

DUELS WITH A PASSIVE DEFENDER

Receive in Midfield, Turn and 2 v 2 Duel



Objective

To practice turning in midfield and attacking in 2v2 duels.

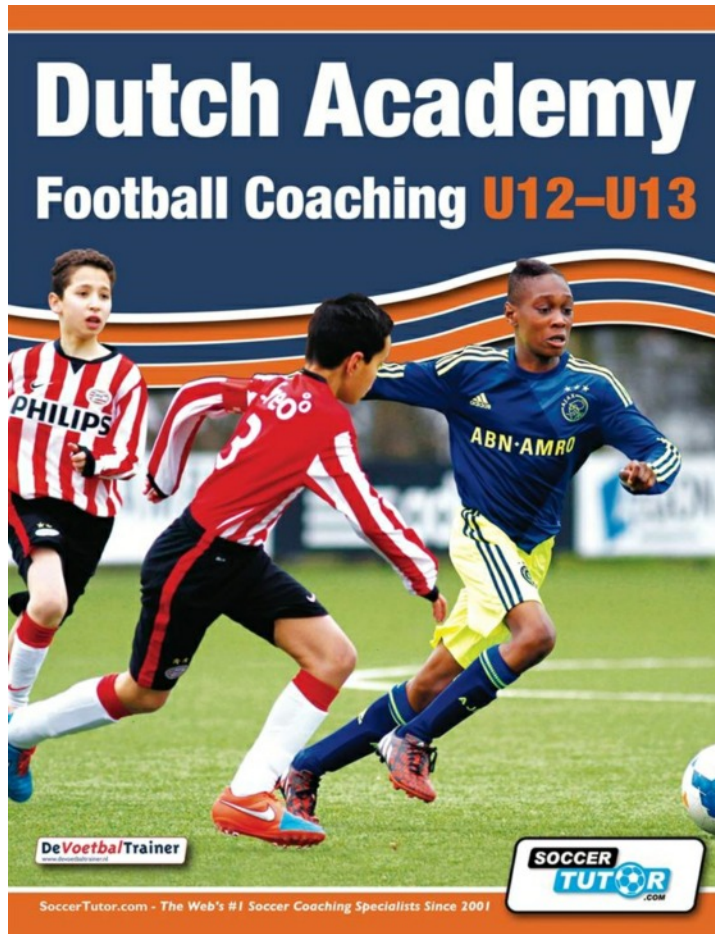
Description

The practice starts when the centre back (4) passes the ball to the centre midfielder (8) who moves off the cone to receive. The defender (blue) on that side becomes active from the moment the ball is played. The midfielder (8) should turn as quickly as possible and pass to the winger inside the zone. We then play a 2v2 duel. The attackers try to score in the big goal. If the passive defenders win (intercept) the ball, they try to score in the mini goal. When the duel finishes, Player 5 starts the same sequence on the other side.

Coaching Points

1. The harder the ball gets passed, the quicker the midfielder can turn (must be along the ground).
2. Coach the midfielders (6 and 8) to look over their shoulder for a second before receiving and turning.
3. Turn quickly and accelerate with the ball after turning.

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