

COMBINATION PLAY 2v2

Methods of beating an opponent in a 2v2 situation

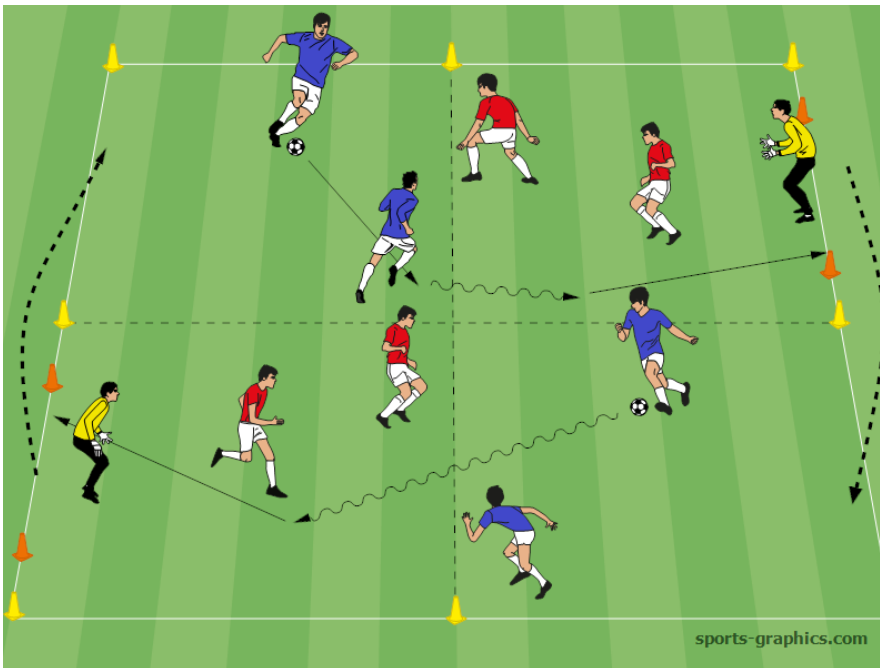
TECHNICAL

TACTICAL

PSYCHOLOGICAL

Dribbling

Team Attacking



Set up a playing area 20x25.

Arrange into two playing areas with a gate goal at opposite ends as shown.

Attackers work in pairs playing 2v2, before moving around onto the next area and playing against two different defenders. Swap attackers/defenders/goalkeepers regularly.

Attackers use combinations and individual skill to score.

Red players defend.

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 for the right situation.
- Correct technique to receive.
- Creating space to exploit 1v1.
- Finishing 1v1 against the goalkeeper.
- Improve decision making.
- Support play.
- Technical mastery.
- To gain confidence in beating an opponent in a 1v1 situation.
- To improve dribbling techniques in order to beat an opponent with deception and to create a shooting opportunity.

KEY FACTORS

- Acceleration
- Close control of the ball
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Good support
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Quality of technique for beating the opponent

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Close control of the ball.
- Encourage good technique and positive attitude.
- End product.
- Free expression - let players experiment with step-overs and feints.
- Instil confidence in dribbling.
- Team work and communication.
- Technical execution of the chosen dribble.
- To increase speed.
- Use of both feet.

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