

2V1 ATTACK - DEVELOP PLAYER COMBINATION

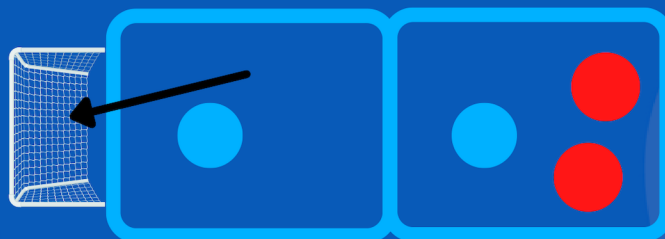
AGES 8 TO 16

HOW TO PLAY

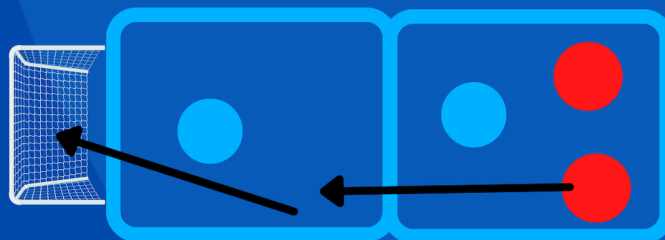
- Players are split into two separate fields.
- Field 1 and 2 is in your hands and field 3 and 4 are at the player's feet.
- The field is split into two halves with an attacking overload.
- The red players have to pass through the first half into the second half and they will try to score the goal.
- If the ball is scored or goes out of bounds the pair moves to the next field ready to play.
- The red team must score as many goals as they can in 2 minutes.
- The blue team will then become the attackers after the red team has played for 2 minutes.

KEY COACHING POINTS

- Players should time their movement into space away from pressure
- Make the field as big as possible when attacking.
- As the ball enters the second area make a positive run forward and finish as quickly as possible.



Players use their hands



Players use their feet