

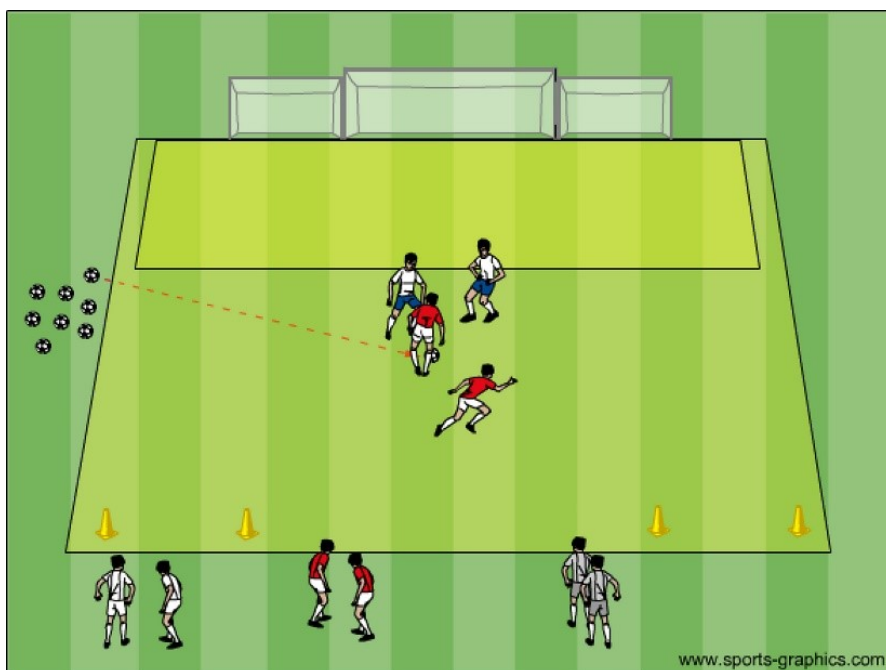
BEATING DEFENDERS TO FINISH

Methods of beating an opponent in a 2v2 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 30x45 playing area or adjust if necessary.

Set up a small goal either side of a full size goal if using a pitch area.

Players play in two's - ball is fed in from the side.

Two players at a time attempt to receive the ball from the side and score in one of the two side goals.

They must beat two defenders - encourage players to dribble past the defenders.

If the players score, they stay on. If not, they go off.

Ensure a quick reaction for a new pair to enter play.

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

- Creating space to exploit 1v1.
- Improve decision making.
- Technical mastery.
- Techniques to beat an opponent with deception.
- To build confidence with close dribbling.
- To improve dribbling techniques in order to beat an opponent with deception and to create attacking opportunities.

KEY FACTORS

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

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Encourage good technique and positive attitude.
- End product.
- Free expression - let players experiment with step-overs and feints.
- How the attacking team work as a pair.
- Let the game be the teacher.
- Team work and communication.
- Technical execution of the chosen dribble.
- Using different feints and moves to beat an opponent.
- When to dribble, pass or turn and shield.

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