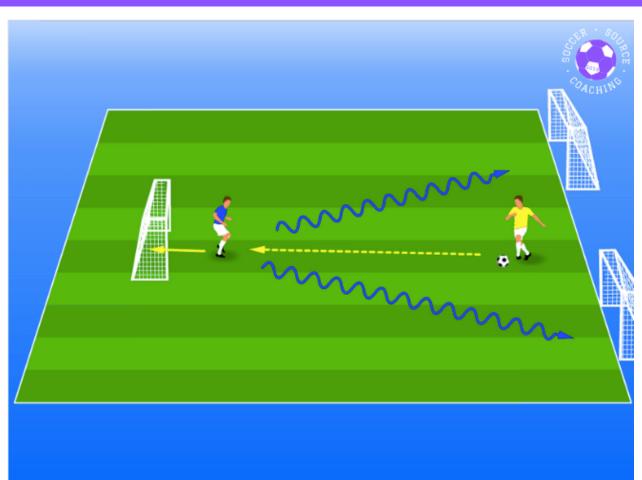


2 Goal trouble



Purpose

Set up

- The purpose of the 1v1 game, similar to some other 1v1 soccer drills and games, is to help players identify space to attack when dribbling
- 1 soccer ball3 goals
- 2 players (1 attacker, 1 defender)

How it works

The defender will start with the ball between the 2 goals and pass the ball to the attacker.

The attacker will then have to try and score in either of the 2 goals in front of them.

If they manage to do this they will get 3 points.

However, if the defender is able to steal the ball and score in the single goal then they will get 1 point. After 5 attempts the defender and attacker will swap.

Coaching points

- Dribble with your head up so you can see where the space is to attack
- Keep the ball close while dribbling and using skills to beat the defender
- Use a quick change of direction and speed to attack the space.

Questions

- How can you see where the head is?
- What type of touches should you take to keep the ball close?
- What should you do when you want to attack space?

Intermediate