

Rapid 2 V 1 To Goal

Emphasis: Quick, direct attacking play. Will develop an attitude to “go for goal”



Set-up:

Position two goals 36 yards apart (two penalty boxes on top of each other). Squad is split into 2 teams and positioned at either side of the goals as shown. A supply of balls is needed for each group.

Objective:

The first defender (player 1) starts out in the field of play. The first two players on the opposing team (players A and B) dribble at speed towards the defender and the goal. Players (A) and (B) must attempt to score a goal as quickly as possible. The player who shoots on goal now becomes the defender (as shown, player A would become the defender). The first two players in line for the red team (players 2 and 3) must now dribble towards the new defender (A) and attempt to score as quickly as possible. This 2v1 sequence is repeated for a designated period of time or for a predetermined number of goals.

Progressions:

1. A shot must be taken within a 3 second time period.
2. If the defender wins the ball, he/she can dribble to goal.

Coaching Points:

- Go at pace!
- Shoot early – no long dribbling or passing sequences.
- Vary the strikes on goal – bent, driven etc.