

GOALFEST

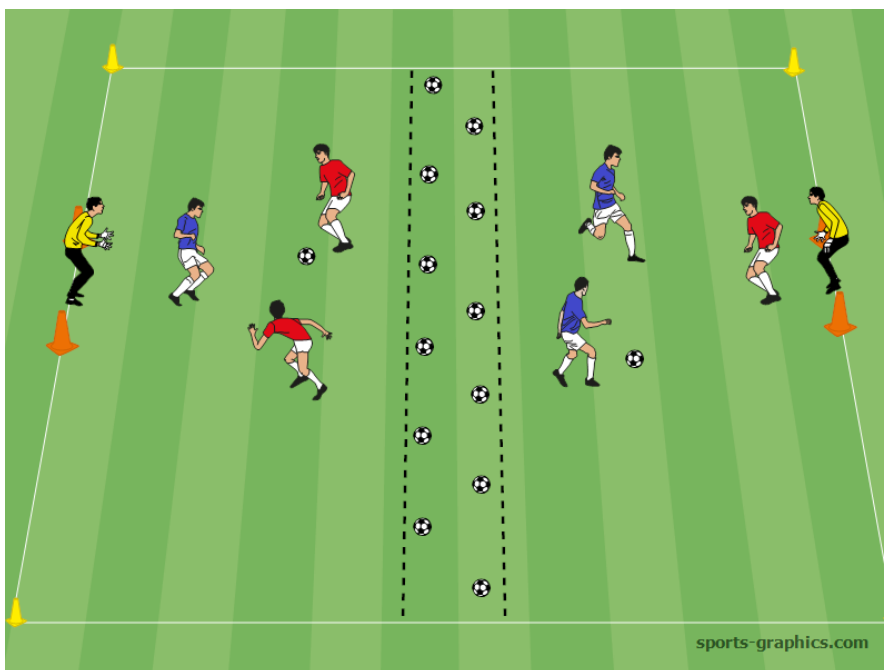
Dribble in a skill related practice to improve attacking in a 2v1 situation

TACTICAL

PSYCHOLOGICAL

Dribbling

Team Attacking



Set up a 30x30 playing area.

Set up a 5yd wide gate or mini goal on each side and a 2yd wide centre zone for balls.

Each goal has a goalkeeper. Practice has two 2v1 situations happening at the same time.

The attacking two players try to score as many goals as possible with the one defender and goalkeeper trying to prevent them.

Each team has five footballs therefore, five opportunities to score.

Once a ball is saved or goes out of play, that ball is dead and the next ball comes into play.

Only play one ball at a time for each 2v1.

Each new ball is retrieved from the ball zone by one of the attacking team.

Team who scores the most goals win.

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.
- Ability to reverse or change direction quickly if confronted by an opponent.
- Correct technique for the right situation.
- Finishing 1v1 against the goalkeeper.
- To improve dribbling techniques in order to beat an opponent with deception and to create a shooting opportunity.

KEY FACTORS

- Acceleration
- Angles of support
- Close control of the ball
- Communication
- Decision making - when and where to dribble
- End product (pass, shoot, dribble or shield)
- Quality of technique for beating the opponent

FOCUS AREAS

- Combination and individual moves in 2v1.
- Communication between players.
- Encourage and give players the opportunity to express individuality, flair and imagination with free expression.
- Encourage good technique and positive attitude.
- Fluency is achieved by practice.
- Increase the speed when competent.
- Quality of the finish on goal.
- Technical execution of the chosen dribble.
- When to dribble, pass or turn and shield.

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