

# “2v1 Toss”

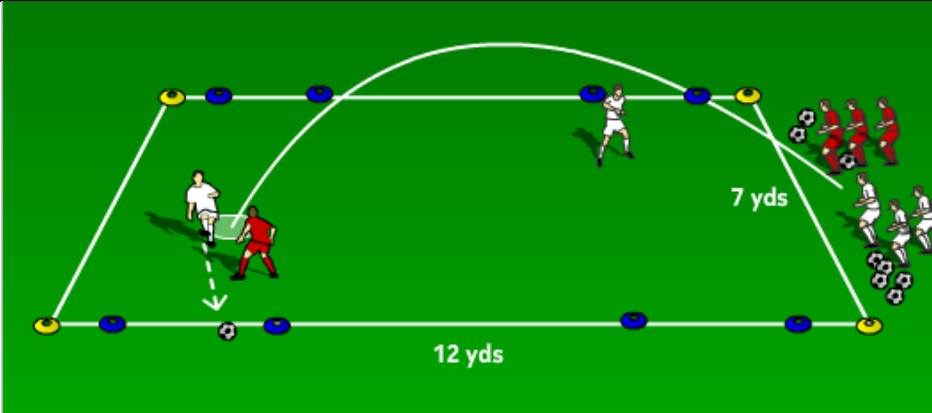
*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Ball Control & Turning

**Primary Objective:** To build skill trapping and turning under game-like pressure

**Duration:** 10 minutes

**The Basics**



**Organization**

12yd x 7 yd grid, 4 cone goals near corners of wide sides.

Group broken into 2 teams.

Pinnies for each team.

Good supply of balls.

**Activity**

- The 1<sup>st</sup> two players for white and the 1<sup>st</sup> player for red enter the grid. White tries to get open to receive a throw-in from the next white player in line, to score a goal through any of the 4 cone goals. Single red player tries to defend.
- White has 5 seconds to try to score from the coach’s signal. After 5 seconds, score or not, all 3 players leave the grid, and the next 2 players from red enter the grid and try to score against the next 1 white player in 5 seconds.
- Goals should be scored with from 1 or 2 touches from the throw-in.
- 1<sup>st</sup> team to 10 goals wins.

**Coach Pts**

- Encourage calling for the ball and movement to get open (“You aren’t open unless you’re moving and open”). If players are struggling to understand what getting open means, assign players to cover each other (“man on man” defense).
- **Players should move toward the ball to receive it.**
- Volley and passing shots should be controlled and come from side of foot and not be a full-power, laces volley.
- If one team is overpowering the other, require that stronger makes all plays with non-dominant foot.

**Progression**

None