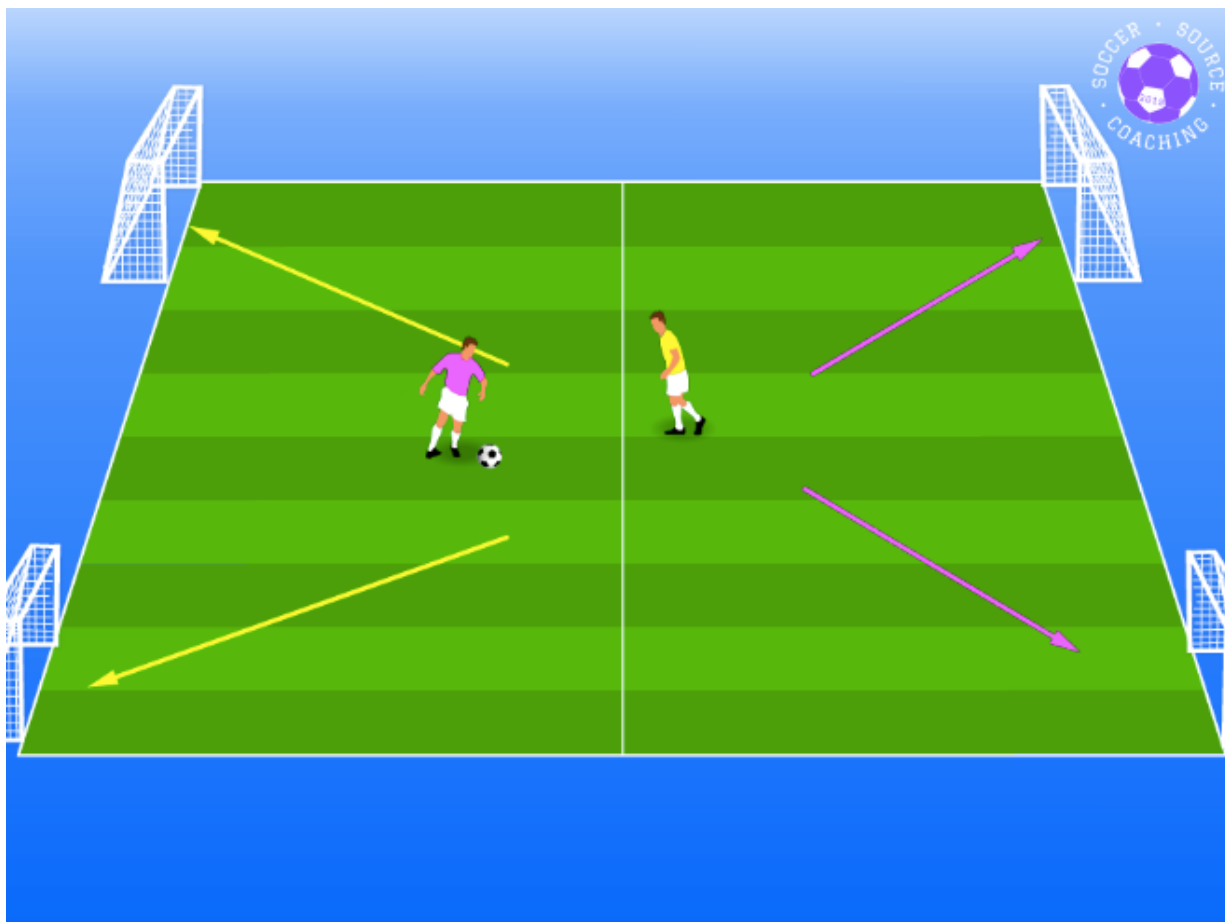


2 goal madness



How it works

This will be a regular 1v1 soccer game, however, instead of defending 1 goal in the middle, the players will have to defend 2 goals in each of their corners.

If a player is able to dribble through either of the opposition's gates they will get 3 points but if they manage to pass the ball through the gate they only get 1 point.

Goal kicks, corners, and throw-ins will be replaced with a player being able to dribble the ball back onto the pitch

Coaching points

- Dribble with your head up so you can see where the space and opposition player is
- Use a quick skill combined with a sharp change of direction to beat the defender
- Use a change of speed Accelerate away from the defender

Purpose

The purpose of this 1v1 soccer game is to help players dribble and attack the space

Set up

- 7 x 10-yard area
- 1 soccer ball
- 8 cones (to make 4 goals/gates)
- 2 players

Questions

- How can you see where the opposition and space are?
- What can you do to help beat the defender?
- After you have used a skill how can you get away from the defender?

Intermediate