

1v1 Drill



GOALS FROM CHAOS

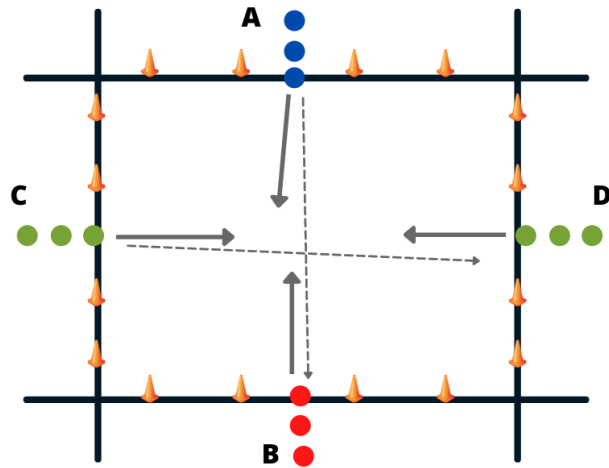


Age: 9-11

Players: 8-12

Topic: Dribbling

Duration: 15 Mins



Set Up The Drill:

Set up a 25×25 yard area with small cones. Next, create two goals on each side of the square using tall cones or poles. The goals should be approximately 2 yards in length and you should have 8 goals total. In between each pair of goals, place a small cone for a quarter of your players to line up behind. Have a supply of balls ready.

Instructions:

The first player in line A passes the ball to the first player in line B. The two players play a 1v1 game and try to score in the two goals they are facing. The first players in lines C and D do exactly the same so there are essentially two games going on at the same time but in different directions. As soon as a game is finished (i.e a goal is scored or the ball goes out of play) the next people in line begin the next 1v1 game. The most goals by the end of the designated time, wins.

Coaching Points:

- Play with your head up, be aware of the chaos around you and try to dribble into space and the goal that is easiest to get to.
- Use of feints tricks and changes of speed to fool your opponent.
- 'Know before you go.' Be decisive and accelerate after your move to try and beat the defender.