

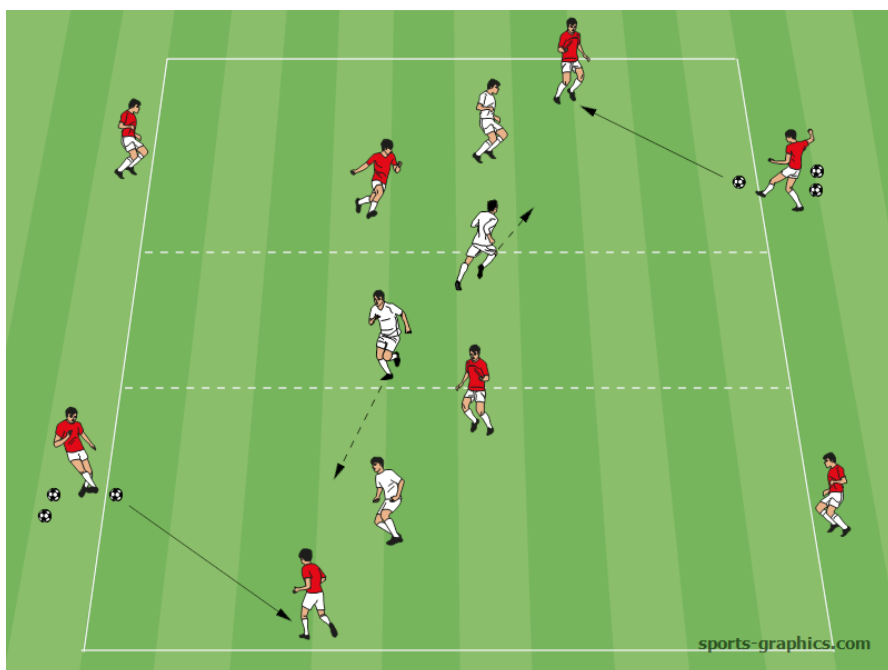
CREATIVE PLAY TO PASS FORWARD 2v1

Game related practice to improve attacking support play in 2v1 overloads

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 15x10 area with a 2yd central zone from where defenders start, as shown. Twelve players arranged two attackers against one defender in each area. Supply of six balls for each group at one end of the channel.

Practice operates across the area, operating in two channels. The practice starts with a ball passed in from one end (in each area). The objective of the practice is for each group of attackers (reds) to try and transfer all six balls across the channel from the 2v1 situation.

Groups look to complete practice objective in quickest possible time.

Players then rotate position.

If the defenders win the ball, the attack starts again from the feeder until they have used all six balls.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Ability to dribble using both feet.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Correct technique to receive.
- How to make space as individuals.
- Improve basic ball manipulation.
- Improve decision making.
- Technical mastery.

KEY FACTORS

- Acceleration
- Close control of the ball
- Communication
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Quality of technique for beating the opponent

FOCUS AREAS

- Attackers to create space and opportunity to receive both individually and for team mate.
- Attacking players to advance play quickly if possible and getting side-on to receive.
- Attitude to attack the defender.
- Combination and individual moves in 2v1.
- Composure in tight-marked situation and awareness of need for patient build-up/ball retention.
- Feeders on outside of area are looking to select best pass in to team mate.
- Individual dribbling and shielding skills to evade defenders as well as create time and space to pass.
- Make intelligent opening runs and play fast combinations.

CREATIVE PLAY TO PASS FORWARD 2v1

Game related practice to improve attacking support play in 2v1 overloads

