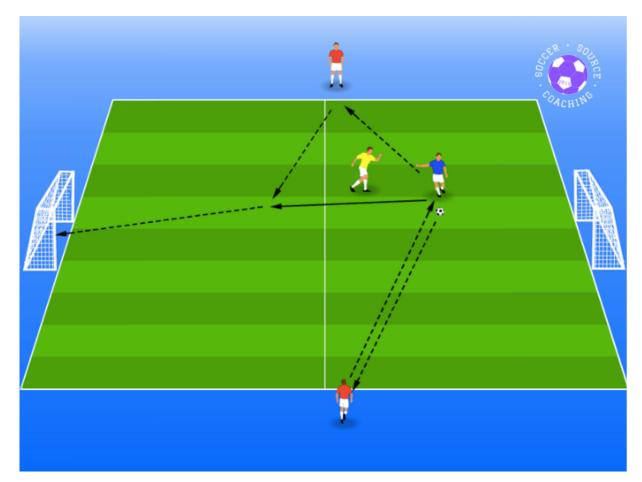


1v1 with bounce players



Purpose

The purpose of this drill is to help players recognize different scenarios as to when they could play a give-and-go in a more realistic environment.

Set up

- 2 goals
- 4 players (2 players in the middle, 2 bounce players)
- 1 soccer ball
- 10 x 15-yard area

Intermediate

How it works

There will be 2 players in the middle and this will be a regular 1v1.

When in possession of the ball, the players in the middle can utilize the bounce players to help them score goals.

For each give-and-go, the middle player makes with a bounce player that is an extra point in the bank.

But for the points in the bank to count the player must score a goal.

For example, if they are able to get to 2 give-and-go passes in the bank and score a goal they will get 3 points.

Coaching points

- Bounce players must move up and down to support the player in the middle
- Use movement to create space for yourself and disguise where you are looking to receive the ball. (1 movement for the defender another for the ball).
- Communicate with the bounce players so they know where you want to receive the ball

Questions

- As a bounce player, how can you support the player in the middle as they advance up/down the pitch?
- How can you create space for yourself?
- How will the bounce players know where you want to receive the ball?