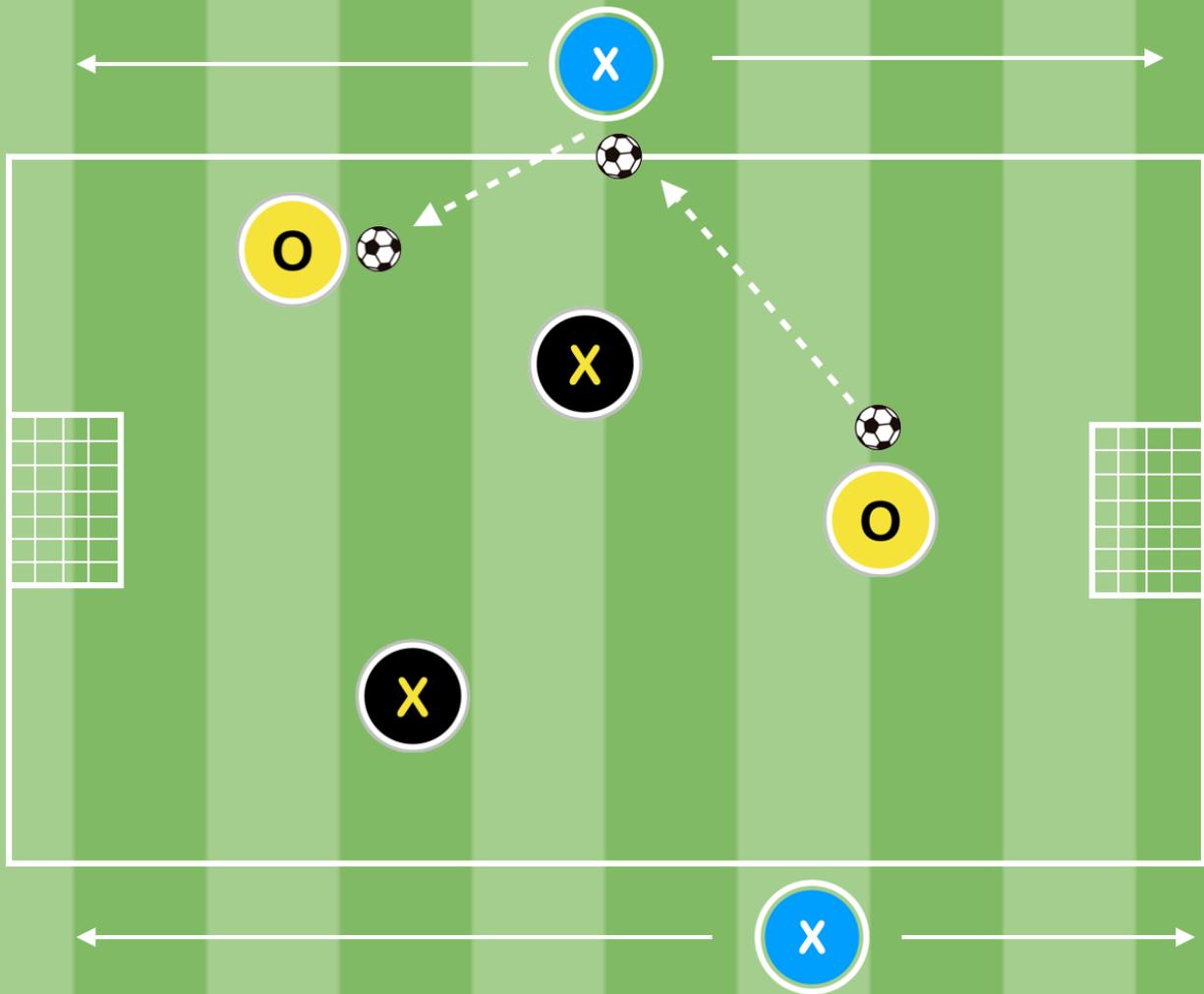


# 2v2 + SIDELINE NEUTRALS



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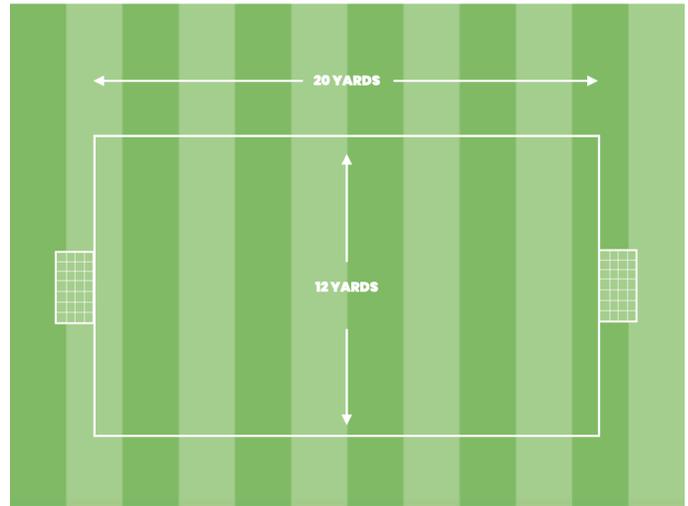
Set up a small sided pitch with 2 goals. Make your pitch an appropriate size for the players ability and physical capabilities.

## SET UP & ACTIVITY

Set up a small sided pitch appropriate for the age and ability of your players. A standard size to start with is 20 yards x 12 yards. You may want to make this pitch wider to help your players create more width.

In the middle of the pitch you will have a 2v2 game and you will have a neutral on each of the sidelines. The team of 2 that has possession of the ball can also use both of the sideline neutrals making the game a 4v2 in attack.

Ensure you rotate the neutrals into the game at regular intervals, you can either play to 3 goals/points then switch the neutrals or you can play a winner stays on format where you the neutrals switch with the team that gets scored on.



## RULES & CONDITIONS

- When the sideline neutrals receive the ball they are safe, the players on the field can not leave the field to tackle them or take the ball from them. The sideline neutral can also dribble the ball up and down the sideline and are allowed to score.
- The 2 players in possession must use at least one sideline neutral before they can score
- Team in possession is awarded an extra goal if they can involve both sideline neutrals before scoring
- Team in possession is awarded an extra goal if they can score after playing a wall pass with one of the sideline neutrals

## COACHING POINTS

- Show the 2 players in possession how they should get one player deep (back towards their goal) and one player high (up the pitch towards the other goal) to create depth and make it harder for the defenders to cover them.
- When the players have the ball they have the sideline neutrals who are creating width try and have the players in the middle not stand in a straight line with them, try and create a diamond shape with the sideline neutrals
- Show your players how to combine with the sideline neutrals with a wall pass.