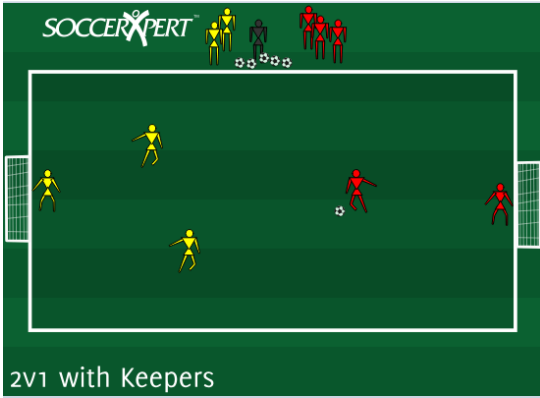




Drill Quick Glance

Age: 9-14	Field: 30X15
Players: 8+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: GAME-LIKE
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | BowNet Goal

2v1 with Keepers

Objective:
Develops attacking players' ability to exploit numerical advantages in a 2v1 situation. Encourages defenders to delay and disrupt play while improving goalkeeper distribution and decision-making.

Setup

1. Create a 30x15-yard field with a 4x6-yard goal on each end line.
2. If no goal is available, use training sticks, cones, or markers to set the goal width.
3. Divide players into two teams with alternate color jerseys.
4. Each team defends one goal and attacks the other.
5. Goalkeepers start in goal for each team.

Instructions

1. Play begins with a 2v1 attack in favor of the attacking team.
2. If the ball goes out of bounds, possession is awarded to the first player to reach the ball.
3. Players restart with either a kick-in or dribble-in from the sideline.
4. The goalkeeper restarts play if the ball crosses the end line.
5. After a goal is scored or the ball goes out of play three times, new players rotate into the game.
6. Alternate the roles of attackers and defenders to ensure all players experience both attacking and defending in 2v1 situations.

Coaching Points

- Attackers: Use quick combination play, create space, and exploit the defender's positioning.
- Defenders: Delay the attack, force attackers wide, and anticipate passes.
- Goalkeepers: Communicate with defenders and distribute the ball effectively.
- Encourage fast decision-making and proper timing of passes.
- Reinforce body positioning to shield and protect the ball.

Variations

- Time limit per attack to encourage faster play.
- Limit touches for attackers to improve quick passing.
- Play 3v2 or 3v1 to increase difficulty and vary decision-making.