



1v1 & 2v1 Attacking

Category: Technical: Attacking skills
Difficulty: Beginner

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Description

Session focus is attacking moves and beating defenders in 1v1 situations.

Warmup

Dribbling Box

Organization:

Grid size appropriate to number of players. Every player has a ball. Set up two different colored cones within the grid.

How to Play:

Players dribble freely within the box. To start, do simple dribbling patterns to warm up. Progress to doing an attacking move at every red cone and a turn at every blue cone.

Coaching Points:

Stay balanced when performing moves

Keep ball close to feet

Head up while dribbling

Use both feet



1v1

1v1 to Goal

Organization:

Teams start on opposite sides. All balls start with the coach.

How to Play:

Coach passes ball onto pitch. First player on each team plays. Focus is beating your opponent to goal using an attacking move, then finishing.

Coaching Points:

Quality first touch towards goal

Perform attacking move with pace

**** Will play different variations of 1v1 games with different restrictions ****



2v1

2v1 to Goal

Organization:

Attacking team starts up top, 2 groups. Defending team starts near goal. All balls with coach.

How to Play:

Ball gets passed to an attacking player. 2 attacking players on and 1 defender on. Play 2v1 to goal. In order for defender to receive a point, must gain possession and pass to coach (who is in a wide area of the field). If GK makes a save and gains possession, must distribute the ball to teammate.

Coaching Points:

Know when right time is to pass and time to keep dribbling

Quality first touch towards goal

Shoot when have the opportunity

