



“Red Zone 2v1 + Bumpers”

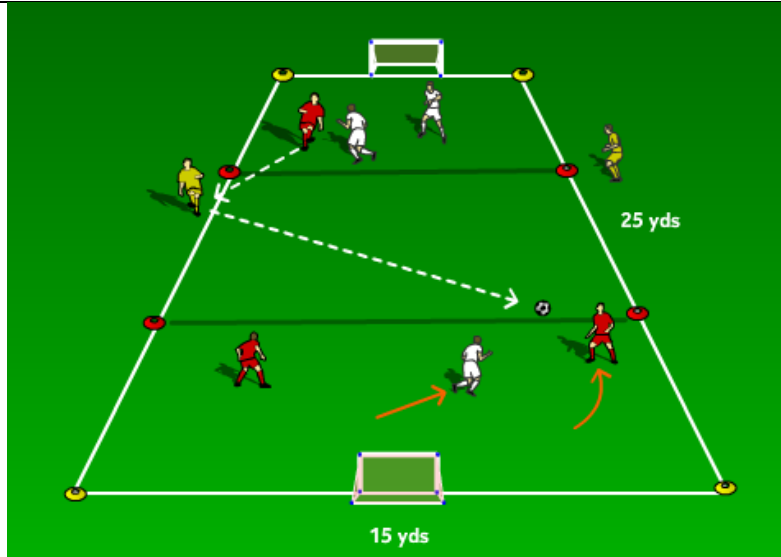
East Central Soccer District Academy Curriculum

Curriculum Topic: 1 v 1

Primary Objective: To learn and grow confident in full field attacks using width and depth.

Duration: 10 minutes

The Basics



Organization

25yds x 15 yds grid, cones at corners and 2 small goals in middle of each small side.

Cones placed at sidelines to divide field into thirds.

Group broken into 3 teams (w/ pinnies); 2 red in red's attacking third w/ 1 white defender, 2 white in white's attacking third w/ 1 red defender, remaining players spaced along both sidelines.

1 ball

Activity

Coach gives the lone defending player on one team the ball and allows them to put it into play like a goal kick. Team with ball tries to move the ball down field for a scoring chance, using bumpers for passes into the attacking third, or defender can pass directly into the attacking third.

1st team to 3 goals wins; rotate bumpers in for losing team and play again.

- Bumpers must stay on sidelines, and bumpers are neutral; they play for whichever team passes them the ball.
- Bumpers cannot dribble the ball, they can only pass.
- Bumpers cannot be challenged for the ball.
- Non-bumpers must stay in their third.

- If bumpers are taking too long to find and execute a pass, set 2-second limit on bumper passes. > 2 secs, other team is awarded ball.
- Encourage players to use moves and passes to defeat defenders.
- Remind players waiting for a pass in the red zone that **they aren't open unless they're moving and open.**

w/ 5-6 total players, play 1v1 in each zone, plus bumpers.

w/ 7 players, play 2v1 in each zone, plus a single bumper on one side. Rotate bumper onto winning team at 3 goals.

w/ 8 players, one losing team player stays on for next game (change pinnie)

None.

Coach Pts

Mods

Prog