

Topic: Passing to beat an opponent

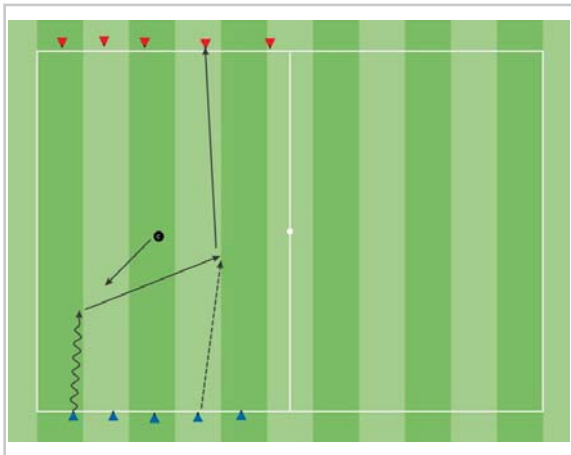
Objective: To gain an understanding of passing in a 2v1 situation to beat an opponent

Player Actions: dribble, passing, defend



Initial Play Phase - 10-12 minutes

Look at the back of this sheet or the email from the 1st week for clarification - this is an important phase to get the players in the mode for training.



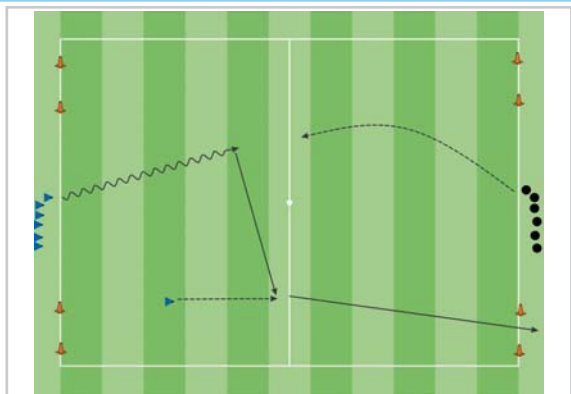
Objective: Passing to beat an opponent - 2v1

Organization:

20w x 30L field - split into two teams - lined up on each end  
Number off players 1 thru ... - when coach yells "blue 3 and 1 vs red 2", those players go on the field and play 2v1.  
Coach varies players for good matchups. They need to pass to team on other end to score a point.  
Coach defends first to simulate pressure - then add defenders from other team

Coaching Points/Guided Questions

What happens if you dribble at someone? They come at you?  
Does that give your partner more space? Yes  
Can you pass it to them once the opponent is closer to you? yes



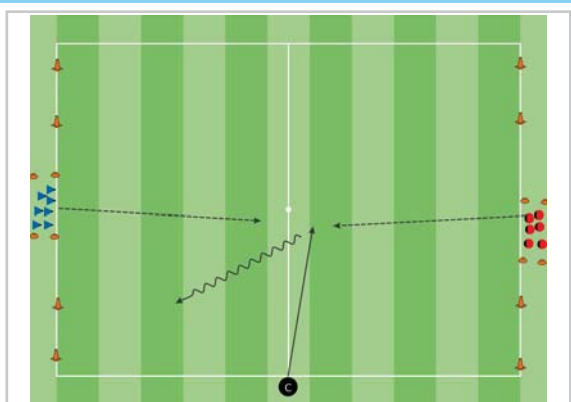
Objective: To pass the ball to beat an opponent

Organization:

20W x 30L - two small cone goals on each end  
Teams split evenly - team from one side brings a ball on with two players then once ball goes out other team brings on ball with two players  
Defending team only has one player

Coaching Points/Guided Questions

Same coaching points as before  
What should our first option be? Score  
Second option? Dribble if we have space  
Third option? Pass once space is taken up



Objective: To work with a teammate to beat 2 defenders by passing and dribbling

Organization:

Same grid as previous activity  
Coach plays ball in - start 1v1 then go 2v2 to get idea  
Once ball is out, new ball and new players

Coaching Points/Guided Questions

How do we get a 2v1 like the other activities? We might need to beat someone.

Final Phase

Play 3v3 or 4v4 to two goals - can go bigger if desired depending on numbers

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next

4v4   9v9  11v11

Moment: Win we have the ball

+

+