

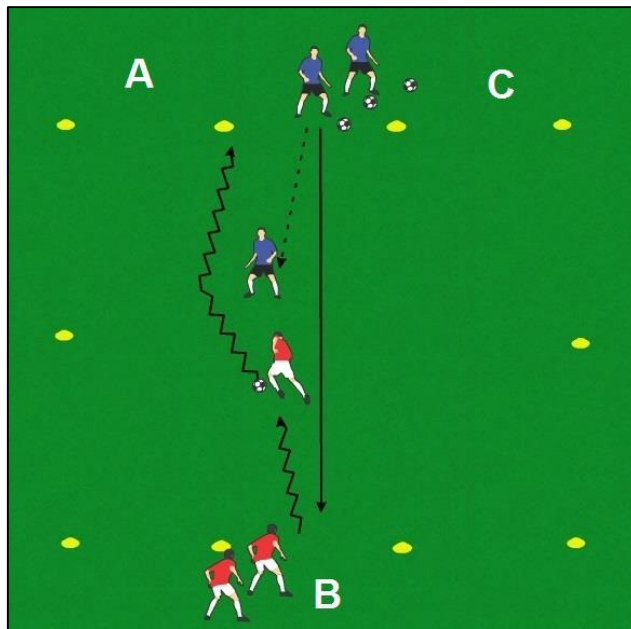


Difficulty level ★★★

Core skill: 1v1

# 1v1 MINI GAMES

## Middle activity



### Activity

#1 Blue passes to the ball #1 Red at the other end and immediately sprints to the halfway line.

Red #1 receives the ball and takes on Blue #1 at speed, trying to get past them and score by dribbling through gate A or C.

The action stops when red scores or blue wins the ball

Players join the end of the opposite line. Red joins the end of blue, blue joins the end of red so players get a turn at attacking and defending.

### Set Up

**Area:** A grid of approximately 15m x 15m with a halfway line in the middle and three gates of 5m at each end.

**Players:** Two groups positioned opposite one another in the middle gate 'B'.

**Equipment:** One group has a ball each (blue); other group without a ball (red)

### Teaching points

Perform a 'feint' or sidestep to get your defender off balance before changing direction.

Accelerate once you get past the defender.

Get your body between the ball and the defender (use the foot furthest away from the defender) once you are past the defender.

Look up to see where the defender is.

Use the outside or front of the foot to run with the ball.

*Build your players confidence and ability to beat a defender one on one.*

*Each team scores a point if they beat their defender and run into zone A or C.*