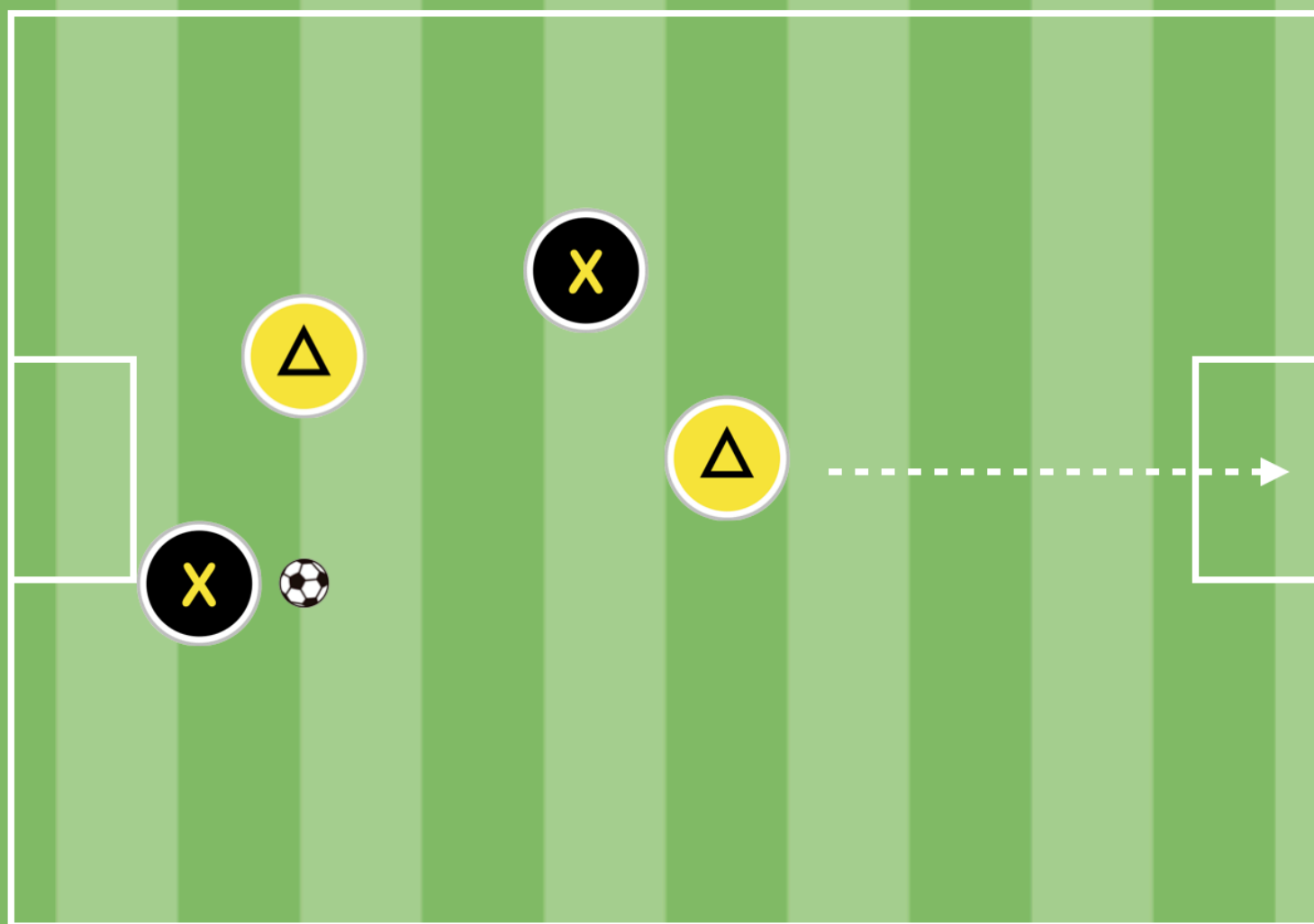


2v2 ONE DROPS BACK



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This is a great fun game which will introduce 2v1 attacking to the players and give them lots of 2v1 attacking repetitions within a fun small side game.

SET UP & ACTIVITY

Set up a small sided pitch with which is appropriate size for the players you are working with.

Put your players into teams of two try and make your teams balanced and equal in ability. Players will play a simple 2v2 game with one simple rule. When one team has possession the other team must have one player drop back and go become the goal keeper.

Whenever possession changes hands one player from the team without possession drops back to goalkeeper, this will constantly create a 2v1 attacking scenario on the pitch for the team with the ball.

- Adjust your pitch make it bigger for lower ability players so they have more space to exploit the 2v1.

COACHING POINTS

- Encourage the two attackers to use the 2v1 situation they have to beat the first defender so it creates a 1v1 with the goalkeeper.

VARIATIONS

- The next progression to the game would be rather than having a player drop back to the goalkeeper position you could create a defensive third or a defending zone that they drop back into.
- Another progression to make the game a little more challenging and to get the attacking players thinking about where to beat the first defender is to have one player have to drop back to their own half.