

FORMATION – THE 2-2

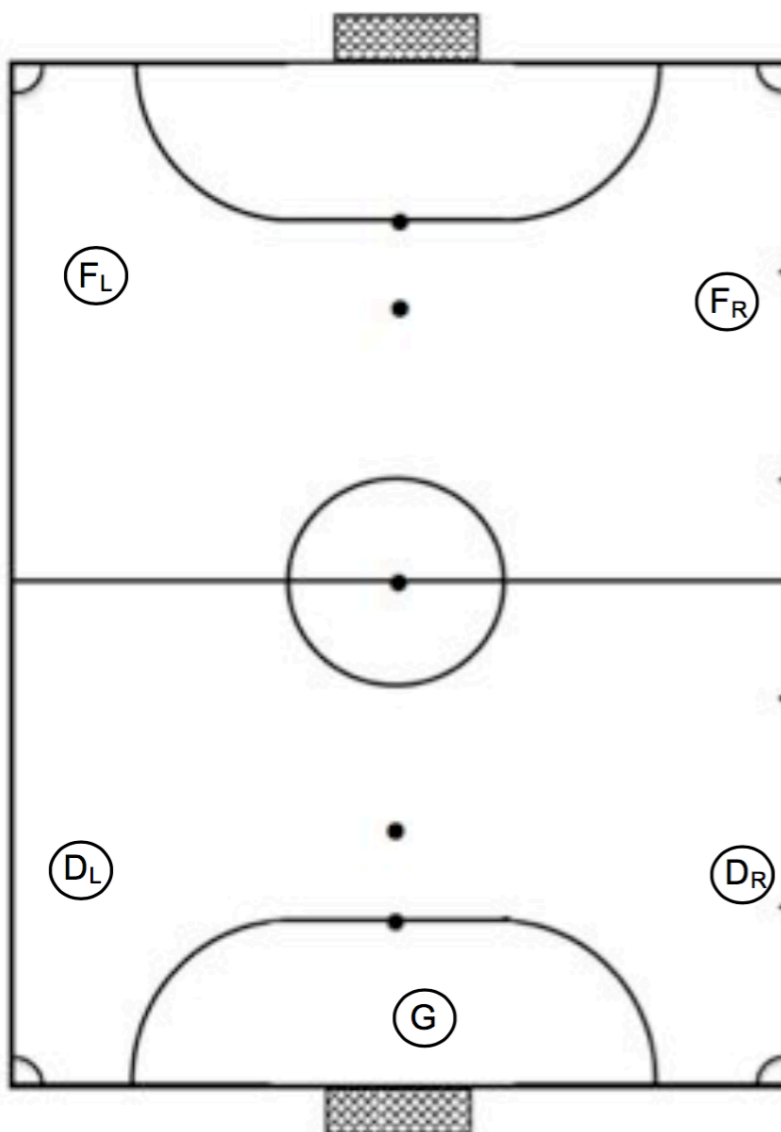
(by Otto Orf, 6-20-2014)

Ball distribution from goalkeeper hands or goal clearances direct to DL or DR.

DL or DR option #1 is to make a 'parallel' pass down the line to FL or FR.

1. FL or FR looks to pass directly to back post.
2. FL or FR looks to pass directly back to DL or DR who then shoots to the back post. FL or FR looks to attack goal.

Passing back to goalkeeper is always an option and I prefer it to be an early option. By making this negative pass we give the forward players time to break out and force the opponent to spread out.



Once the ball is rolled out to one defender the opposite defender must move to a central position to support the ball and protect the goal in case of a turnover.

One of the forward players should drift toward the middle and then check back to the ball for the goalkeeper. If the ball is not served to the forward and instead is passed to a defender the forward player on the same side as the defender must get wide to the line so the parallel pass can be made. This pass may be on the ground or a lifted ball.

Once the ball is moved into the attacking third of the court the defensive players must support the play.