

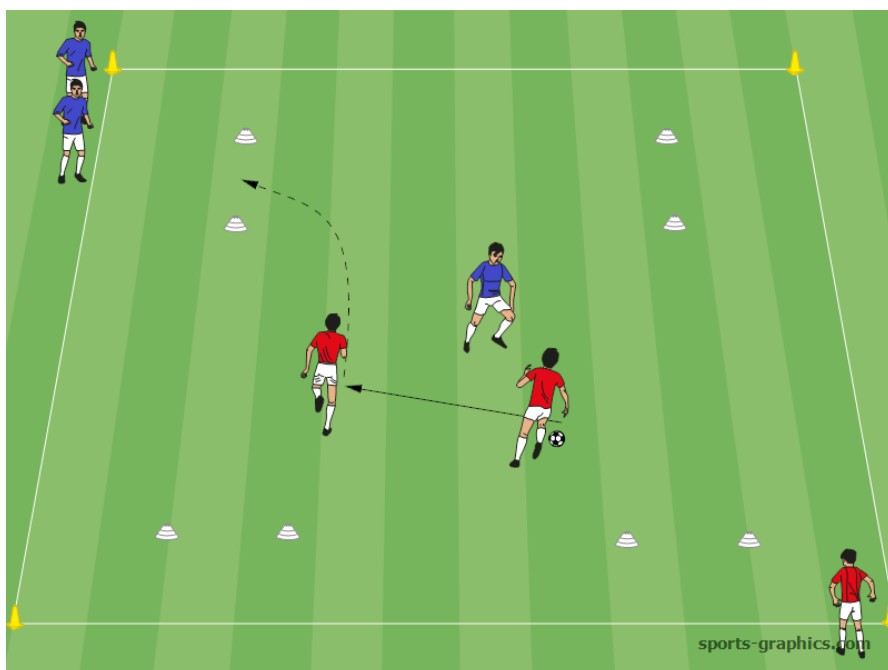
RECEIVE AND ATTACK IN A 2v1

Skill related practice to improve attacking in a 2v1 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



In a 20x20 practice area arrange four 2-yard wide cone goals - two flat, two angled. Split the players into two groups, defenders with a ball, attackers without. The first defender starts by playing a ball into one of the two attackers. The attacker aims to beat the defender and dribble through one of the angled goals. If the defender wins the ball they aim to dribble through one of the flat goals. If the ball leaves the area, the attackers return to the end of the line and another attacker starts. Each team has two turns of two minutes to score as many goals as possible (in attack only).

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

- 2v1 overloads to engage opponent and get beyond.
- Ability to dribble using both feet.
- Correct technique for the right situation.
- Improve and refine dribbling to beat an opponent.
- Technical mastery.

KEY FACTORS

- Acceleration
- Disguise
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Technique

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Attitude to attack the defender.
- Close control of the ball.
- Combination and individual moves in 2v1.
- Creating 2v1 passing opportunities with individual techniques.
- Creating space to beat opponent and exploiting space in behind.
- Emphasise the importance of the correct distance that the opponent needs to be before executing the move.
Demonstrate how the ball is easily lost if they are within tackling range and how being too far away before executing a move may be counter-productive and lose the advantage.
- Encourage good technique and positive attitude.
- Observe from outside the area.

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