



2V1 AND 1V1 POSSESSION GAME

Emphasis:

This game focuses on passing, receiving, possession and penetration.

Game Info:

This is for ages U10-U14. It is best run with at least 5 players but no more than 20 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, alternate jerseys

Setup:

Create a 10 x 20 grid with a midway line. Have two yellow players in one section along with one red player. In the other section have one yellow and one red player.

Instructions:

The two yellow players play keep away while the red player tries to win the ball. After X Number of passes (X can be anything from 3-5 depending on level of play) the two yellow players try to find their teammate in the other section who is making runs to get open while the red player tries to prevent this pass from being played successfully.

When the ball is played into the yellow player, one of the yellow teammates may join them in that section and they then begin playing 2 v 1 in that section until X number of passes are completed at which point they try to play the ball back into the original starting section.

Do this for two minutes and then rotate the players so everyone gets to play offense and defense.

Progression:

- To get more success, you can start with a 3 v 1 in one section and 1 v 1 in the other or even 3 v 1 and 2 v 1.
- Play 1 or 2 touch

Coaching Points:

- Get a look up to the person in the other section every time.
- Soft 1st touch and good preparation for the pass
- Try to receive the ball with the body opened up to the field whenever possible.
- Play the ball to the correct foot in order for the player to receive the ball opened up.
- Communicate every time to make sure someone goes over into the other section upon successful penetration.