



2v1 Attack 2 Goals - Coach as Defender

Category: Tactical: Attacking principles
Difficulty: Moderate

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Individual-Adult Member

Description

2v1 Attack 2 Goals Coach as Defender (10 mins)

Setup: Age/level-appropriate space (15-25m wide x 20-30m long). Half line marked.

Activity: Players organized in 2 lines each. Each attack starts with defender (coach) passing ball to 1 of 2 players at the head of their lines. Play 2v1 to goals until ball leaves the field of play. Practice round(s) with coaching. Competition round(s) where scores are kept.

Options: Make 2 teams, each alternating attacks. If 2 coaches are available, make 2 setups with 2 teams competing on side-by-side fields.

Options: Must be in attacking half to score. Must be inside 6-8 yard shooting zone to score (not pictured).

Coaching Points: Big touches to run quickly with the ball. Smaller touches when approaching defender. Big "killer touch" or "killer pass" to get into space behind defender. 2 main strategies: run directly at defender making decision late whether to attack right/left space with killer touch/pass, or attack a space right away but be ready to change direction with dribble or pass based on defender's reaction. Attack to try to score and read defender's engagement before deciding whether to dribble or pass ("commit defender").

