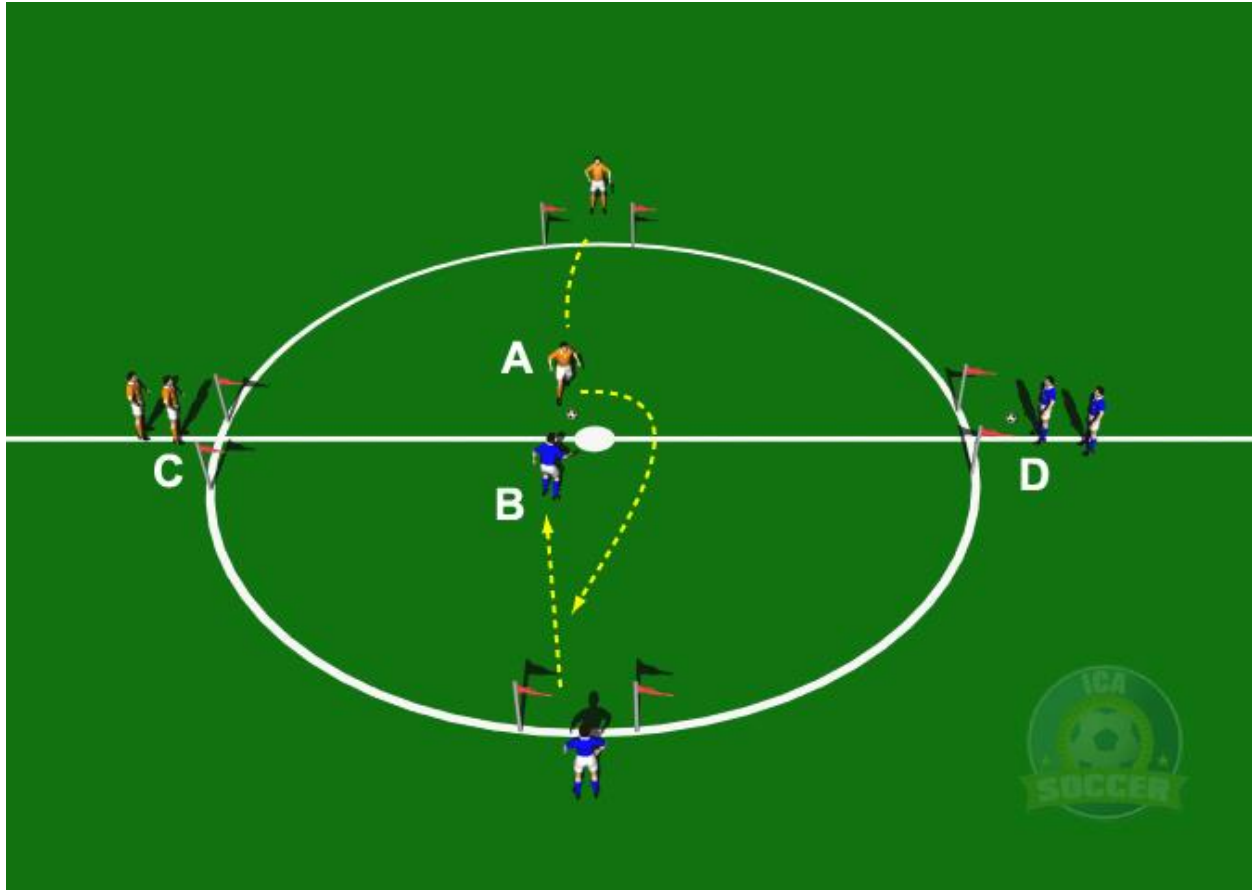


## 1 v 1 to Small Goals



### Exercise Objectives:

This is a 1 v1 dribbling exercise that can be used for players at all ages and levels of ability. The drill is designed to encourage players to use a variety of dribbling move to beat a defender in a 1 v 1 situation.

### Coaching Pointers:

Divide your team into 4 equal groups. Position each group as in the diagram above. Group "A" plays group "B", and group "C" plays group "D". (Rotate groups frequently so they play different opponents). The sequence starts when player "B" passes the ball to player "A". Player "A" then attacks player "B" with the ball and tries to score a goal between the two flag poles. If player "B" can win the ball he can counter attack and score. Once the play is dead the drill is repeated from the opposite side with groups "C" and "D". Progression: Progress to players now being able to also score in the side goals. So now they can attack side to side, or straight ahead, but still involving only 2 players.

### Focus On:

Quick tempo when attacking (speed is the key)

Realistic full pressure defending.

Variety of dribbling moves such as; the scissors, step -over's, spins, feints etc.

Change of speed.

Change of direction

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