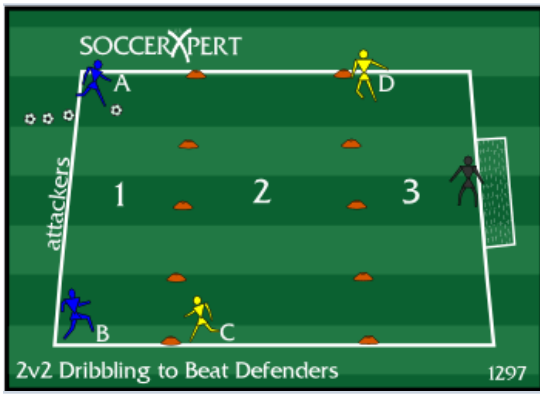

Drill Quick Glance

Age: 9+	**Field:** 10X30
Players: 8+	**Time:** 20 MINS.
Difficulty: MEDIUM	**Focus:** ATTACKING
Keeper: YES	**Type:** Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Pugg Goal | Full-Size Goal

2v2 Dribbling to Beat the Defender

Objective:
The 2v2 Dribbling to Beat the Defender soccer dribbling drill helps players recognize when to dribble, pass, or get off a shot once they beat the first defender.

Setup

1. Create a 30X10 yard grid and divide it into 3 10X10 grids.
2. Two attackers start at the top of the grid with one defender should start on the side of the 1st middle line, and another defender starts on the opposite side of the next line.
3. A goal with a goalkeeper should be placed at the end line.
4. You can also use a Pugg Goal in place of the larger goal and goalkeeper.

Instructions

1. Instruct player "A" to pass to player "B" and attack the goal on the opposite goal line.
2. Player "C" and "D" become active when the 1st pass is made from Player "A" to player "B."
3. Player "C" is limited to grid "1" and player "D" is limited to defend grid "2".
4. Player "A" and "B" must combine efforts and the player in possession must be willing to take more risks.
5. The supporting player must offer sufficient support angles and distance to the player in possession.
6. The attacking player can take a shot once a defender is beaten.
7. Coaches should encourage players to beat the defender and finish with a shot.

Coaching Points

- Approach when on the dribble
- Changing direction to beat the defender
- Change pace after change of direction to get past the defender
- Supporting player must help the player in possession
- Finish with a shot

Variations

- Use the Pugg Goal in place of the larger goal and goalkeeper
- Remove grid restrictions on defenders.