

**Drill Number**

55

**Min Age Group:**

U7

**Min # of Players**

6

**Drill Name**

2v1 w/ pursuit

**Min Time Required**

10

**Description**

Setup:

Two lines on players about 30-40 yards from goal. One line in center and the other near a sideline. One defender about 15 yards from ball.

Description:

The line on side has the balls. On whistle player with ball dribbles toward the goal. Defender decides whether to pressure the ball or take away the pass.

The pursuing defender (D) starts 5-10 yards behind the offensive players and attempts to get back in the play before a shot can be taken.

**Coaching Points**

Make sure to stress the importance of communication between the defender and the pursuer. Trap vs. match-up vs. take the dribbler.

**Dribbling**

**Footwork**

**Shielding**

**Passing**

**Receiving**

**Defending**

**Tackling**

**Finishing Tech**

**Throw-ins**

**Aggressiveness**

**Conditioning**

**Spacing Concepts**

**Tactics**

**Goalkeeper**

**Settling the Ball**

