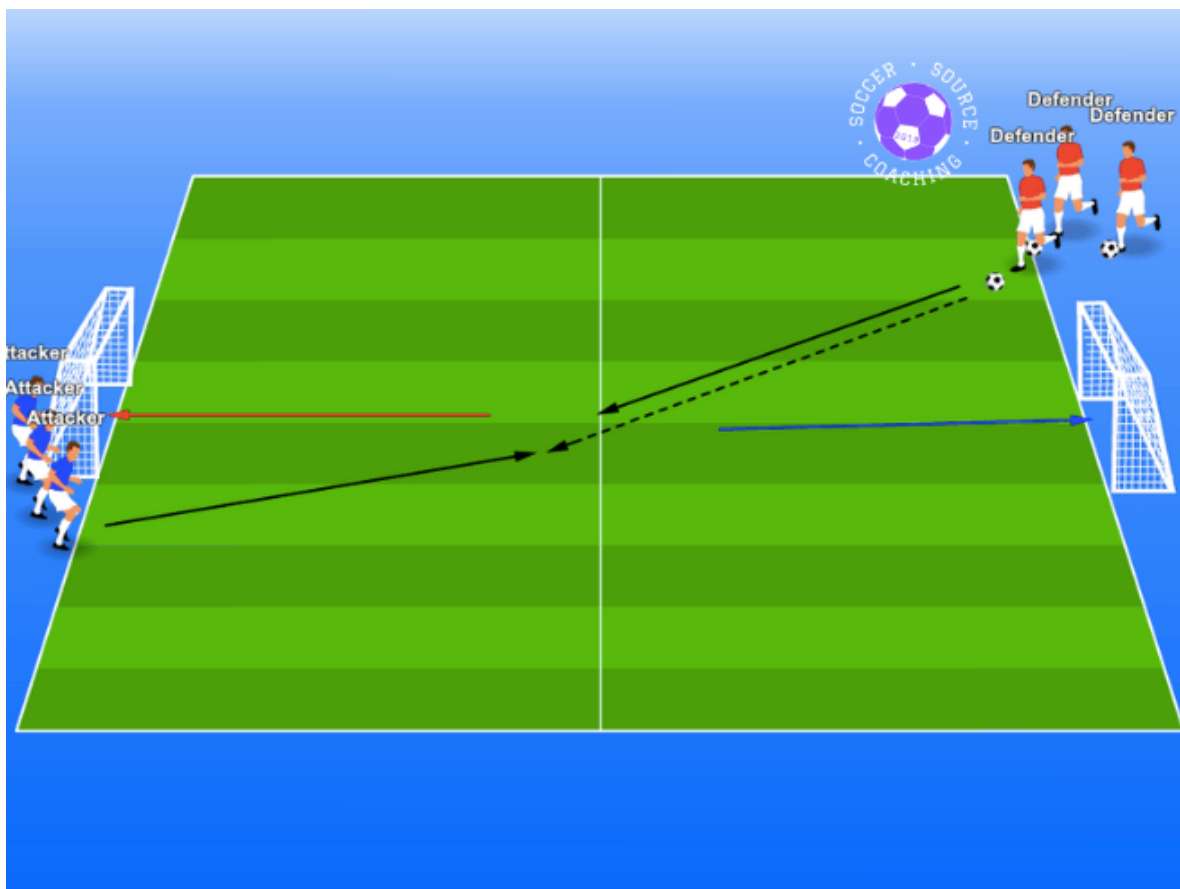


Basic 1v1 drill



Purpose

This going to be the most game realistic, you can change where the attacking goal is placed so the attacker has to adjust and change their dribbling approach.

Set up

- Create a 10×15 area
- 2 goals
- 1 soccer ball per 2 players

Intermediate

How it works

Set up the goals opposite each other on the 10-yard lines and divide your players into attackers and defenders.

The defender will start with the ball behind their goal and pass to the attacker on the opposite side.

This will become a 1v1 with the attacker trying to score the goal, if they manage to score they will get 3 points.

If the defender steals the ball they can score in the opposite goal and receive 1 point.

Once the phase of play ends the next defender will pass the ball to the next attacker.

Coaching points

- Small touches when approaching the defender
- Quick skill with a change of direction to beat the defender
- Big touch into the space and accelerate away from the defender.

Questions

- What type of touches do I want as I approach the defender?
- How can I get past the defender?
- What should I do after I have performed my skill and change of direction?