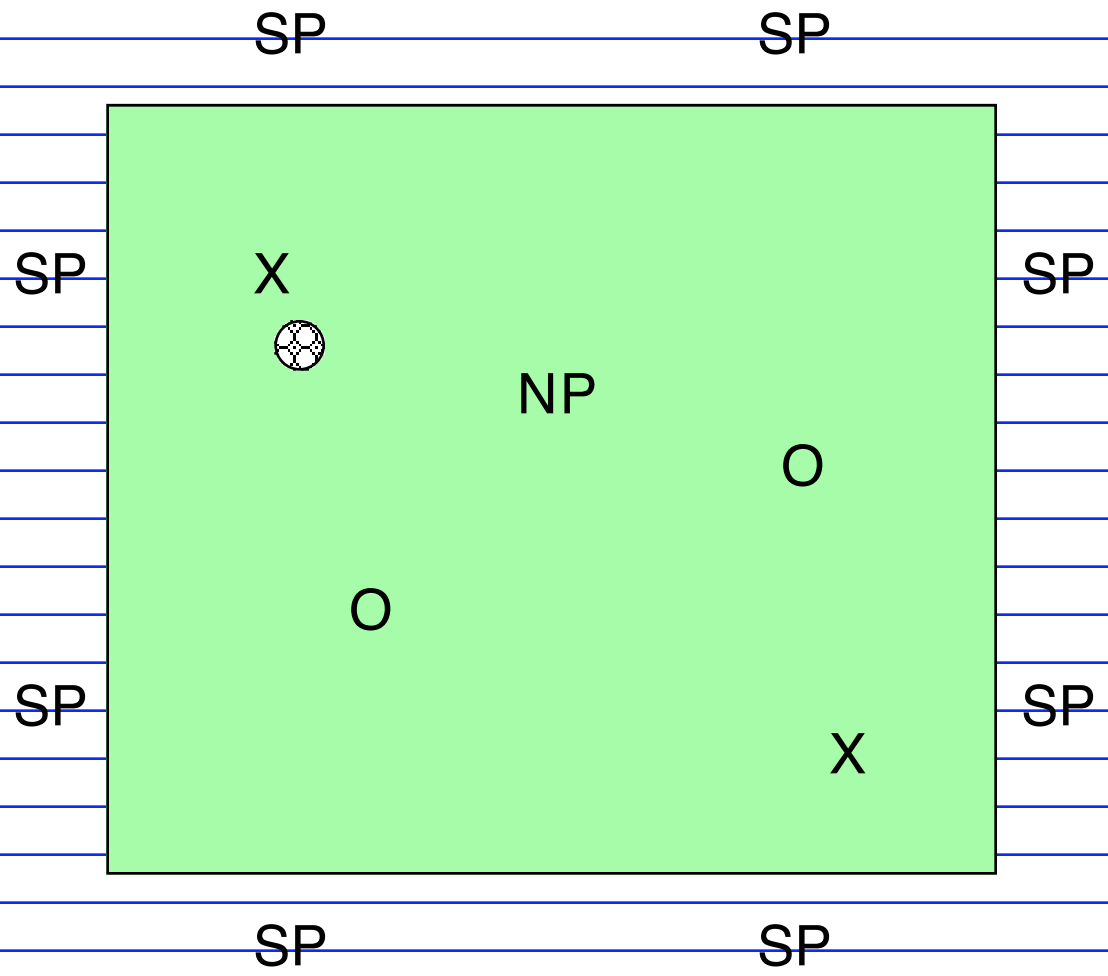
TECHNICAL & TACTICAL

TOTAL SOCCER FITNESS & TRAINING LLC

2 v 2 + 1 with Outside Support

NUMBER OF PLAYERS: 12 or more

GRID SIZE: Depends on age and/or skill level of players
minimum of 20 yards by 20 yards
maximum of 30 yards by 30 yards



LEGEND: 2 (X) vs. 2 (O) + 1 Neutral Player (NP)
with Outside Support Players (SP)

DRILL: Xs v Os inside the grid, using the Neutral Player and the Outside Support Players in a game of Keepaway. SPs should be restricted to 2- or 3-touch.

PROGRESSIONS:

> add touch restrictions to the inside grid players.

> award points for consecutive passes inside grid.

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