



IAS Special Topics Clinic: 1v1/2v1 & Goalkeeping

Category: Technical: Ball Control
Difficulty: Moderate

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Individual-Adult Member

Description

Session focus is 2v1/1v1 Attacking & Defending and Goalkeeping.

Screen 1 (20 mins)

Warmup - Free Dribble

Every player has a ball. Grid size appropriate to number of players.
Focusing on different attacking moves, turns, and dribbling patters.



Screen 2 (15 mins)

Shielding

Groups of 2 (partners). One ball per group.
Blue player passes ball thru red player's legs.
Red player is shielding / keeping possession.



Screen 3 (25 mins)

2v1 / 1v1

Attacking team starts up top. Defending team starts near the goal.
Coach serves balls to the attacking team and the game is played to goal.

Different Variations: 2v1 and 1v1.

