

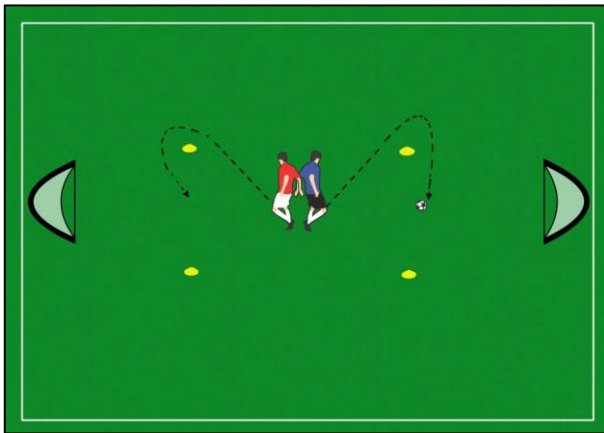


Core skill: 1v1

Difficulty level ★☆☆

BACK TO BACK

Middle activity



Two players stand back to back in the middle of a square.

On the coach's call, the players run around one of the corners and re-enter the square. One player has a ball on their end line becoming the attacker, the other player becomes the defender.

The attacker tries to dribble around the defender and score in the goal. If the defender wins the ball they can score in the opponent's goal.

Equipment: Place four cones approximately 5m apart to form a square in the middle with goals outside at either end.

Place one ball on one of the end lines.