

LEVEL

- U8-U11

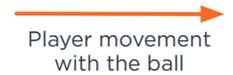
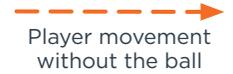
PRINCIPLES OF PLAY

- Running with the ball
- Recognising space
- Speed

STAGGERED 2v2

- This practice challenges the players' ability to recognise and use space to their advantage during 2v2 situations in which time is limited and speed is crucial.

KEY



Players



Cones



Flat marker



Cones with flat marker



Goal



Mini-goal



Mannequin



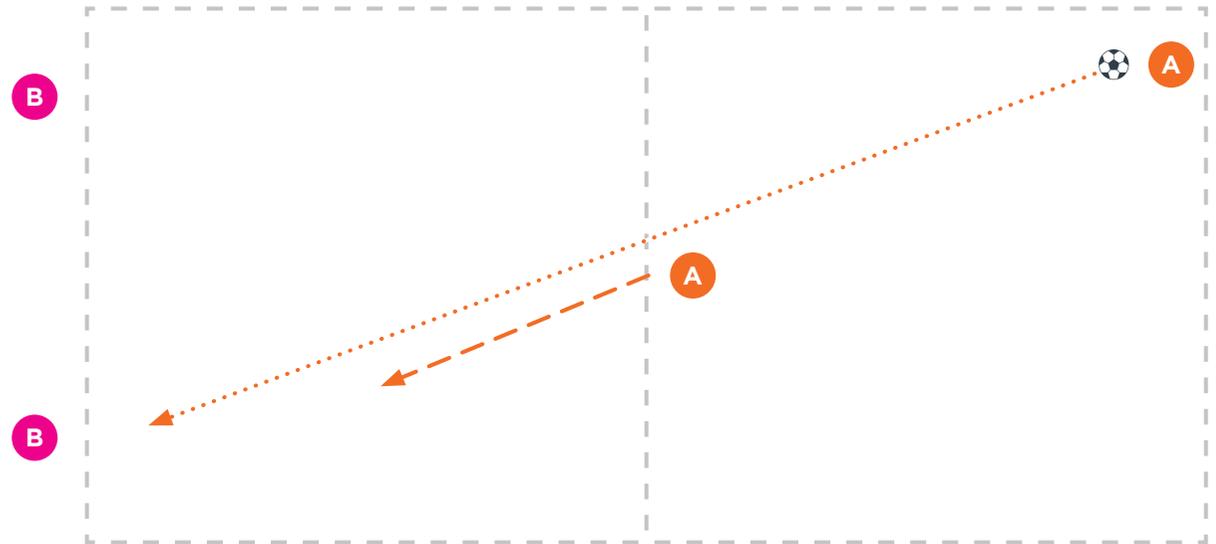
Pole



Soccer Ball

FUNCTION

- This practice is designed to challenge the players' ability to make positive decisions when under pressure in 2v1 situations.
- There are two teams of two, one defending and one attacking. In this example, **Team A** is the defending team and **Team B** is the attacking team.
- The attackers' aim is to run with the ball over the furthest end line. The defenders defend one half of the grid each, meaning there is a 2v1 overload in favour of **Team B** in each half.
- The practice starts with a driven diagonal pass into an attacker from the deeper of the two **Team A** defenders. As the ball passes the higher defender, they can begin to put pressure on the receiver.
- The attackers then play 2v1 in each half, with each defender limited to defending only their half. If the defenders win the ball, they then attempt to run the ball over the end line the attackers started from.
- Once an outcome is reached either way, the two teams swap roles; **Team B** become the defenders and **Team A** become the attackers.
- To progress, adjust the type of ball into the first attacker: lofted, volley, half-volley, faster, slower etc.
- To progress further, allow both defenders to defend in both halves rather than only one.



COACHING DETAIL: TECHNICAL

FIRST TOUCH

- The attacker's first touch should be forward and in front so they can begin building speed immediately.
- Use an example of a striker intercepting a pass from the opposition centre-back. If the striker does not begin to move quickly, the opposition midfielders will have the chance to tackle them.

DECISION-MAKING

- Attackers must consider the space available during the 2v1. Keep width and speed to a maximum to allow for space to counter.
- Defenders must consider their angles of press, the timing of their tackles and, after the practice progresses, how they defend – as a flat two or with one in front and one behind.
- Once the practice is progressed and the above defending points are considered, how do the attackers use different types of runs and touches to move the defenders if they defend as a flat two?

COACHING DETAIL: PRACTICE

DECISION-MAKING

- Once you give the players the opportunity to be harsher with their service, it can be a good thing if they are really testing the attackers.
- Players almost 'shooting' at the attacker means touches are tested; slower passes mean attackers must move forward earlier; volleys and half-volleys effectively act as 'bobbles' or poor passes.
- Common sense will allow for some sort of practice management to occur, but don't be too caught up in poor services – especially when working with higher-level players.
- You can be more specific with players at a lower level – for example, instructing them to deliver lofted passes instead of driven passes.