



Dribble relay into 1v1, 2v2 & 3v3

Category: Technical: Attacking and Defending Skills

Difficulty: Moderate

Player2Pro Academy

Ball Mastery

Ball Mastery

1 min = Keepy ups

1 min = Inside touches

1 min = Keepy ups (2 right foot 2 left foot)

1 min = Inside outside touches

1 min = Keepy ups (4 touches below the waist 4 touches above the waist)

1 min = Freeplay - encourage different skills / use of both feet / different parts of the feet



Dribble relay (10 mins)

Dribble relay Blues Vs Red

On the coaches shout, first player on either team dribbles between cones then turns back & finishes into mini goal, before player in opposite lines goes.

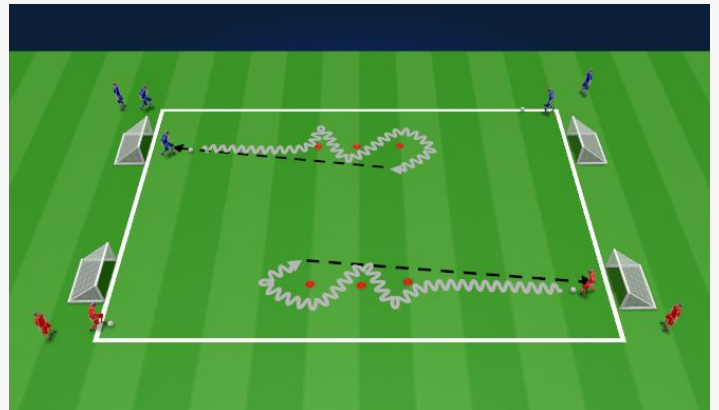
Progression:

Add competition by setting first team to 10 goals

Coaching points:

Use of both feet

Use inside/outside touches



1v1 (10 mins)

Relay into 1v1

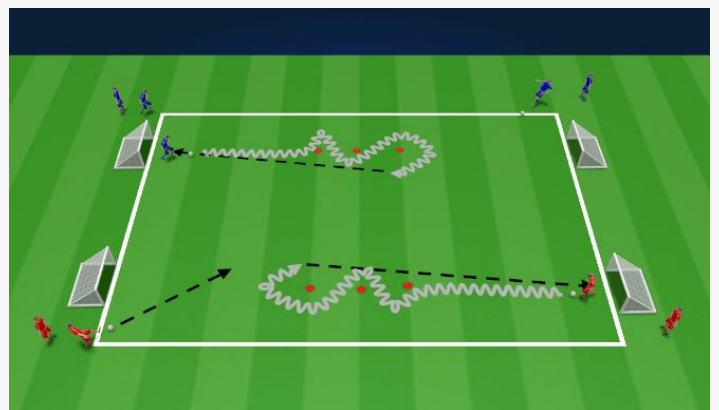
Both players dribble around cones before turning & finishing into mini goal.

On completion a ball will be fed in by a player on the opposite side to initiate a 1v1 - this will be determined by coach (options could be, who scores into samba goal first, random or a set amount of attacks for each team)

Coaching points:

Receiving skills to play forward & set defender on the back foot

Drop deeper to receive to allow opportunity to "face up" defender.



2v2 (10 mins)

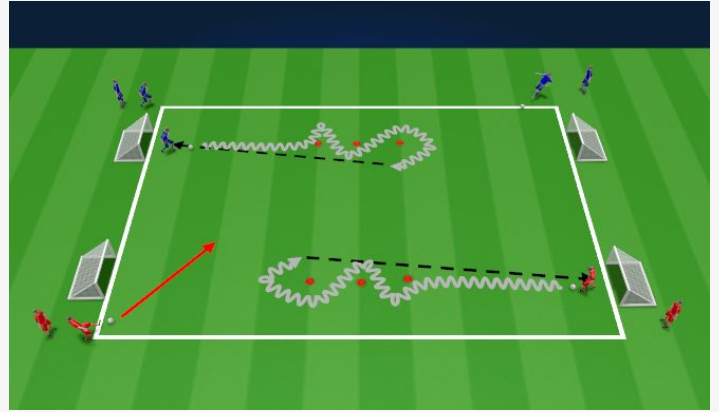
Progress into 2v2

Players dribble around cones & finish into the samba goal. Dependant on which team finishes first, their team-mate initiates 2v2 by entering the pitch with via a pass or dribble.

Coaching Points

Reaction to attack / defend

Movement to receive pass or allow team mate to dribble when 2v2 begins
Off the ball movement within 2v2 - create overload



3v3 (10 mins)

Progress into 3v3

3rd (middle) player runs & touches opposite touchline before turning to try to intercept pass into either samba goal from opposite player. Once finished they then join the other 4 players to create 3v3 scenario

Coaching Points

Diagonal movements to disrupt opposition

