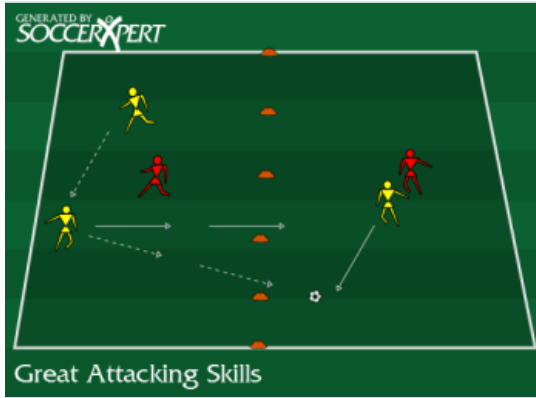




Drill Quick Glance

Age: 9+	Field: 20X20
Players: 5+	Time: 10 mins.
Difficulty: MEDIUM	Focus: POSSESSION
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

2v1 ATTACKING RONDO

Objective:

This drill focuses on attacking in a number's up situation and opening up and finding the attacker in a 1v1 situation. This drill puts much emphasis on good passing, receiving and general possession.

Setup

1. Create two 10 x 10 adjacent grids.
2. Start with 3 attackers and 2 defenders in an alternate jersey.
3. Have 2 attackers and 1 defender in one grid.
4. Place 1 attacker and 1 defender in the other grid.

Instructions

1. The attackers in the 2v1 grid control the ball against the single defender.
2. The attacker in the 1v1 grid continues to make runs to get free from the defender.
3. The attacker in the 2v1 grid that passes the ball to the 1v1 attacker follows the pass into the grid and creates a new 2v1 in that grid.
4. The play repeats.
5. If the defenders win the ball, they should attempt to hold possession from the attackers.

Coaching Points

- Focus on proper passing, receiving and possession.
- Make sure attackers are creating space to exploit when the time is right.

Variations

- Enlarge the grids and increase the number of players.
- 3v2 and 2v2
- 4v3 and 3v3