



2 vs 1 Attacking Session

Category: Technical: Attacking skills
Difficulty: Moderate

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Individual-Adult Member

2 vs 1 session (20 mins)

Two 15x25 yd boxes each with two red cone gates at one end as shown.

- Blue player plays into orange player.
- First orange player from each line comes into play. Orange player tries to beat blue player with dribbling move and/or by passing to their team mate.
- Point scored if orange players dribble through either of the two gates or pass through.
- If blue wins ball, point scored if they dribble across opposite endline.

Coaching Points:

- Dribble away from teammate
- Quick decision making -should I pass, dribble or shoot
- Commit the defender by using a move, being creative or using team mate
- Explode after move
- Teammate makes decisive decision whether to run behind or support
- Make quick decisions

