

2v2 CHOICE GAME

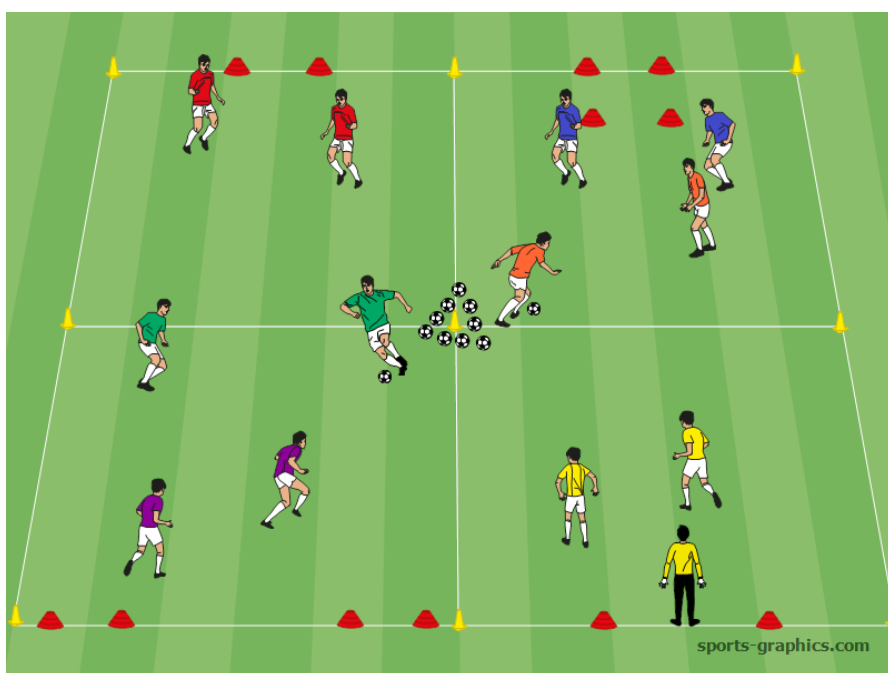
Methods of beating an opponent in a 2v2 situation

TECHNICAL

PSYCHOLOGICAL

Dribbling

Team Attacking



Set up a 50x50 playing area and divide into four even squares with a supply of balls in the centre.

Area 1 has a mini cone goal.

Area 2 has a 5yd goal square - players dribble into square to score.

Area 3 has a 10yd cone goal and goalkeeper.

Area 4 has two mini cone goals.

Divide players into six teams of two.

Place a team into each of the areas as defenders.

Two teams go into the middle as attackers.

Each pair of attackers collect a ball and attack one of the four playing areas and attempt to score.

If a team scores, they return to the middle for another ball and attack a new area.

If the team does not score or the defenders

win the ball, they swap roles.

The practice continues until all balls are gone.

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.
- Improve decision making.
- Support play.
- Technical mastery.
- 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

- 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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