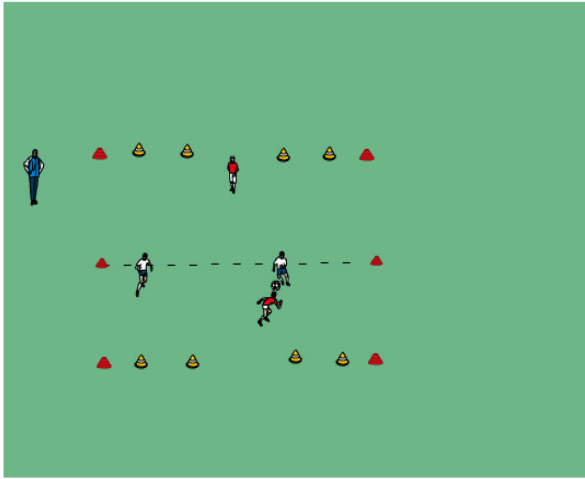


2 vs. 1 plus 1



The Set-up: Field should be 20 yards wide x 30 yards long. Set up 4 small gates as goals and designate a half way line with two cones.

The Game: 2 white players attack 1 red defender to 2 gates. The other red player remains in his/her half (defender works/rest every other turn). The white players must dribble through either of the yellow gates to score. If Red wins the ball, he/she must gain three touches on the ball to get a point. **Rotation:** White attacks 5 times in each direction (10 attacks) then switches roles with Red.

Focus:

- Proper decision making
- Committing the defender with the dribble
- Passing into feet or space?
- Defending Numbers down

Progress to:



The Game: 2 white players attack 1 red defender to 2 gates. The other red player remains in his/her half. The white players must dribble through either of the yellow gates to score. If Red wins the ball, he/she must pass the ball to his/her teammate in the other zone.

Rotation: Red would now go on the attack with each white player taking a half of the field to defend.

This is an excellent motivator for the defender to work hard since they will not go on the attack until they've won the ball and successfully played it into a teammate.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/1st Activity:

Groups of 4 Passing Warm-up
Passing in Pairs with Basic Movements

Progress to:

3v3 to 4 Goals with Vertical Divider
3v3 Passing through 4 Goals