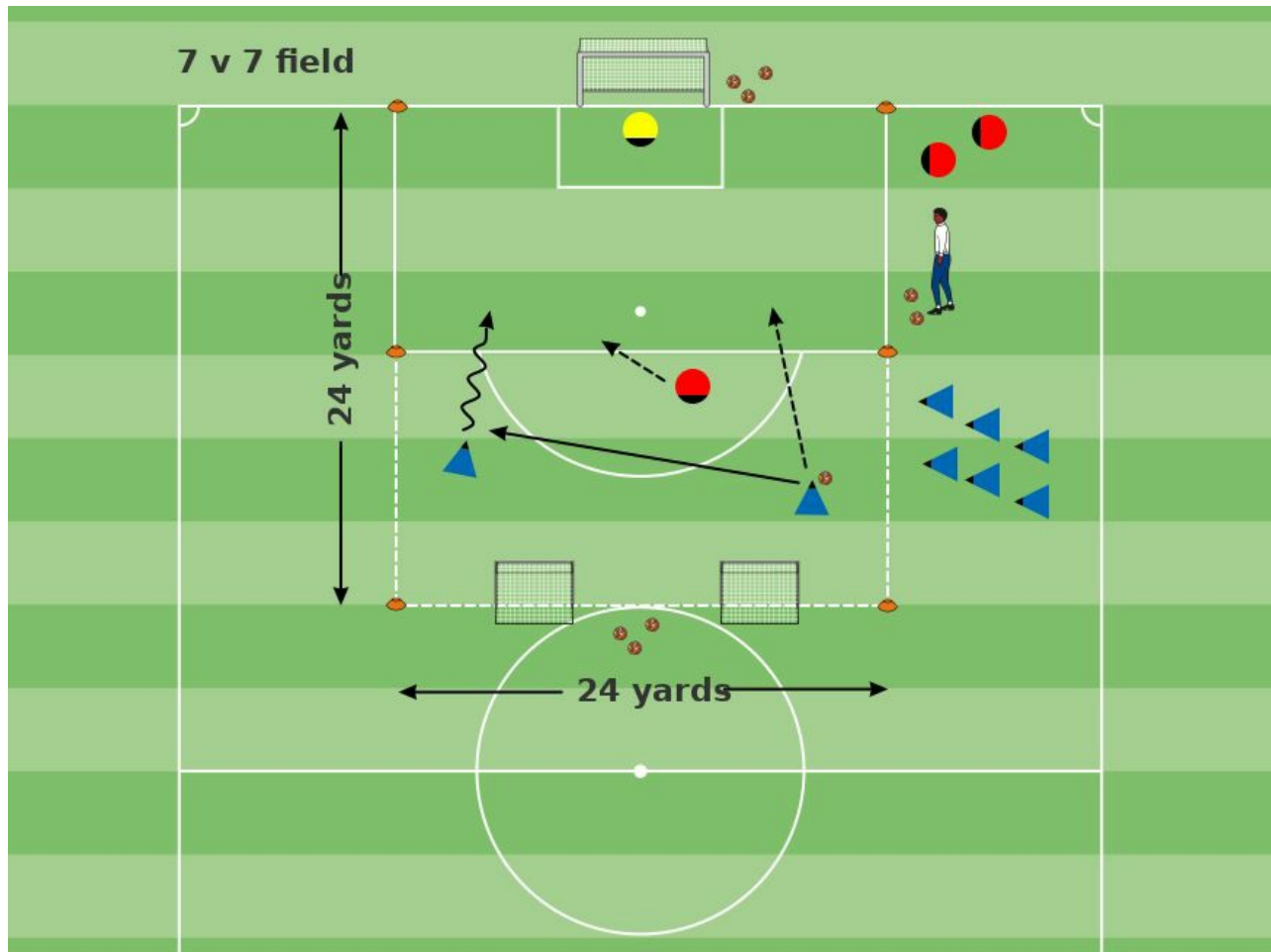


**PRACTICE (Less Challenging): 2 v 1**

**OBJECTIVE:** To create 1 v 1s and 2 v 1s and pass or dribble forward.

**PLAYER ACTIONS:** Pass/dribble, Spread out, 2v1/1v1

**KEY QUALITIES:** Read game/make decisions, Initiative, Optimal technical



**ORGANIZATION:**

Same as Core Activity, except teams play 2 v 1 + GK. All players (including the keeper) rotate every 2-3 minutes. If space is available, set-up two activities.

**KEY WORDS:**

Opening, take opponents on, head up, pass/dribble, go!

**GUIDED QUESTIONS:**

1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

**ANSWERS:**

1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

**NOTES:**

Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.

**MOMENT:**

Attacking

**AGE:**

U8-U14

**PLAYERS:**

2 vs 1

**DURATION:**

10 Min