



Week 4A 2v1's

Category: Technical: Attacking and Defending Skills

Difficulty: Beginner

Andreas Nolte

2v1's (10 mins)

First Activity: 2v1's

Theme: Decision Making - Dribble or Pass

Set Up: Zone for defender to defend in, goal with goalie X2

Time: 8-10 minutes

Set up two zones to play at the same time. Rotate defender and goalies. Decision making for on the ball player: space to dribble or space for pass. Once past the defender go to goal to score.

Coaching Points: Read defender, if they defend the dribbler then pass to open teammate, if not keep it and go to goal. Accelerate past the defender receiving or dribbling.



2v1's and Counter (10 mins)

Second Activity: 2v1's to Goal

Theme: 2v1

Set Up: Two Lines of Attackers opposite of goal, 1 line of defenders beside goal. Coaching passing balls out to start attack.

Time: 8-10 minutes

Coach starts the play by passing the ball out to the two players. Defender sprints out and tries to win the ball. If the defender wins the ball they try to score on the gates at opposite end. Play continues until the ball is scored or out of bounds.

Coaching Points: Dribble to attract defender and pass to open teammate. Go to goal quickly. If defender wins the ball try to win it back and attack.

