

# 1v1 Drill



## FA CUP SOCCER GAME

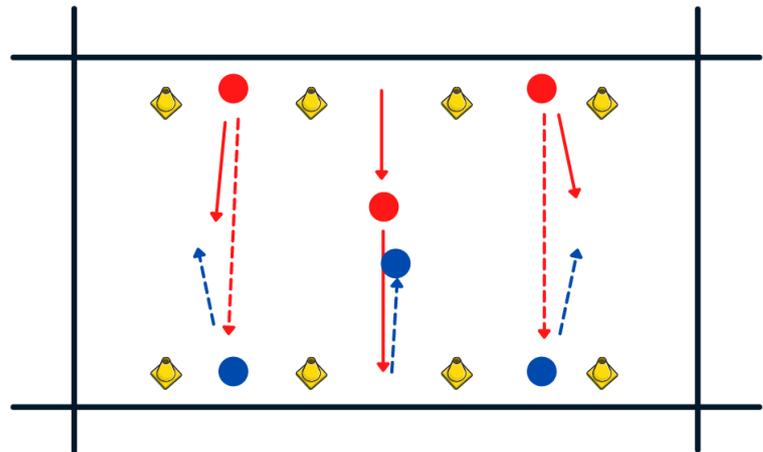


**Age:** 9-11

**Players:** 8-12

**Topic:** Shooting

**Duration:** 15 Mins



### Set Up The Drill:

Set up an 8×14 yard grid using small cones. Repeat to accommodate all players. For every 2 players, there should be 1 grid. For example, if you have 10 players you will need 5 grids. Have enough balls so there is one per grid and some extra available to facilitate quick restarts when needed.

### Instructions:

Number the grids 1-5. Each pair will play a 2 minute 1v1 match in their grid. The winning player moves up to the next grid, the losing player moves down a grid. Winners at grid 5 stay where they are and losers at grid 1 stay where they are. After playing many games, the player who wins the final game in grid 5 is the winner.

### Progression:

Play the same game but in groups of 4 (2v2).

### Coaching Points:

- Be positive; try and attack the space behind the defender.
- Use of feints and tricks to try and beat your opponent.
- Dribble at speed and accelerate after your move to try and get over the line.