

2V1 WITH DEFENSIVE PRESSURE

WHY USE IT

The defender is put through his/her paces in this fast moving activity. Intentionally the defensive player is selected late as the activity progresses, so players need to be attentive and 'read' the visual cues. This is an equally good attacking activity to work with players on penetration and support.

SET UP

The set-up is a 25x15 yards area with an appropriate size goal at one end and two small counter attacking goals at the other. 2 attacking players with a large supply of balls start on the end line opposite the large goal and a pair of players are positioned 15 yards along both sides of the field. The coach can decide whether to play with a goalkeeper.

HOW TO PLAY

An attacker starts the activity by dribbling towards the goal. On the attacker's 3rd touch he/she passes to either of the support players to the left or right. The player receiving the pass becomes the attacking teammate and the other player is the defender. The 2 attackers attempt to score and the defender must attempt to win possession and score in one of the counter attack goals. If the goalkeeper saves the ball he/she distributes to the defender for a counter. The first team to 5 goals wins and then change the teams over.

COACHING NOTES

- + Coaching objectives - Once the defender is known he/she must prioritize preventing a shot at goal over winning possession. A curved run towards the goal followed by inching forward to close space is an appropriate tactic.
- + Coaching tips - The number of touches the coach imposes on the dribbling player should change the approach by the defender. 1-2 touches only before passing to the support player will provide the defender with more time to get into position, whereas 3-4 touches allows the attacker to make progress up the field and gives the defender less time to adjust.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: Prevent the attacking player from dribbling before passing or allow just 1-2 touches. The coach can also narrow the field to make defending easier.
- + More challenging: Change the starting position of the attacker to present a different challenge and/or allow the dribbler 3-4 touches before passing.

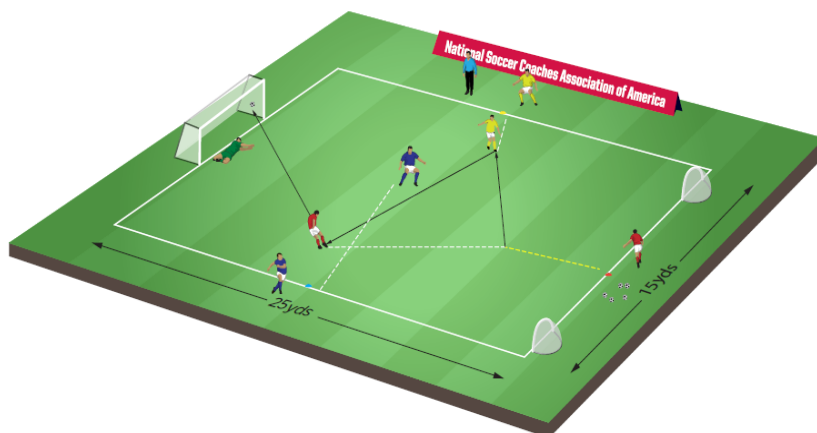
STAGES COVERED BY ACTIVITY

Stages 2, 3 4 - 6-14 year old players

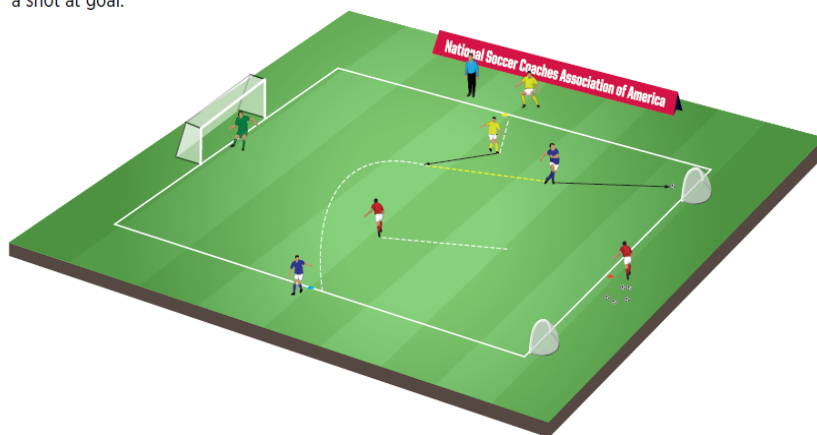
THEMES & COMPETENCIES

Top 3 themes: Attacking 2v1, defending 1v2 and dribbling.

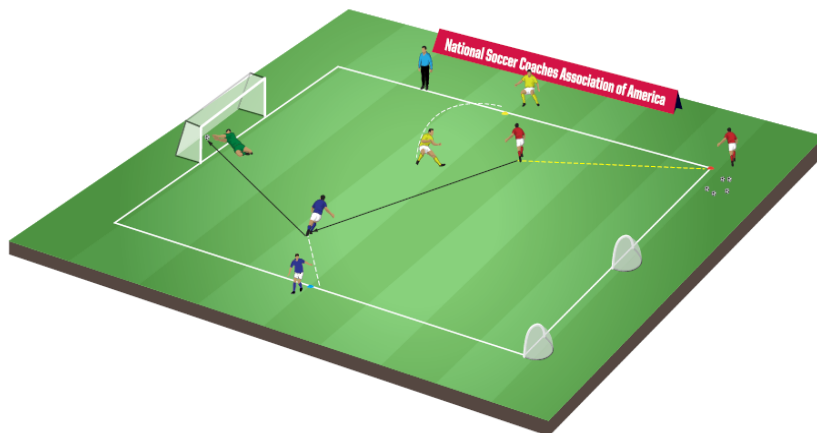
Top 3 competencies: Beating an opponent, defending pressure and creating space.



- + The red attacking player dribbles towards the goal and seeks to pass to a support player on the 3rd touch.
- + The blue and yellow support players wait at their cone and the red selects a teammate by passing to yellow.
- + The blue defender makes a straight run into 'no-man's land' allowing the attackers to combine and take a shot at goal.



- + In the second sequence the red attacker once again selects yellow as a teammate.
- + This time the blue player reacts quickly making a curved run to prevent the shot and apply pressure.
- + The yellow attacker is hurried into a poor pass and the blue player intercepts, dribbles and scores.



- + In the final illustration the coach has changed the angle by moving the attackers to the corner.
- + The new angle presents a different challenge as the red player dribbles directly at the defender.
- + The yellow defender overplays the dribbler and this enables the red player to release the blue into space.