



## Canadian 2v2's

**Appropriate Age Group:** 10-18

**Skill(s) Practiced:** 2v2 Offense, 2v2 Defense

**Drill Duration:** 5-7 minutes

**Resources:** Balls, Cones, Goal

**Description:** 2 offense (O) and 2 defense (D) players will start paired up behind the goal. On the whistle, they will compete for the loose ball and the winner will attack the goal, while the loser tries to defend the goal.

**Progression(s):** Adjust the spacing for the skill level of the players. Add supporting offense and or defense players. Require passes if additional players are added. Move players around the field. Have D clear the ball if they win the loose ball.

**Drill Diagram:**

