

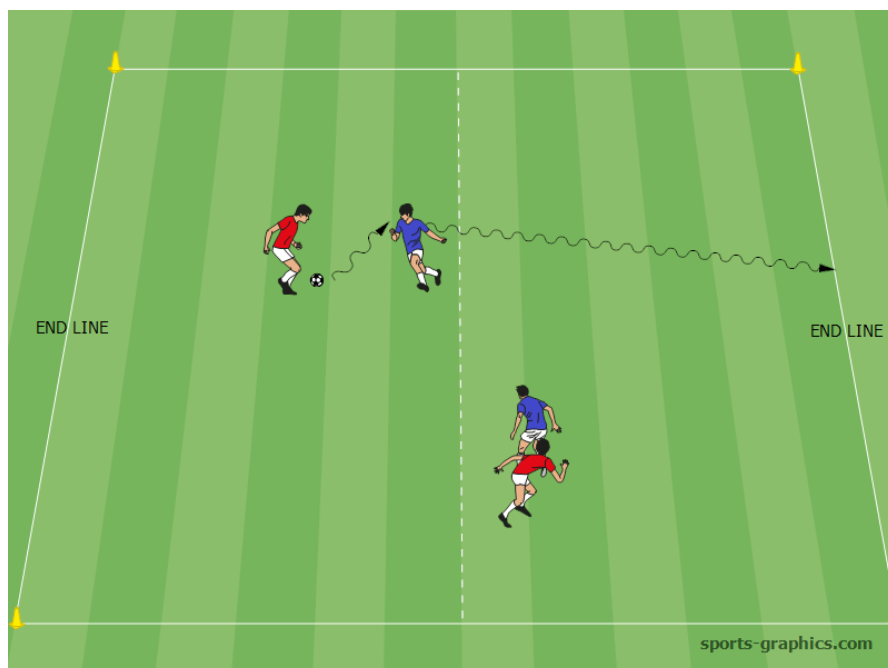
2v2 TO THE LINE

Methods of beating an opponent in a 2v2 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



In a 20x15 playing area, two players stand at each end of the area.

The player with the ball passes the ball forward to one of the opponents and both players defend their goal line.

The receiving players attempt to get to the opponents end line by using deceptive dribbling.

If the defending players win the ball they attack the opposite end line.

The practice ends when the end line is reached or when the ball goes out of play.

The teams change roles after each attempt. To encourage dribbling the ball cannot be passed behind the defender.

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

- Develop how to support away from the ball to allow the dribbler to isolate a defender to create a one on one situation.
- To improve dribbling techniques in order to beat an opponent with deception or to turn to keep possession of the ball.
- To learn how to create and exploit a 1v1 situation to engage an opponent and get beyond.

KEY FACTORS

- Acceleration
- Angles of support
- Close control of the ball
- Communication
- Disguise
- Good first touch
- Head up
- Technique

FOCUS AREAS

- A range of variations on dribbling and decision making - when and where to dribble.
- Attitude to attack the defender.
- Awareness of passing options.
- Encourage good technique and positive attitude.
- Ensure attackers look to penetrate quickly.

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