Building Up Play, Dribbling

### 1v1 Transition

**Objective:** Transition from offense to defense quickly. Key words: Attack with speed.

**Description:** Set up an area with small goals on either end. One the sides are dribbling unopposed to score in the small goal on opposite end of the area. Player 1 scores, and then player 2 dribbles out and tries to score a goal, player 1 turns and defends the goal. Cycle continues with attacker immediately becoming the defender each time.

### 2v2 Warm Up

**Objective:** When should players shoot? When there is an opening to goal. When should you dribble? When there is space in front of the player, this attracts a defender when you can then pass.

**Description:** Shoot, pass, dribble forward. Looking to create 2v1 or 1v1 situations. Play with kick-ins, or dribble-ins.

### Initiation/Build Out Play

**Objective:** Create situations where the centerbacks can dribble into the midfield and create 2v1 opportunities. Start with no pressure from red team, then allow them to pressure after several rounds

**Description:** Place the GK, two centerbacks and three attackers on the field for offense (blue team). The GK is looking to pass to a defender, who then dribbles to attract pressure from the forward. The defender should then look to pass to the winger, and they can try and dribble through a cone gate. If the defensive team (red team) wins the ball they can try and score.

### Scrimmage

**Objective:** Look to keep positioning and spacing.

**Description:** 6v6 scrimmage.