 11 - U11, Under 11, 11 and Under
- 12 - U12, Under 12, 12 and Under
- 13 - U13, Under 13, 13 and Under

- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under

Soccer Drill Skill Focus

- Dribbling - Soccer Dribbling Drills
- Passing - Soccer Passing Drills
- Receiving - Soccer Receiving & Turning Drills
- Heading - Soccer Heading Drills
- Possession - Soccer Possession Drills
- Defending - Soccer Defending Drills
- Attacking - Soccer Attacking Drills
- Warm-up - Soccer Warm-up Drills

Soccer Drill Titled: 5v2 Rotating Defenders

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