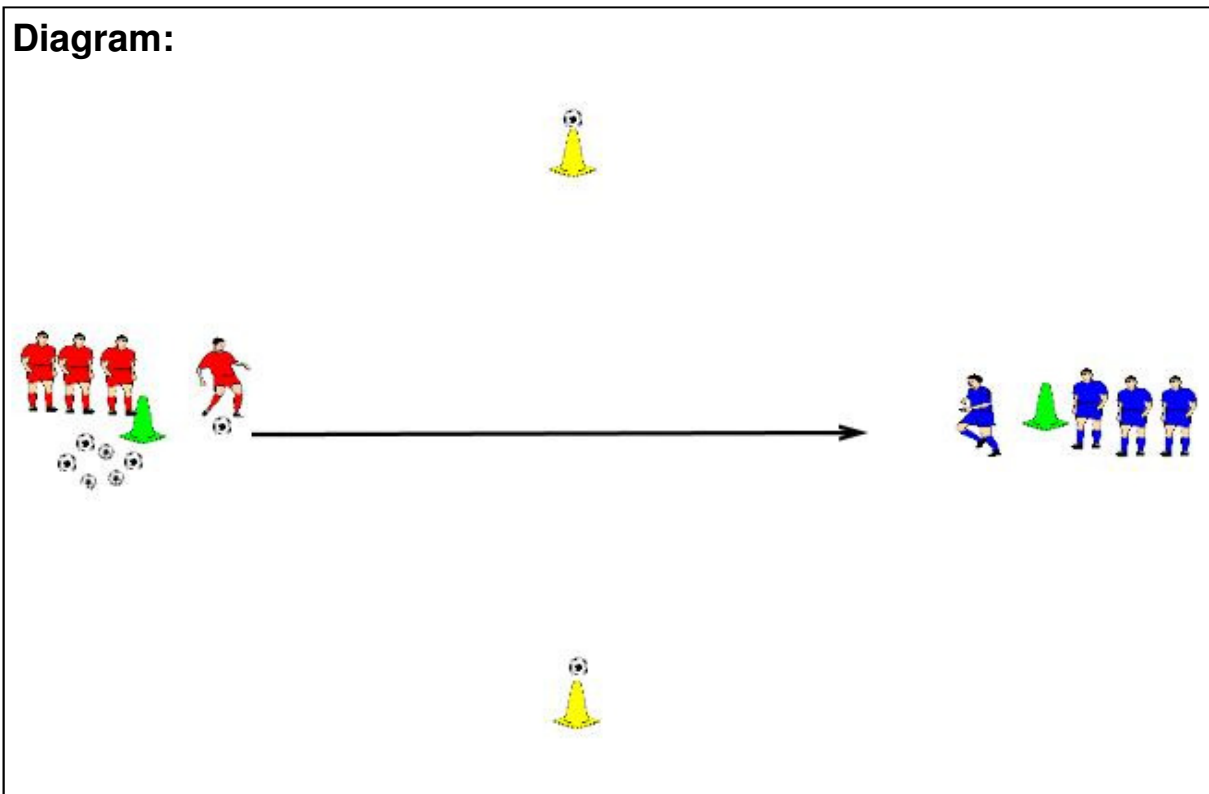


Topic: 1 v 1
Drill Name: 1v1 Knock ball off cone

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: To start the defending team serves the ball to the attacking team. The attacking player has two targets to aim at, one ball on a cone on their right and one ball on a cone to their left. The attacker get a point if they knock either of the balls off the cone. If the defender wins the ball, they can try to knock the ball off the cone and get a point.

Progressions:

Coaching Points: Encourage players to attack quickly, keep the ball moving and change directions as much as possible to beat the opponent.