

2 Goal trouble

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?

Purpose

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

Set up

- 1 soccer ball
- 3 goals
- 2 players (1 attacker, 1 defender)

Intermediate

