
CHAPTER 3

Duels (2v1, 2v2, 3v1, 3v2, 3v3)

DUELS TRAINING METHODOLOGY

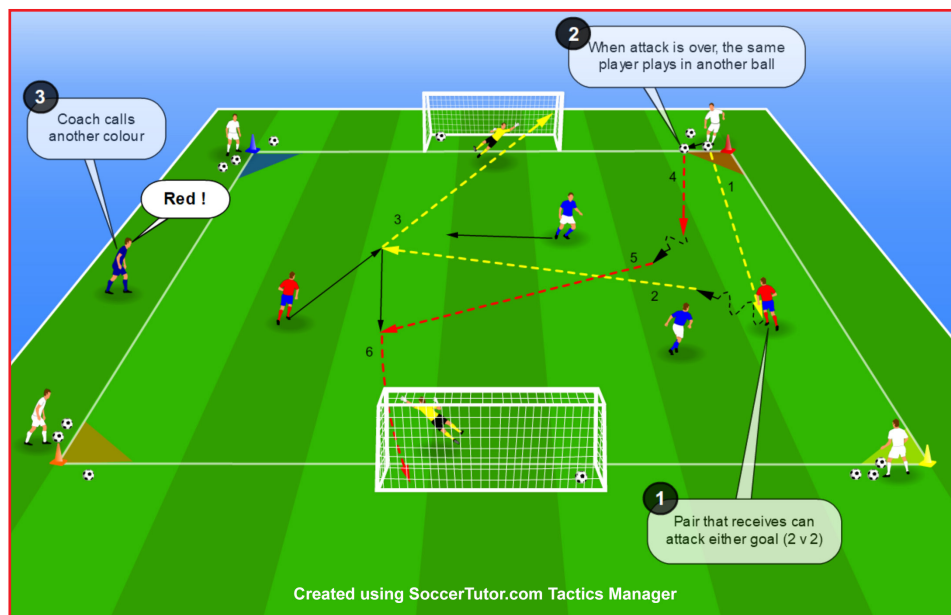


- The previous two chapters 'Running with the Ball at Speed' and 'Dribbling Past Opponents' provide the foundation for training duels.
- Duels are fundamental for the development and knowledge of this game. We carry out mini-matches in small spaces, with different aims and variations to train players for duels that they will face throughout their careers.
- How many times in a football match is there a 1 v 1 duel? Or a 2 v 1? Or a 2 v 2? Honestly, a lot, at all times! We practice these up to 3 v 3 which occur in games often. The more you train for these duels, the more ideas the players will have when these situations occur in competitive matches.



Awareness, Quick Reactions to Receive and 2 v 2 Duels

10 min



Objective: To develop awareness, quick reactions and 2 v 2 play.

Description

In a 20 x 20 yard area, we have 2 v 2 inside + 2 goals with goalkeepers. There are also 4 feeder players in the corners, each next to a cone of a different colour.

The practice starts when the coach calls out a colour. The attacking pair (reds in diagram) must receive from the player next to the cone of the same colour and then try to score.

When the attack is over, they again receive a ball from the same player. After the second ball, the coach calls out a new colour.

The attacking pair receive 2 balls from each corner and a total of 8 balls. They see how many goals they can score, before the teams switch roles. The blue players then see how many goals they can score with their 8 balls.

Variations

1. Change the practice so that the attacking players call out the colour each time a new ball is needed.
2. Headed goals count double.



CHAPTER 1

Running with the Ball at Speed

RUNNING WITH THE BALL AT SPEED TRAINING METHODOLOGY

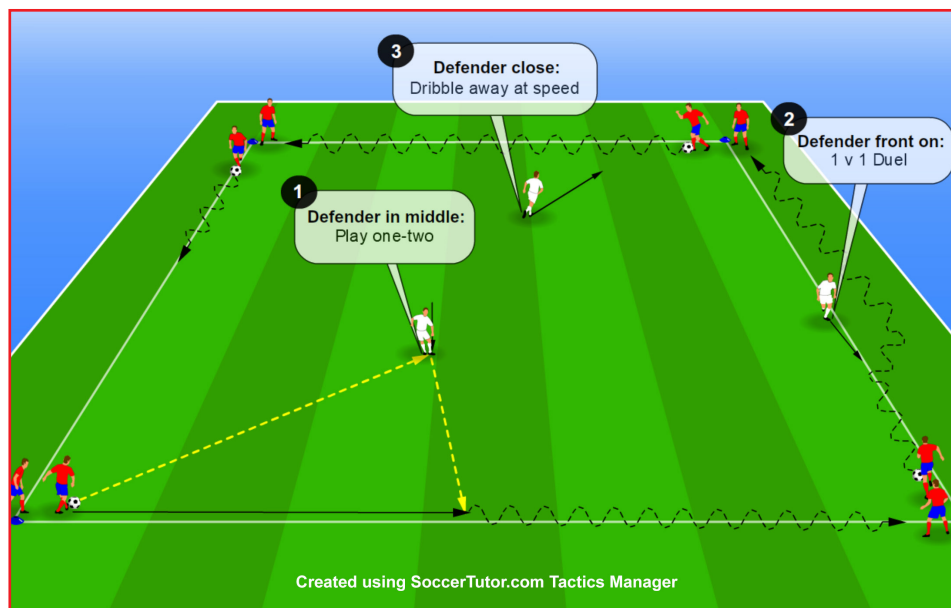


- The best part of the foot to use to run with the ball at speed should always be the outer instep (laces).
- The other parts of the foot slow the speed at which a player can run with the ball, but they allow greater control.
- The aim is for players to develop great control of the ball when running at speed with both the left and right foot.
- When a player becomes equally comfortable running with the ball with both feet, they will develop absolute control with the ball in motion - they will be able to run at full speed, change direction, turn etc.
- The next step is decision making. The players learn to run with the ball at speed when there is not a good forward passing option and there is space ahead to run into without opposition.



Quick Decision Making & RWTB at Speed in Different Situations

8-10 min



Objective: We work on decision making when presented with different situations - whether to pass, dribble front on in a 1 v 1 duel or dribble with speed into space.

Description

Mark out a 15-20 yard square. We have 8 red attacking players (2 in each corner) and 3 white defenders inside.

The practice starts with 4 players (each with a ball) simultaneously from each corner. They must look up at the position of the defender so that they can make the right decision, before dribbling the ball to the next player at the next corner:

1. If the defender is positioned towards the middle, the player plays a one-two with the defender, receives back and dribbles to the next corner.
2. If the defender is front on, then dribble forward and try to beat him in a 1 v 1 duel.
3. If the defender is close and to the side, dribble forward into the space at speed.

The defenders change corners after each action.

Progressions

1. On the signal of the coach, all the players must change direction.
2. Change how they receive - move off cone before receiving a pass from a teammate.