



U9U10 Week 5 2V2 Attacking

Category: Technical: Attacking skills
Difficulty: Moderate

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Individual-Adult Member

2v2 (10 mins)

Set Up

In a 20x20 area players are split into 2 teams, each team is split into two lines on opposite ends of the grid. One team always starts with the ball.

Implementation

Team with the ball plays a pass to either player on the other team. After the pass is played the first player in both lines for the passing team become defenders and try to win the ball.

The receiving team become attackers and try to get the ball across the line of red cones.

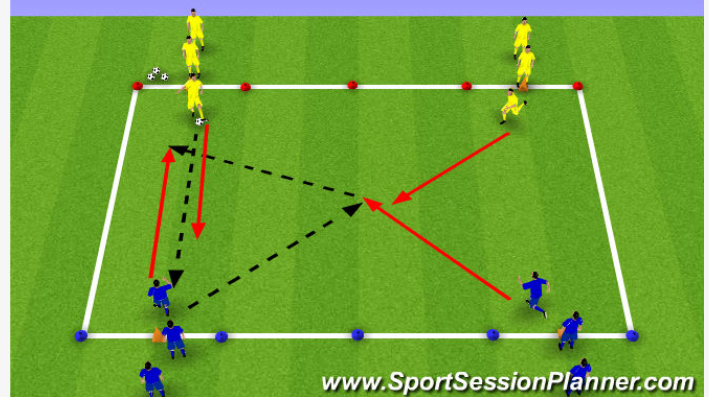
If the defending team win the ball they attack the blue line.

Players move line after each go.

Coaching Points

Can players use combinations to beat the opposition defenders, 1-2, give and go, overlap and underlap.

Can attackers isolate a defender and beat them 1 on 1



2v2 lopsided (15 mins)

Set Up

In a 20x20 area players are split into 2 teams, each team is split into two lines. There are 3 lines along one side of the grid and 1 line on the opposite side. All the balls start with the line on their own.

Implementation

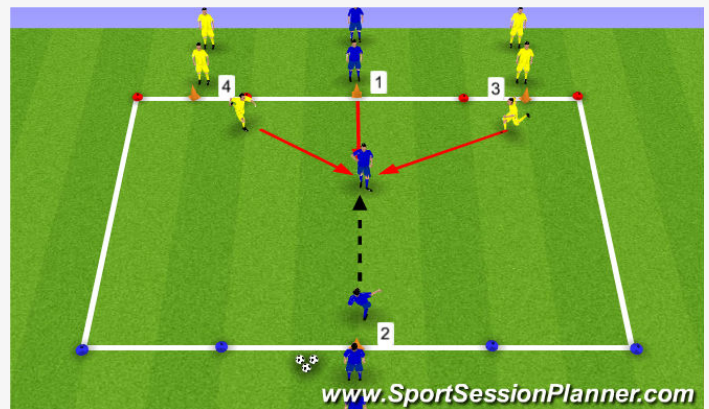
The Player 1 starts by running into the grid to ask for the ball, Player 2 plays them a pass and then joins them to attack and try and get the ball over the red line of cones. Once the ball is passed Player 3 and 4 can join in and try to win the ball, if the defenders win the ball they try to get the ball over the blue line.

Coaching Points

Player 1 needs to check both shoulders as they run forward to ask for the ball. If there is no pressure can they turn and score straight away.

If player 1 is under pressure can they pass back to player 2 and then can players use combinations to beat the opposition defenders. (1-2, give and go, overlap and underlap.)

Can attackers isolate a defender and beat them 1 on 1



3 goal game (15 mins)

Set Up

Field is set up roughly 30Lx20W with 3 goals on each end of the grid. Players are split into two teams and will be lined up on either end of the grid. (Lines of no more than 3)

The Coach has all of the soccer balls.

Implementation

When the Coach serves a ball into the playing area the first players in line race onto the field to get to the ball. Once a player has the ball they and their teammate look to score. If the players don't have the ball they are to try and steal it, and score themselves.

Coaching Points

If under pressure pass to your teammate

If not under pressure look to dribble.

If you have momentum can you beat the defender.

If you have a shot "SHOOT"

Play away from the pressure.

