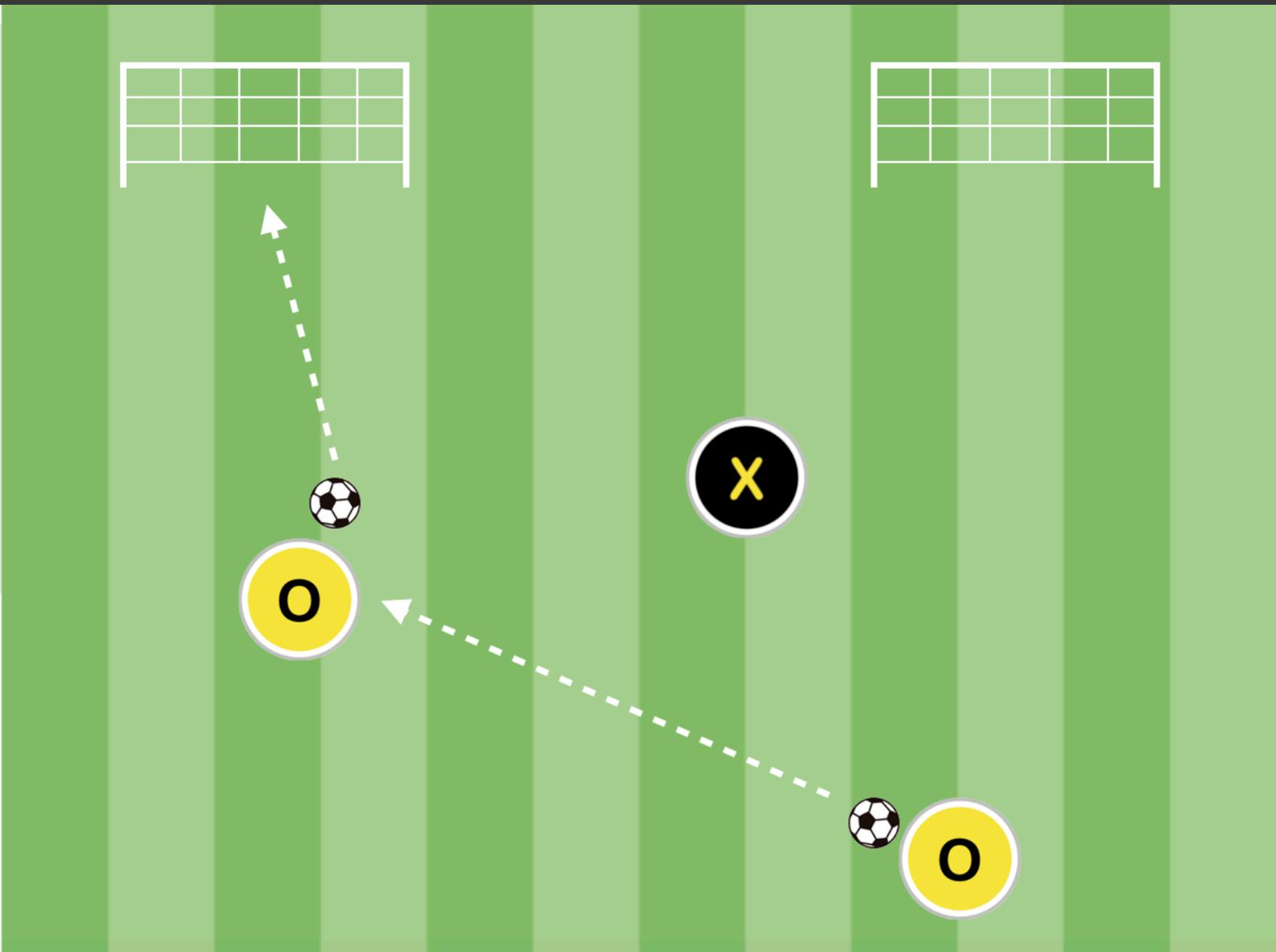


2v1 ATTACKING TO 2 GOALS



2v1 TO 2 GOALS

This is a great introductory 2v1 attacking exercise for players and is played to two goals giving the players two options to score and encouraging switching the play from one side to the other.

SET UP & ACTIVITY

Set a up a pitch with two wide goals. Start out by making the goals as wide as you can to make the activity easier for the attackers, you can bring them closer together if its too easy.

Put your players into pairs and select one player from your practice who will be the defender. The pair of players will start with the ball the objective is for them to score in either of the two wide goals.

The objective for the defender is to stop the pair of attackers scoring by forcing them out of play on either sideline or by stealing the ball from them.

