



Week 3

2 v 1, 2 v 2 Attacking

Activity 1: 1 v 1 v 1 Game
Focus: Dribbling



1. Playing Area
2. Cones
3. Balls
4. Players

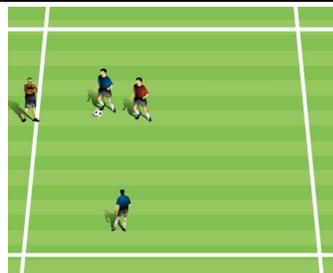
Objective

Coach places 3 cones approximately 15-18 yards apart in the shape of a triangle. Split players into groups of 3. Place 2 groups of three players at each coned area. One group of 3 plays 1 vs 1 vs 1 while the other group of 3 rests.

Coaching Points

1. Attacker needs to keep head up and find open cone (not as well defended)
2. Attacker must control dribble to get away from defenders
3. Attackers should use fakes, change of speed and change of

Activity 2: 2 v 1 Keepaway
Focus: Attacking



1. 15 x 15 yard Grid
2. Pinnies
3. Group of players
4. Cones
5. Large supply of balls

Objective

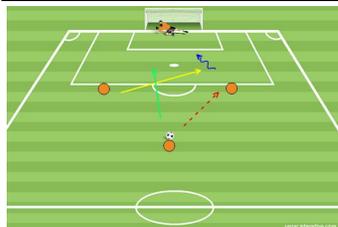
To create a game like situation for players to familiarize themselves with pressure situations. This will allow players to work on their individual skills, problem solving skills and creativity. The players will play 2 v 1 continuous keepaway.

The two attackers combine to keep the ball away from one defender.

Coaching Points

1. When the defender wins the ball, he/she immediately combines with the attacker he/she did not win the ball from and the attacker who lost the ball becomes the defender.
2. All balls that go out of play are to be dribbled in or passed in.

Activity 3: 2 v 1 Countdown to Goal
Focus: Attacking



1. Area 25 x 35 yds
2. Balls
3. Cones

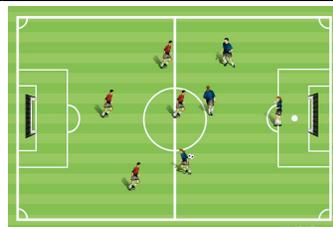
Objective

Balls are placed 35 yards from goal in a central position. Player A starts on a cone (next to the balls) with a ball. Player A must make a decision on which one of the two support players to pass to (B or C). The support players start on a cone 5 yds closer to the ball than player A and in line with the edge of the 6 yard box. Whichever support player receives the pass, the other player becomes a defender to create a 2v1 situation. The two attackers must combine to score. The two attackers have 8 seconds to score.

Coaching Points

1. Positive touch towards goal
2. Movement to support ball carrier
3. Shoot when opportunity arises

Activity 4: 4 v 4 Small Sided Game
Focus: Economical



1. 35 x 40 yards
2. Flags
3. Group of players
4. Mini -goals
5. Cones
6. Large supply of balls

Objective

Coach divides the players into teams comprised of 4. Set up as many fields as needed based on the number of players. Play a regular soccer game to goals with NO GOALKEEPER. US Youth Soccer modified rules are used.

Coaching Points

1. Team Shape
2. Body shape when receiving a pass
3. Keep the ball moving
4. Timing, angle and shape of runs

