

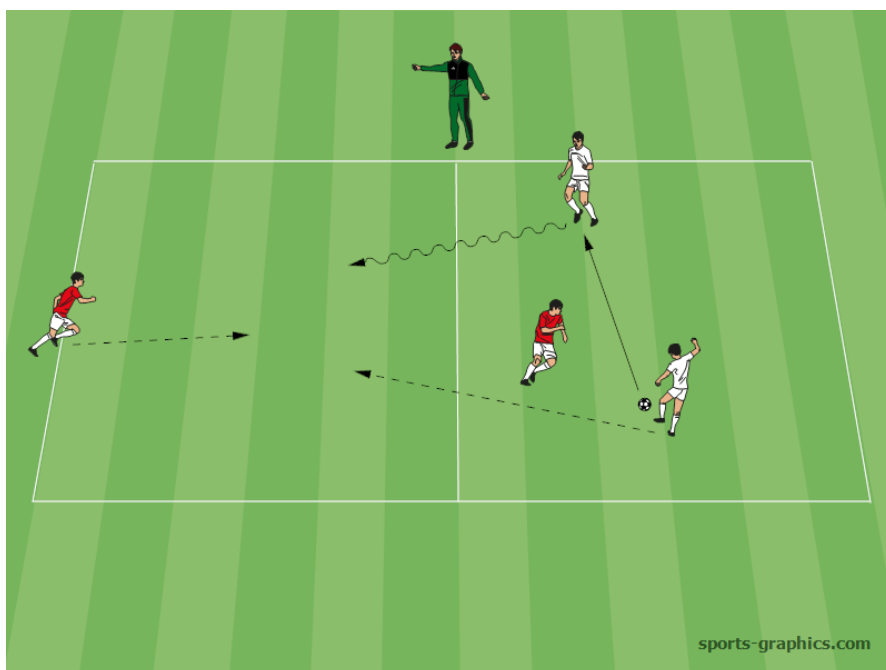
ATTACKING AND COUNTER ATTACKING 2v1

Skill related practice to improve attacking in a 2v1 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



Set up a 20x10 area with a halfway line marked. Practice is for four players with one ball required.

Place two attackers in possession, with one defender on the halfway line, and the other on the end line of the opposite half.

Practice starts with the attackers who play 2v1 and attempt to get past the first defender, who must stay in the first area.

Attackers then move towards opposite end line and stop ball dead to score.

If either defender is successful in gaining possession, both join in to counter attack to get ball quickly to opponents end line. Both attackers attempt to recover on loss of possession.

If defending pair is successful they become attackers in initial 2v1 situation.

If the first defender gains possession,

teammate (second defender on back line) quickly gets forward to support in the other half of area, making a 2v2.

The second defender gaining possession may elect to run with the ball or play a direct and accurate pass out of defence to their teammate.

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

- How to create a 1v1 and maximise a 2v1 overload to engage the opponent and get beyond to score.
- Techniques to beat an opponent with deception.
- To develop attacking and counter attacking.
- When to dribble or pass to maximise the situation.

KEY FACTORS

- Acceleration
- Close control of the ball
- Communication
- Disguise
- Good first touch
- Good support
- Head up
- Positive attitude
- Quality of technique for beating the opponent

FOCUS AREAS

- Angles and distances of support.
- Attitude to attack the defender.
- Decision making on dribbling when and where and what technique is used. Is it an appropriate technique for the right situation?
- Disguise passes to unbalance the defenders.
- 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.
- How players select and execute a variation of dribbles 1v1 to achieve a successful end product.
- Instil confidence in dribbling.
- Movement of other players to provide space for the dribbling player.
- When to use individual moves to beat the defender to take ball on to score.

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