



Creating a Numerical Advantage: 1v1 to 2v1

Category: Technical: Attacking and Defending Skills
Difficulty: Moderate

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Description

IAS Session: 1/23/18

Warmup

Free Dribble with Cones

Warmup to prepare for session. Dribbling activity with a focus on attacking moves and dribbling at speed.

Organization:

- See Diagram. Set up cones randomly.
- Every player with a ball.

How to Play:

- Players dribble freely around the grid.
- Perform moves at cones.
- Speed dribble between cones.

Coaching Notes:

- Demand players to work at game speed.



Topic Activity

1v1 to 2v1 Transition

Continuous activity that creates a numerical advantage.

Organization:

- See Diagram.
- 1v1 half and a 2v1 half. With GKs.

How to Play:

- Game starts with a 1v1. When goal is scored or there is a change in possession, play is moved to other half of field for a 2v1.
- Rotate players accordingly to limit confusion.

Coaching Notes:

- Go to goal quickly in the 1v1 and 2v1.
- In 2v1, make best decision - pass or dribble.
- Encourage overlapping runs in 2v1.



Conditioned Game

Final Game - 4v4

The objective is to create 1v1 and 2v1 situations.

Organization:

- See Diagram. 4v4 with GKs.

Objective:

- Create a numerical advantage going to goal.
- Coach may manipulate game to create different scenarios.

