

6-12

2v1

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Set Up



15 mins



9 players



3 balls



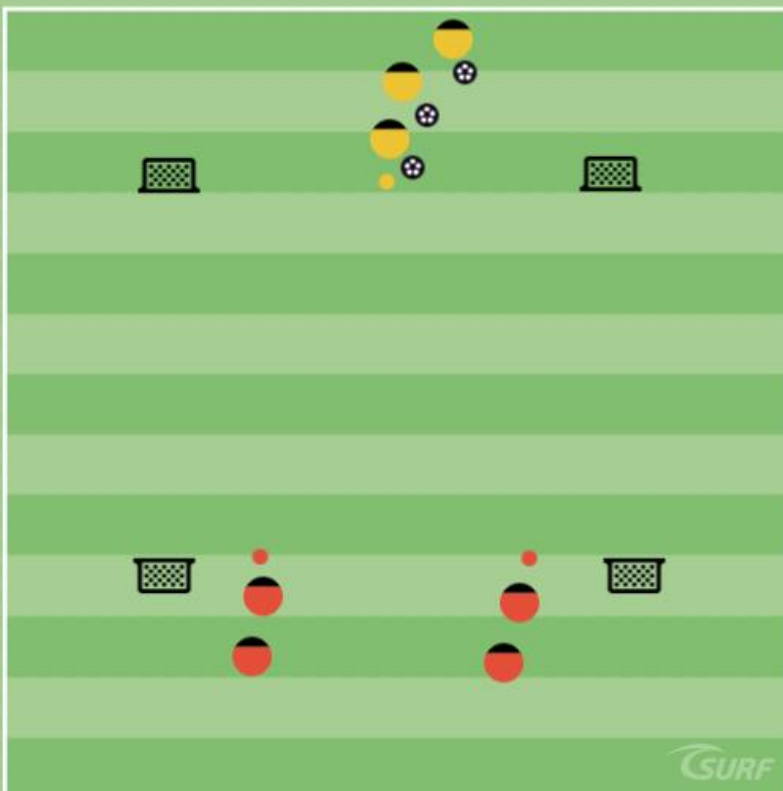
9 bibs



4 cones



20x20 area



Session Overview

- Defenders in a single line - start the drill by passing the ball to one of the 2 attackers
- Attackers try to score as quickly as possible
- If defender wins the ball they can score in the opposite goals
- When the drill is over the defender gets the ball and rejoins the back of their line
- Play for 2-3 minutes then switch defenders with attackers

Key Coaching Points

1. Concentrate on a good first touch
2. Attack the defender as quickly as you can
3. Meet the ball as it travels to attacker
4. Attackers must create width to make it more difficult for the defender
5. Attackers try to use combinations to beat defender - overlap/give and go

Progression

If drill is going really well - use one goal and make it central

Regression

If 2v1 is not working too well - make it a 3v1

