

# DEFENDING TWO GOALS 1V2 AND 2V1

## WHY USE IT

This is a fast-paced attacking and defending transition activity with plenty of goal scoring opportunities. Numbers can be added to progress from individual to small group duels.

## SET UP

The area is 25x25 yards with appropriate size goals centrally located on two sides of the square. Opposite each goal with a supply of soccer balls are two teams of four players. In the first instance play without goalkeepers.

## HOW TO PLAY

The activity commences with a black defender starting in the center of the area and 2 red players attacking the goal opposite their line. One red player dribbles or passes the ball to the other player. The attacking objective is to beat the black defender and score quickly. The defending objective is to win possession of the ball and pass the ball to the teammates on the sideline. As soon as the attack is over the black player and one of the red players leave the field and two black attackers attempt to score against the remaining red player. Play the first team to score 10 goals. To progress the activity the coach can play 2v2. The two attacking players must now be more creative if they are to beat a full strength defense. The coach can now work with the first defender applying pressure and the second defender covering.

## COACHING NOTES

- + Coaching objectives – Work with the first defender to close down space and to apply pressure to the attacker on the ball. The second defender should drop deeper and if the first defender is beaten by the attacker, he or she will need to cover and prevent a shot.
- + Coaching tips – Setting up a continuous activity, where players are required to transition from a defensive role to an attacking role in the flow, mirrors game day conditions. These situations are important to replicate as often young players will lose concentration in transition.

## HOW TO MODIFY THE ACTIVITY

- + Less challenging: Start the activity without goalkeepers to give the attackers some shooting success. Play 1v1 if the defender is struggling against 2 attackers.
- + More challenging: Add more attacking players as the defenders become more competent and progress to even numbers.

## STAGES COVERED BY ACTIVITY

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

## THEMES & COMPETENCIES

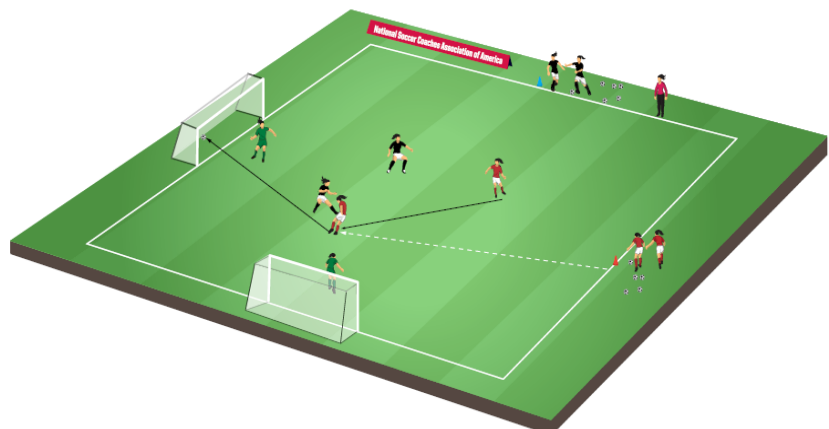
Top 3 themes: Attacking individually and in small groups, defending 1v1 and dribbling.  
Top 3 competencies: Beating an opponent, defending pressure and creating space.



- + A black defender starts in the center of the area and 2 red attackers attempt to score in the goal opposite.
- + Outnumbered, the black defender must prevent the player on the ball dribbling and shooting at an unopposed goal. Similarly, the defender must not over-commit and leave the second attacker in too much space.



- + As soon as the red attack has ended, the black defender and 1 red attacker must leave the field immediately.
- + Two black players now attack the remaining red player who has transitioned into defense.
- + On this occasion an early pass is made and the defender fails to close down the space to prevent a shot.



- + In the final sequence the coach has decided to play 2v2 with both attacking players transitioning to defense.
- + With two defenders the coach can work on pressure and cover defending.
- + Transition must be quick and all players should be alert and ready to attack and defend.