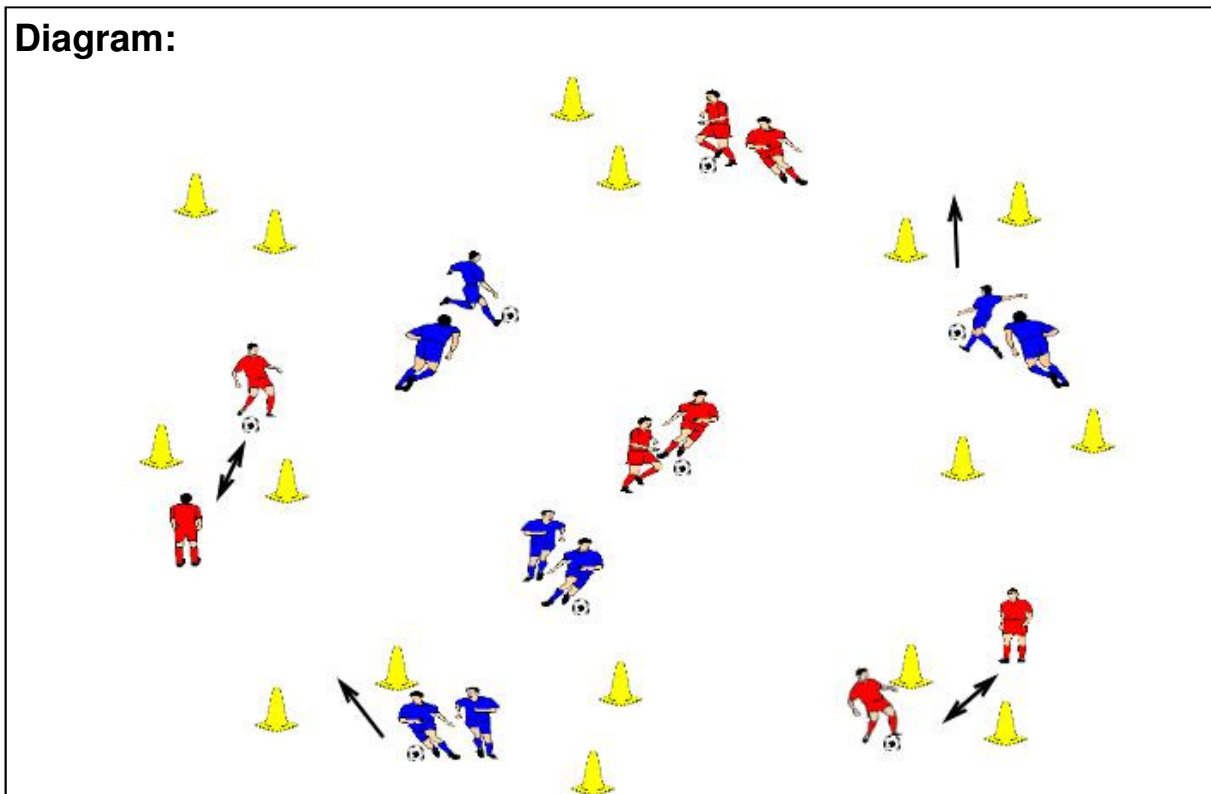


Topic: 1 v 1
Drill Name: 1 v 1+ 8 Goals in Circle

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 start by passing the ball in between a set of goals to each other. Coach calls play and which ever player has the ball becomes the attacker and tries to dribble the ball through as many goals as possible in 15 seconds. The other player is the defender and they try to win the ball. If the defender wins the ball, they dribble the ball through as many goals as possible.

Progressions: Players can not dribble through the same goal twice

Coaching Points: Encourage attacking players to change direction as much as possible to ensure they keep the ball from the defender.