



## Dribbling - 2v1 Into 3v2

**Category:** Tactical: Attacking principles  
**Difficulty:** Moderate

Continental FC, Philadelphia, United States of America  
Individual-Adult Member

### 1v1 To Goal - Side Pressure (15 mins)

#### **SetUp**

Extended penalty box as shown, one full size goal

#### **Organization**

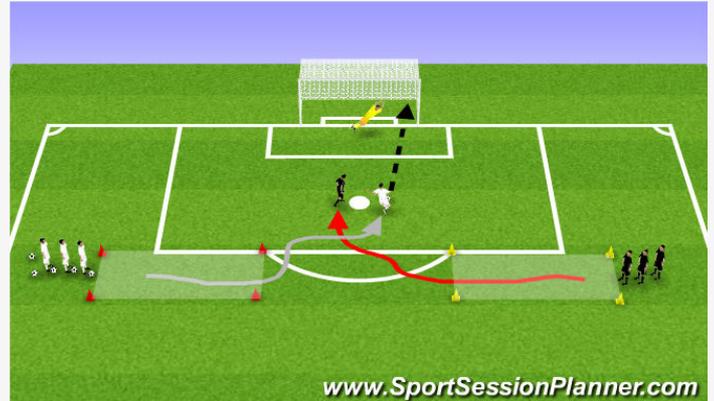
Two teams - one attacking, one defending. The attacking team starts with the ball. At the same time the attacking player and the defender must dribble/run through their own box. The attacking player trying to score on goal. As soon as a shot is taken or the play breaks down a new stack starts immediately. Play for a set period then change roles.

#### **Progressions**

- Change the side players attack from

#### **Coaching Points**

- Accelerate out of the box as quickly as possible, keeping close control of the ball
- Use body to shield/protect the ball, use furthest foot from the defender
- Can cut across defender (as shown) using their momentum against them
- Composed finishing



### 2v1 To Goal (20 mins)

#### **SetUp**

Extended penalty box, one full size goal

#### **Organization**

Player A (white) starts with the ball and passes into player B, who checks back to receive. Defender (black) comes out to make a 2v1 to goal.

#### **Progressions**

- Change roles & starting positions
- Set up from opposite side

#### **Coaching Points**

- Timing of movement back to receive (player B)
- Positive first touch, attacking the space/defender immediately
- Movement and support run/position (player A)



### 3v2 To Goal (20 mins)

#### **SetUp**

Extended penalty box, one full size goal

#### **Organization**

Player A (white) starts with the ball and passes into player B, on either side. The defenders (black) comes out to make a 3v2 to goal.

#### **Progressions**

- Change roles & starting positions

#### **Coaching Points**

- Positive first touch, attacking the space/defender immediately (player B)
- Keep the ball central where possible to maximize options
- Movement and support run/position (player A)



## 3v2 Transition Game (20 mins)

### **Setup**

Two 20x30 areas, 4 mini goals

### **Organization**

Two teams of 5 play 3v2 in each half of the field. Two servers play on the outside. Ball starts with a server who plays to one of the 2 players (white) players. The 3 (black) defenders must quickly retreat to the semi circle and allow the pass. The attacking player then plays across to the other half where it's a 3v2. The attackers must combine and score in one of the two mini goals. As soon as the play breaks down or a goal is scored the play is restarted from a server.

### **Progressions**

- 1) Start with the 3 players retreating, no tackle. If a goal is scored and they are not all in the semi circle it's worth double.
- 2) Lift restrictions - can intercept and attack

### **Coaching Points**

- Reorganize quickly when ball is lost or out of play
- 3 advanced players should create width and check in to show for the ball off the 2
- Movement, runs off the ball and switch of play