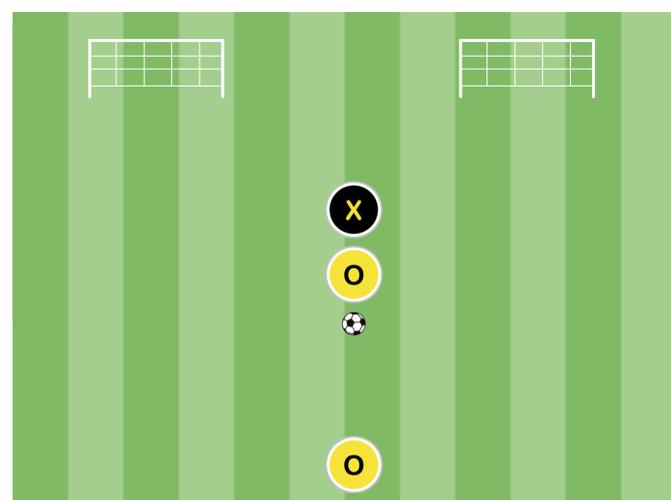
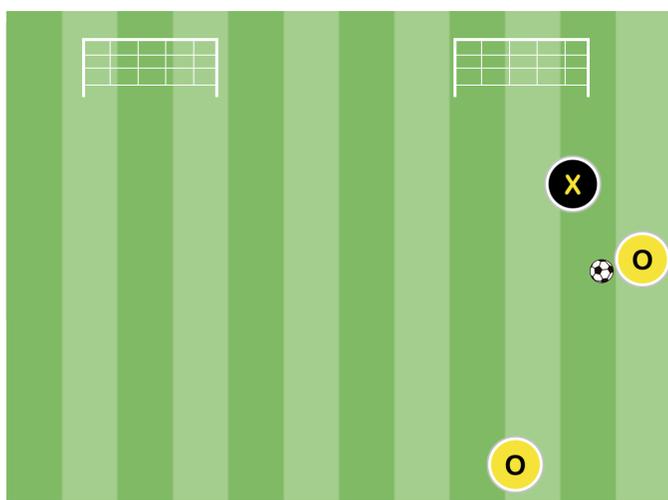
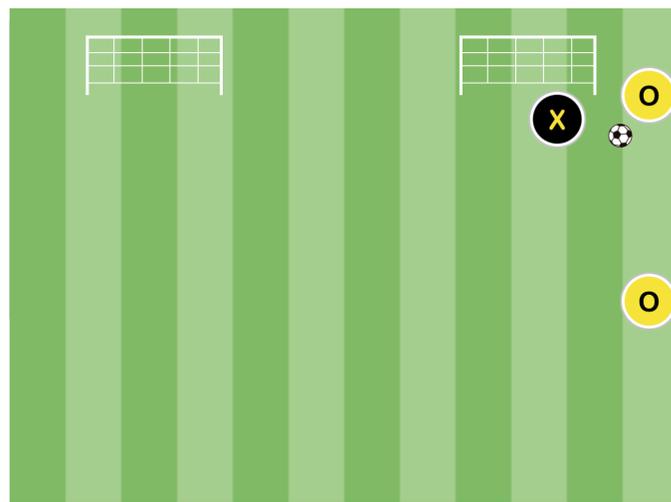
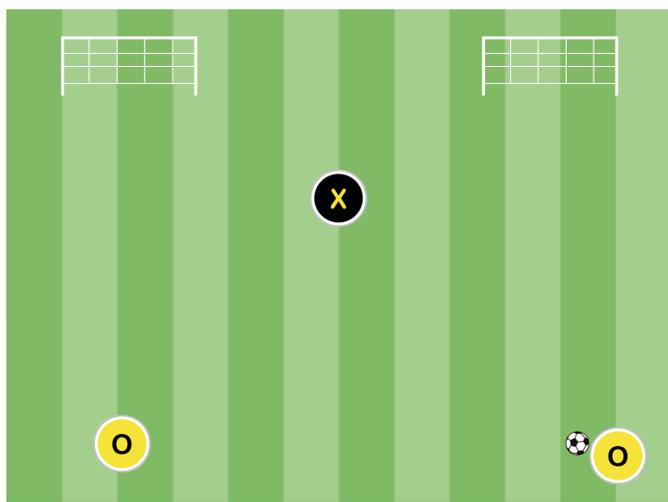
- Let the pair of attackers start with the ball rather than having the defender pass it to them.
- Have the players start together centrally with the ball so that they have to disperse from each other and find space.
- Switch which player in the attacking pair starts with the ball as you want them to both have a chance to be the ball carrier and the supporting player.

COACHING POINTS

- To start with we recommend giving the players very little if any instructions or coaching on this activity, just give them the objective of the activity and see how they go about solving the problem.
- Focus on helping the player who does not have the ball find space and stay open.
- Encourage your players to use each other to solve the problem and not let this simply become 1v1 to two goals activity.

VARIATIONS

- The other variations for this activity would be to change the starting point of where the two attackers start with the ball. This will give them different game situations and bring about different movements and solutions to the activity.
- In addition to changing the point of attack you can add constraints as to whether they have to pass to their team mate. Add a constraint that the ball must be switched from one side of the pitch to other at least once before the pair can score.
- You can add a constraint and determine before the play starts which player has to score.



COMMON MISTAKES

The receiver will run too far down the field so the angle of the pass is no longer on.

- Show the receiving player how to remain in an open position for their partner.
- Show the receiving player how to get wide and then hold their position until they get the pass.

The two attackers will stay too close to each other so that the defender can cover both of them at the same time.

- Show the two players how to create space between themselves and the defender.
- The player without the ball should always try to stay as far they can in an open position from the defender.

The player with ball will simply try to beat the defender 1v1 every time and not use their partner.

- Make your two players have to combine with at least one pass or both of them touching the ball.
- It is better for them to try and combine and fail than it is for the player with the ball to go 1v1 every time.

The attackers will get to one goal and be covered by the defender but will continue trying to attack that goal.

- Show your attackers that they can score in either goal. If one goal is covered and there is no space they can play back to space and go attacker the other goal.
- The goal is to score in either goal. If one goal is covered and there is no space to attack reset your attack and try again.