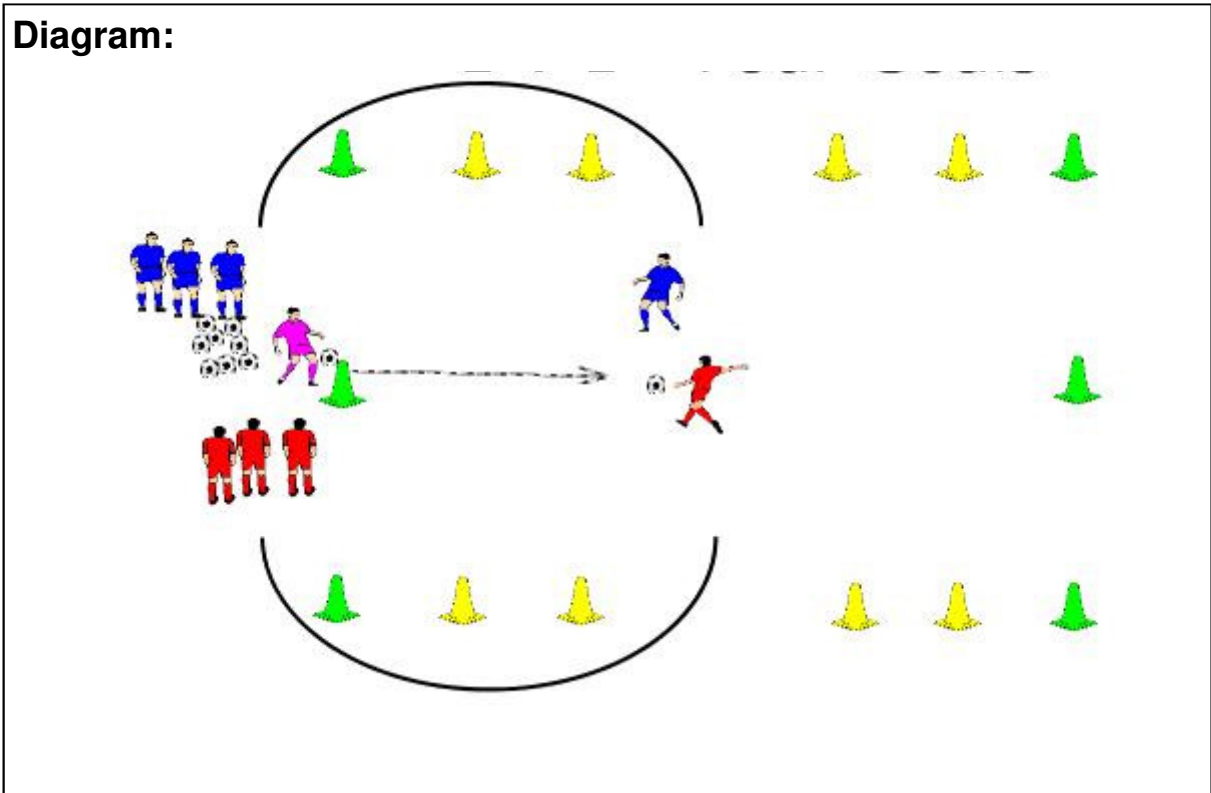


Topic: 1 v 1
Drill Name: 1 v 1 + 4 Goals

Age Group: U/8 to U/9

Objectives: A 1 v 1 game that increase coordination and spatial awareness While improving social interaction and Introduces finishing skills in 1 v 1 situations

Diagram:



Description: Players have two goals to attack in and two goals to defend in. Coach calls play and one player from each team runs around and in between the to goals they are defending in. Coach serves a ball to one player, who becomes the attacker. Attacking player has the option of scoring in either of the two goals.

Progressions: Players have a limited time frame in which to score

Coaching Points: Attacking players are encouraged to keep the ball moving while looking for an opportunity to score.