

Compass 2v2

Objective – 2v2 defending and elimination

GameFocusResetProgression

1. The aim is to get the ball from one side of the pitch to the other
2. To do this you have to pass to your teammate in the middle.
3. The defender has to stop protect the pass and on winning possession send it to his players

Attackers

1. Leading into space,
2. Driving hard and fast
3. Left foot elimination

Defenders

1. Mark
2. Close line to player (zonal)
3. Disrupt

Start with the team that did not transgress

1. Number of balls so they do not waste it
2. Timed so pressure on attackers
3. Passer and recipient sub

