

2v2 DRIBBLING

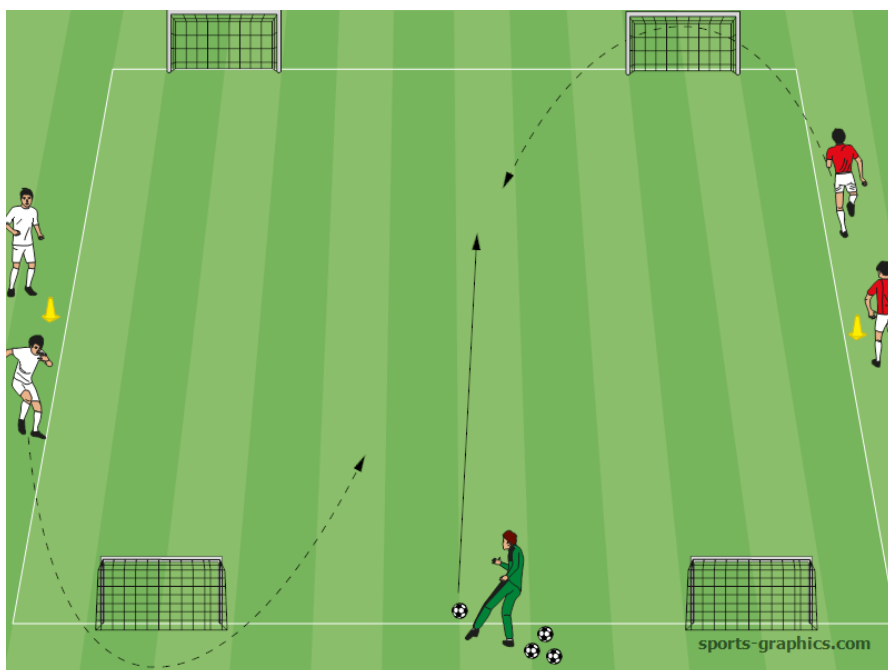
Methods of beating an opponent in a 2v2 situation

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



Set up a 25x20 playing area with two small goals at each end.

Arrange players diagonally on each side of the area.

On coach signal the first player from each group sprints around the goals into the playing area.

Serve a ball into the area for the attacking player who in this case is the red player. The coach can choose who to give the ball too, but must ensure for safety reasons not to create a 50/50 contested ball.

As the ball is played into the attacker, the two remaining players on the outside can then enter the playing area to help their teammate.

This is now a 2v2 situation.

The red players attempt to dribble past the defenders to score in either one of the two

goals.

If the defenders win the ball, they can attack the opposite two goals.

Repeat.

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 reverse or change direction quickly if confronted by an opponent.
- Correct technique for the right situation.
- Creating space to exploit 1v1.
- Improve and refine dribbling to beat an opponent.
- Technical mastery.
- To gain confidence in beating an opponent in a 1v1 situation.

KEY FACTORS

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

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Creating space to exploit 1v1.
- Encourage players to dribble the ball in 1v1 situations.
- Protection of the ball.
- Technical execution of the chosen dribble.

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