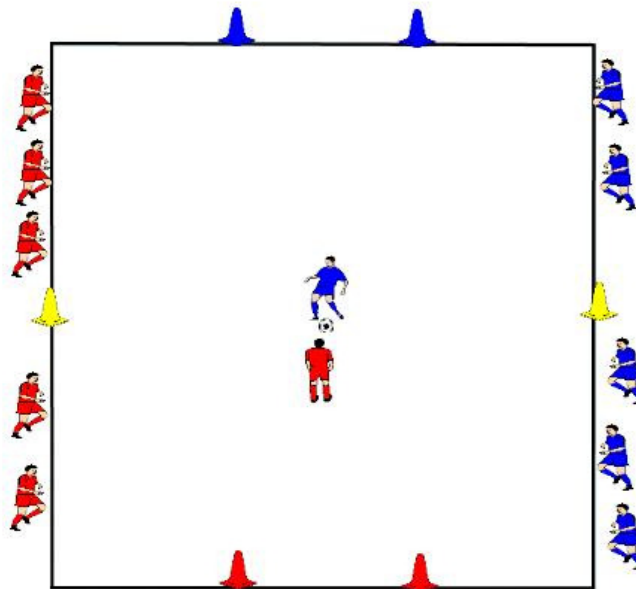


Drill Name: 1 v 1 Attack & Recovery Practice

Topic: 1 v 1

Exercise Purpose: When and where

Diagram:



Description: Two teams on either side of the field. To start, players pass the ball with the inside of their foot to each other. On the coaches signal the player with the ball takes the defender on 1 v 1. If the player scores, they must run back to their own goal line before starting to defend. If the ball goes out, the coach feeds ball back in. Players on the outside act as a wall.

Progressions: Run around goal before you can score, 2 v 2 (both run around & touch goal post) Add 2 goals to defend against. Add wall passers on attacking line (goal)

Coaching Points: Speed of attack, angle of defending, combination with wall pass