

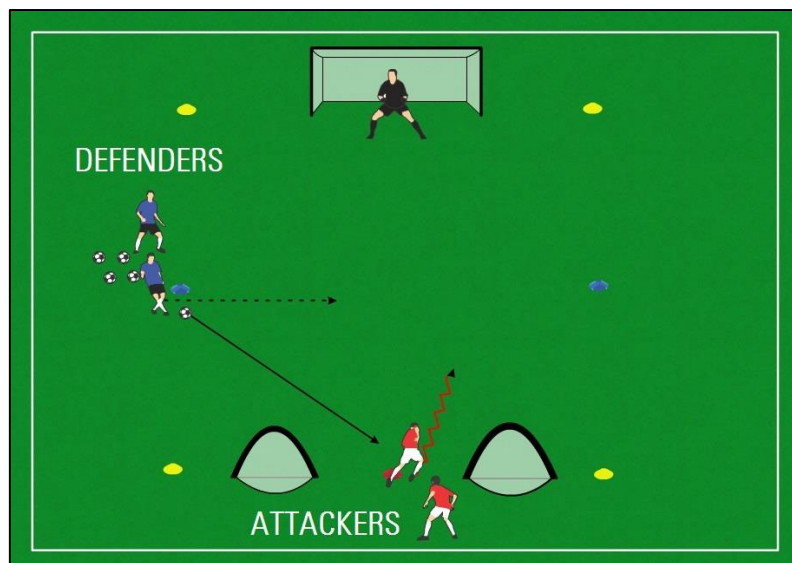


Core skill: 1v1

Difficulty level ★★★

DEFENDERS & ATTACKERS

Middle activity



Activity

Defenders line up at the side the grid with a ball each (blue). Attackers line up at the top of the grid without a ball (red).

The defender passes the ball to the attacker and then runs into the middle to defend at the half-way line.

The attacker controls the ball and then tries to dribble around the defender and score past the goalkeeper.

If the defender wins the ball they pass into one of the small goals at the end.

Players then go to the end of the opposite line. Remember to change sides and have defenders entering from the right then left.

Set Up

In area approx. 25m by 15m with a medium size goal at one end and two small goes. Use cones to make the half way lines.

Teaching Points

The focus is on coaching the attacking players.

- Perform a prescribed move such as a 'feint' or 'side step' to create space to one side of the defending player.
- Accelerate quickly after creating space to get past your defender.
- Perform a 'feint' to create space allowing you to take a shot on goal without the defender in front of you to block the shot.

C.H.A.N.G.E. I.T

Make the size of the area bigger to give an advantage to the attacking players if they are not having much success.

Build you players confidence when confronted by a defender in a 1v1 situation in front of goal.