

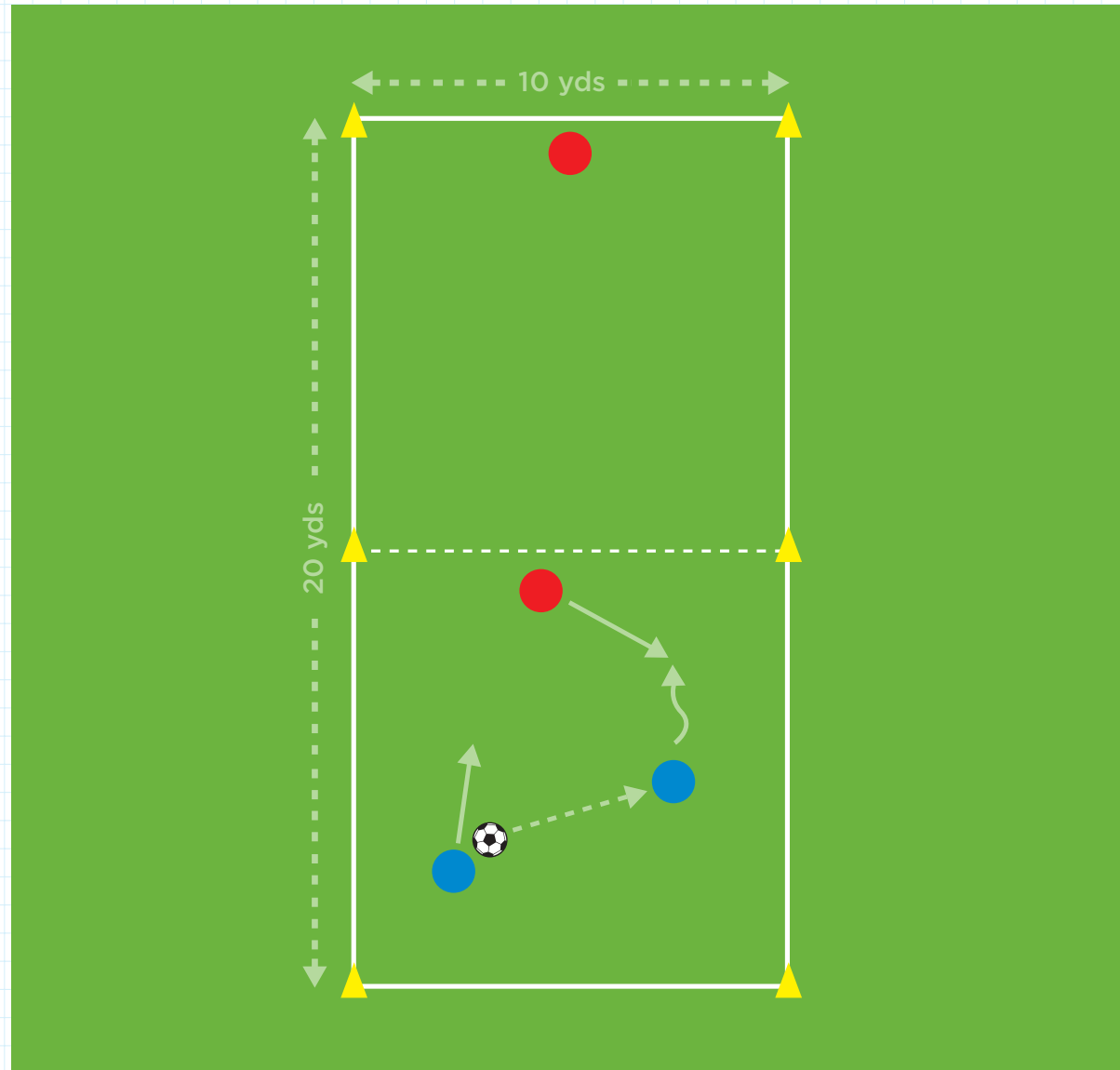
# Attacking: dribbling & passing 2

## Practice organisation

- Area 20x10yds, divided into two equal size grids, as illustrated.
- 4 players, 1 ball.
- 2 Attackers in possession, with 1 Defender on middle grid line & other on end line of opposite half.
- Practice starts with: A's play 2v1 with objective of getting past 1st D, who must stay in first grid.
- A's then move towards opposite end line & attempt to get past 2nd D.
- The objective is to get to end line & stop ball dead to score.
- If either D is successful in gaining possession both join-in to counter-attack to get ball quickly to opponent's end line.
- Both A's attempt to recover on loss of possession.
- If defending pair is successful in achieving this they become attackers in initial 2v1 situation.

## Detail

- If 1st D gains possession, team mate quickly gets forward to support in front half of grid, making a 2v2.
- 2nd D gaining possession may elect to run with ball or play a direct & accurate pass out of defence to his partner.
- Simple progression for this practice is:
  - Increase number of D's to 2 in back half, to create a potential 3v2 counter-attack.



## Key coaching points

- Players looking for best moment to pass or dribble with ball.
- Selection of when to pass to feet & when to pass to space (timing & accuracy).
- Weight & type of pass: when to pass off front or back foot.
- When to use individual moves to beat D to take ball-on to score.
- Disguise passes & feints to pass to unbalance D's.
- Speed of support from 2nd defender in counter-attack move.