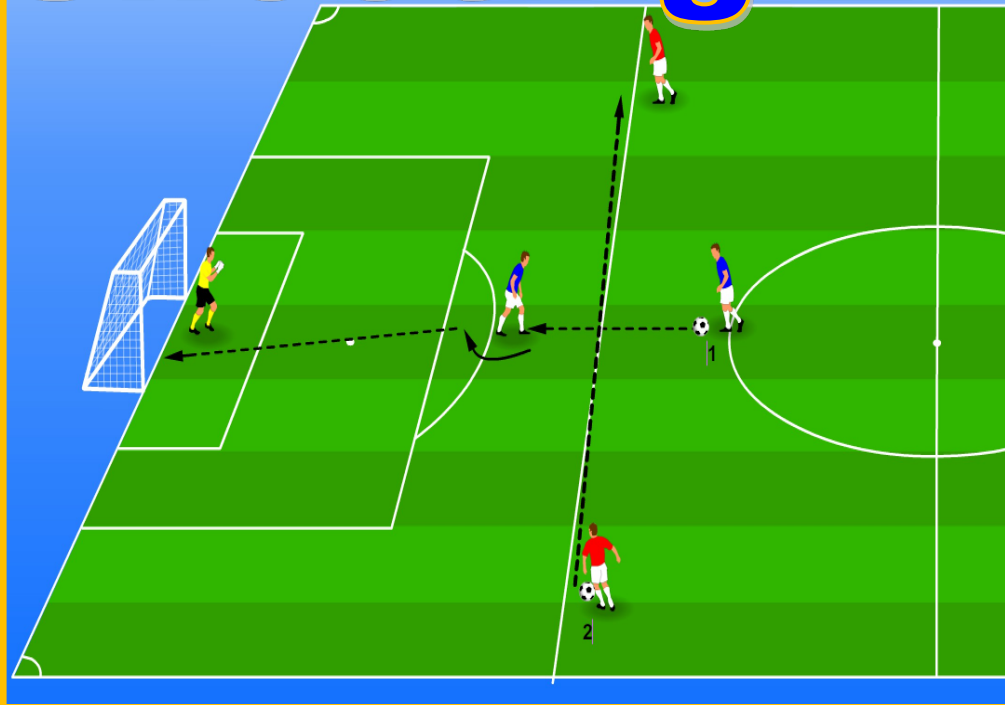


Shooting 2v1



Organization

- To start, the **BLUE** player facing the goal pass to the **BLUE** player who has their back to goal. The player receiving the pass will turn around with the ball and shoot on the net.
- After the shot is taken, the **RED** player will pass the ball across to the **RED** player on the other side of the field. From there, the two will look to attack the net.
- The **BLUE** player who took the shot will then become a defender and defend the 2 **RED** players from scoring.
- Perform 2 rounds of 3 minutes each round.

Set up

Total Duration = 10 - 15 minutes

- Set up 4 cones > a) 1 cone in the middle for the passer, b) 1 cone 5 yards in front of the cone close to goal for the shooter, c) 1 cone on either side of the passer for the attacking players.
- Number of Players = 12-16 players divided into 2 teams
- Number of Soccer Balls = 12-16 balls split up between the two teams.
- Number of Goals = 1 main goal

Coaching Points

- ⇒ Dribbling > keep the ball close and under control
- ⇒ Passing > appropriate pace on the ball for the distance
- ⇒ Attacking > attack the space in front with speed
- ⇒ Defending > jockey, don't jump in early

Progressions

- ⇒ Have the **BLUE** passer join in late as a recovering defender to make the activity a 2v2