

1v1 Drill



THE NUMBERS GAME

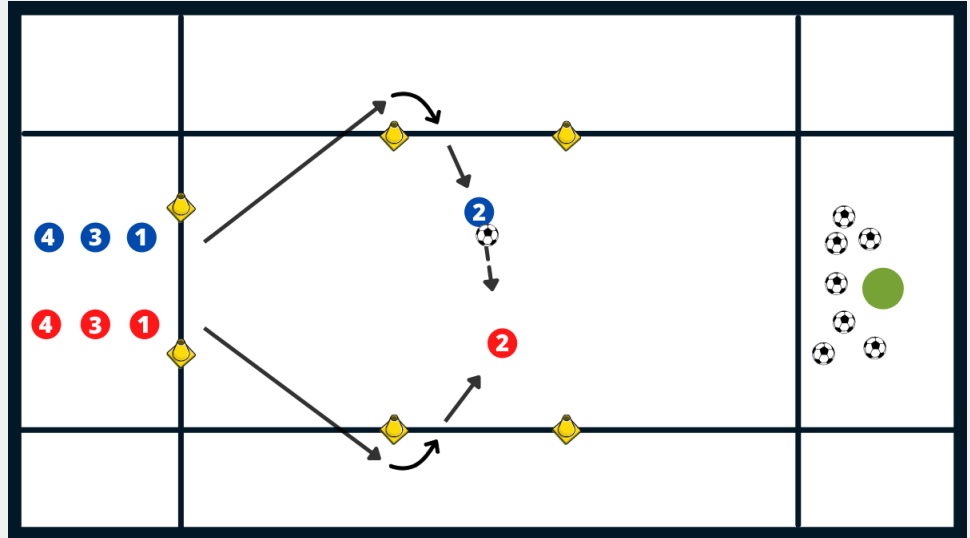


Age: 6-8/9-11 Years

Players: 8-12

Topic: 1v1 Dribbling

Duration: 15 Mins



Set Up The Drill : Set up a 20×25 grid area and make a small goal at each end of the field as shown in the diagram. You can use pug goals, tall cones or small cones for the goals. Place two more tall cones on a third side of the field for the players to line up behind. Be sure to have a supply of balls ready so you can facilitate quick re-starts at the beginning of each round. Split the players into two teams and have each team line up behind one of the tall cones that you placed on the third side of the field. Next, give each player a number between 1-6 (or 1-5 or 1-4 depending on the number of players) and tell them to remember it. Each player should have a corresponding number on the opposing team. So, for example, there will be two 'number 1's' two number 2's etc.

Instructions: The coach will call out a number at which point the appropriate player from each team runs around the back of their own goal before entering the field of play. At the same time, the coach kicks a ball into the grid and the players play a 1v1 game against each other. Play continues until a goal is scored or the ball leaves the grid. At which time the players re-join their lines and the coach calls out a new number. Play for a designated time or until one of the teams scores a certain amount of goals.

Coaching Points:

- Be positive and attack the defender.
- Look to get into space behind the defender.
- Use inside and outside cuts, Mathews and scissors to beat the defender.
- Accelerate after each move to get away from their opponent.