

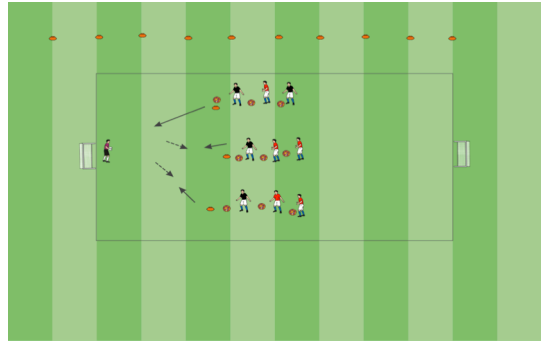
Coach: Stephen Bird

1v1's/2v1's/2v2's

Attacking and using/creating the overload



A Lifetime of Soccer



Warm-Up

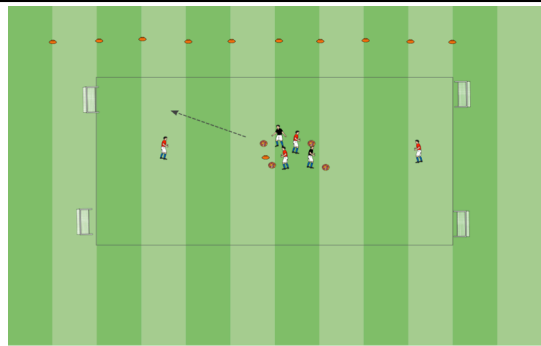
Work: 10 Mins

3 lines of no more than 4 players. One GK. Player on the right will have 5-10 seconds to shoot at the goal. After the shot they become a defender. Player in the middle will play a 1v1 against the defender.

Next round, the player on the left becomes another attacker. Defender (who shot first) will have to defend a 2v1 situation. Players rotate groups after each one.

Progression: Switch sides.

Organization: Quick rounds.



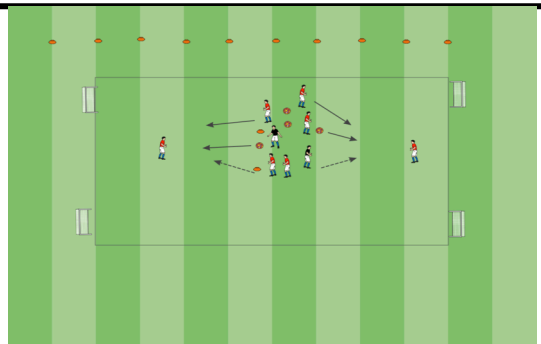
Technical

Work: 12-15 Mins

Defender starts in the middle and is defending two wide goals. Attacker comes out and is trying to score on one of the goals. If they score or miss, they become the next defender straight away. Next player attacking doesn't wait and tries to exploit the space. Keep repeating and make it a competition between two teams. Two groups going at the same time.

Progression: Increase to 2v1 and then 2v2.

Organization: 25x25 grid with small goals behind the defender.



Scrimmage

Work: 15-20 Mins

Play starts with a 2v1 situation. Attackers have three 'free' touches until the recovering defender joins to create a 2v2. Attackers look to score in one of the two wide goals. One attacker will become the defender for the next round. Two groups again.

Progression: Remove the touch limit and use a time limit or completely remove any restrictions so after the first touch, recovery defender is live.

Organization: Grid size – Same area as before.

Key Coaching Points:

- 1) Small touches to draw the defender in. Do you pass or take on the player?
- 2) Attack with speed and towards the goal(s).
- 3) Skill moves to beat the defender(s).