



Week 4B 2v1's

Category: Technical: Attacking skills

Difficulty: Beginner

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2v1v1 (10 mins)

First Activity: 2v1v1

Theme: Decision Making - Dribble or Pass

Set Up: Cones 5yards apart, two defensive zones. goal and goalie.

Time: 8-10 minutes

Two players start the attack against the first defender. If they get past they attack the second defender to goal. Defenders stay in their zone. Switch defenders and goalie.

Coaching Points: Reading the defender, defends the ball = pass, leaves space then accelerate the dribble past.



Give and Go's (10 mins)

Second Activity: 1v1 w Bounce Player (2v1)

Theme: 2v1's

Set Up: Zone for defender and "bounce" player on the side of defensive zone X2

Time: 8-10 minutes

Player attacks the defender and can use the "bounce" player for a give and go. Rotate all positions.

Coaching Points: Attract defender using the dribble, pass to teammate for give and go, sprint past defender. Bounce player should be passing to space to let attacker run on to it.

