



## Dribbling - 2v1 Attacking

Category: Technical: Attacking skills  
Difficulty: Moderate

Continental FC, Philadelphia, United States of America  
Individual-Adult Member

### Description

Dribbling & running with the ball to engage a defender introducing the 2nd attacker to set up 2v1 attacking combination play

### Warm Up (15 mins)

#### Setup

Two 20x30 fields with mini goals set up as shown

#### Organization

As players arrive they get set up into a small sided free play game.  
As full squad arrives set up two 3v3 small sided free play games.

#### Progressions

Rotate players/opponents every 3-4 minutes

#### Coaching Points

Little coaching but demanding a high tempo



### Passing Off A Dribble (15 mins)

#### Setup

Two 20x10, Two 3 Yard Gates in the middle

#### Organization

Player 1 starts with the ball and dribbles forward at speed. Judging the angle the player must pass through the gate to player 2 and joins the opposite line. The sequence continues. Introduce two balls.

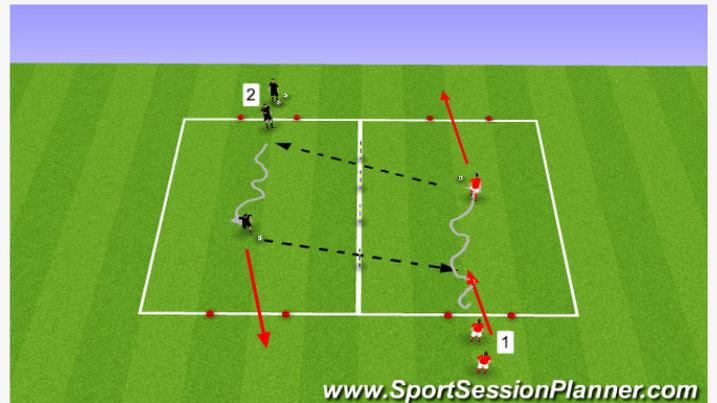
#### Progressions

Player now dribbles past the gate, performs a sharp turn before playing back through the gate.

#### Coaching Points

Encourage pass with correct angle and weight

Players should be encouraged to receive/collect the ball on the move



### 2v1 To Goal (20 mins)

#### Setup

Setup as shown, 3 players per position

#### Organization

Players at A are defenders and start with the ball. A passes to attacker B and comes forward to defend. Player B receives and passes quickly to C. Player C receives and dribbles forward. B supports C to make a 2v1 to goal.

#### Progressions

Rotate player starting positions. Set up from opposite side.

#### Coaching Points

Encourage attackers to commit the defender to set up the pass

Timing and weight of pass

Timing and angle of support runs



## 2v1 Choice Game (20 mins)

### **Setup**

3 Teams of 3-4, Two Goals

### **Organization**

Players at A start with the ball. Player A dribbles out a little and chooses to pass to team B or team C. If the player A passes to player on B, then player on C becomes the defender. Player A and B combine to the opposite goal.

### **Progressions**

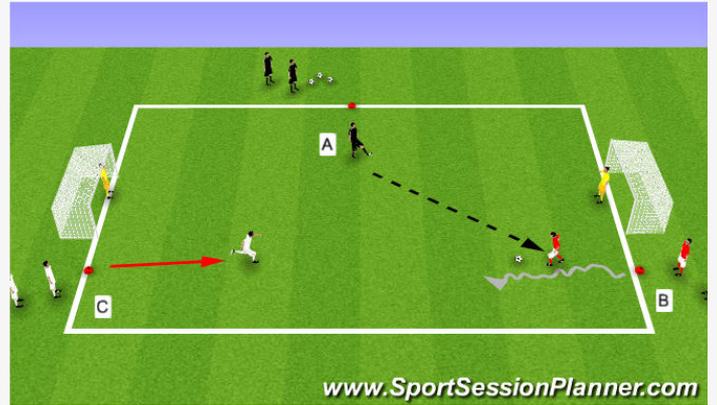
Rotate player starting positions. Set up from opposite side.

### **Coaching Points**

Encourage attackers to commit the defender to set up the pass

Timing and weight of pass

Timing and angle of support runs, overlap



## End Game (20 mins)

### **Setup**

30x40 Area, Two goals, 6v6

### **Organization**

Regular game, normal rules apply

### **Progressions**

None

### **Coaching Points**

Encourage the themes introduced throughout the session

