

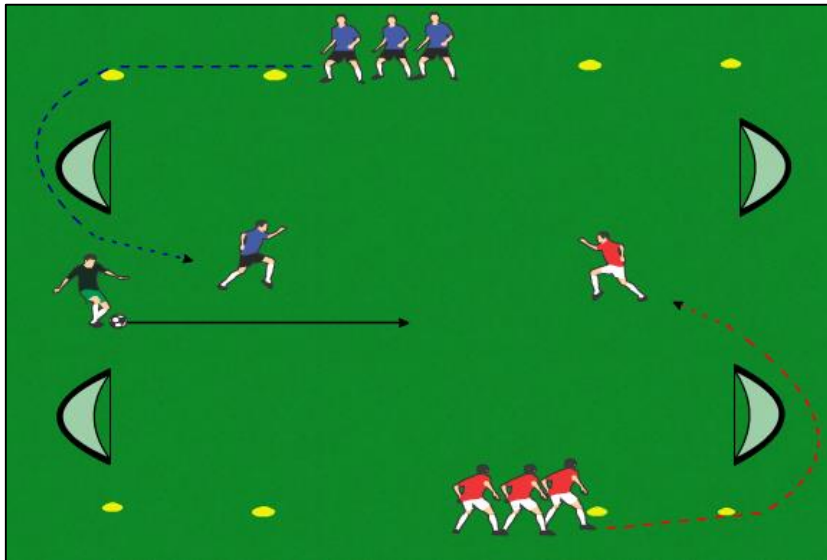


Difficulty level ★★★

Core skill: 1v1

1V1 RELAY

Middle activity



Activity

On a signal from the coach Red #1 and Blue #1 sprint around the corner marker and the nearest goal and into the middle.

The coach serves in favour of one player or team who collects the ball takes on the other player at maximum speed.

The attacker can finish in either of the 2 goals but must finish from INSIDE the 5m 'scoring zone.'

If the defender wins the ball they can score in one of the opposite goals (one attempt max. each).

. Set Up

Area: In a grid of approximately 20m x 30m two small goals are placed on each byline with markers on the corners and on the sideline at 5m from the corners to mark the 'scoring zone'.

Players: Two teams of players maximum line up behind the markers on the sideline as shown.

Equipment: The coach is positioned with the balls between the two goals on one side of the pitch.

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.

Look up while you are running with the ball.