

First to the ball attacks the goal

This 2v1 session has players practicing a range of attacking techniques, including passing and shooting.



What you tell your players the session is about

1. 2v1 attacking – creating space, and subsequently a goalscoring opportunity with a one-person advantage.
2. Shooting

Session planner

Warm up 10-15 mins	Session 10 mins	Developments 10 mins	Game 10-15 mins	Warm down 15 mins
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Activity	Kit	Outcome
Warm-up	Balls	Dynamic stretching, gentle running and keep ball
The session	Balls, bibs, disc cones, goals	Gets players practicing not only their attacking technique but also their decision-making
Development	Balls, bibs, disc cones, goals	Increasing the pressure on the attacking team
Game situation	Balls, bibs, disc cones, goals	Players practicing the same techniques in different overload situations
Warm-down	Balls	Gentle running and ball work, static stretching, debrief Q&A



Where it fits

Individual skills: Dribbling, shooting, decision making

Team skills: Passing, receiving, communication, combination play

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What to think about

- **Attacking principles** – committing the defender, accurate and quick passing, positive first touch, making use of width.
- **Combination play/movement** – wall pass, overlap, dummy runs to beat defenders.
- **Communication** – verbal, eye-contact, signals
- **Good shooting technique**
- **Follow the shot and look for rebounds**





Set-up

- Approx 60 x 40 yards.
- 2 goals plus 2 goalkeepers.



What you get your players to do

Split players into two groups, with each team lined up just either side of the halfway line on the touchline.

A player from each team stands the far side of the centre circle, in the opposite half of the pitch to their team-mates.

Roll a ball towards the centre circle for the first player from each team to chase. The first to reach the ball attacks the goal in the opposite half, using their team-mate to create a 2v1 against the opposition player who was beaten to the ball.

Give the attacking team a set period of time to score, say 15 seconds. Once the time has elapsed, or the attack ends, rotate the players.

The drill is repeated with the next two players in line.



What to call out

- “Use the space”
- “Move for your partner”
- “Play with your head up”



Development

This time the fourth player on the pitch can become active to create a 2v2 after, say 5 seconds.



Game

Play 4v4 on a pitch approximately 30x20 yards with 2 goalkeepers.

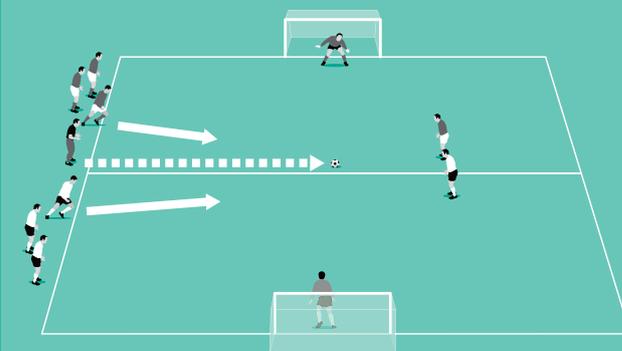
The first player from one team enters the pitch and has three touches to score against the goalkeeper.

Immediately after this ball has been played, two players from the opposition enter the pitch to create a 2v1 situation against the starting player. After each attack two more players join until the final player enters the pitch to create a 4v4.

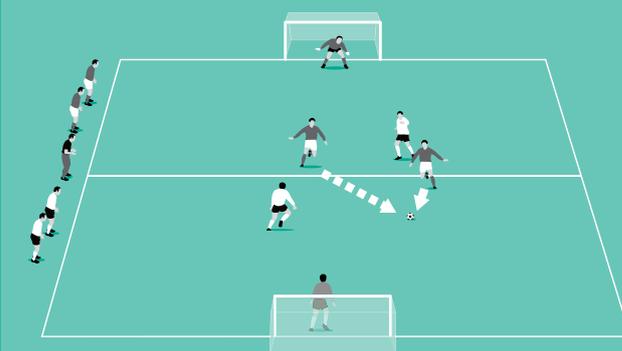
The next game starts with the other team attacking first.

First to the ball attacks the goal

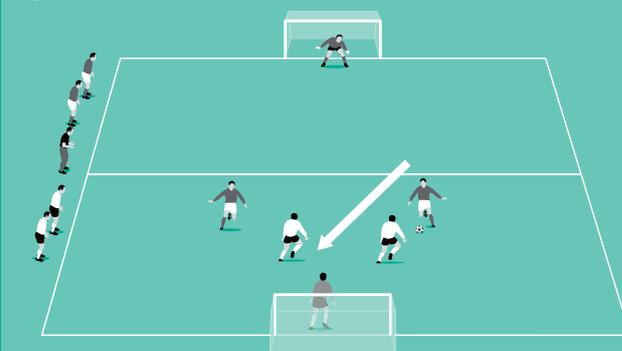
player movement \Rightarrow roll out/pass $\square\square\square\Rightarrow$



The players chase your pass and try to reach the ball first.



The player that gets to the ball attacks 2v1 with their team mate.



In the development the remaining player acts as a recovering defender.