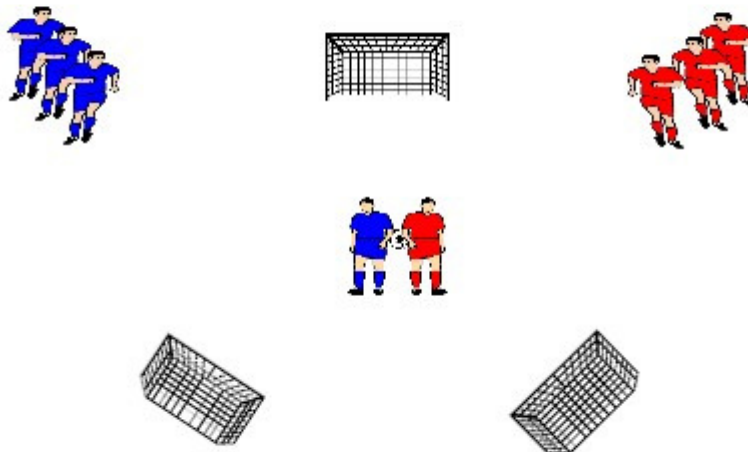


Topic: 1 v 1
Drill Name: 1 v 1 + 3 Goals

Age Group: U/8 to U/9

Objectives: A 1 v 1 game that increase coordination, spatial awareness and reaction time through a fun game that improves social interaction

Diagram:



Description: Players start in the middle of the area, standing back to back with the ball in between them. Coach calls spin and the players spin around as fast as they can and score in any of the three goals.

Progressions: Variety time in which player have time to set up.

Coaching Points: Players reaction time and turns to beat the opponent.