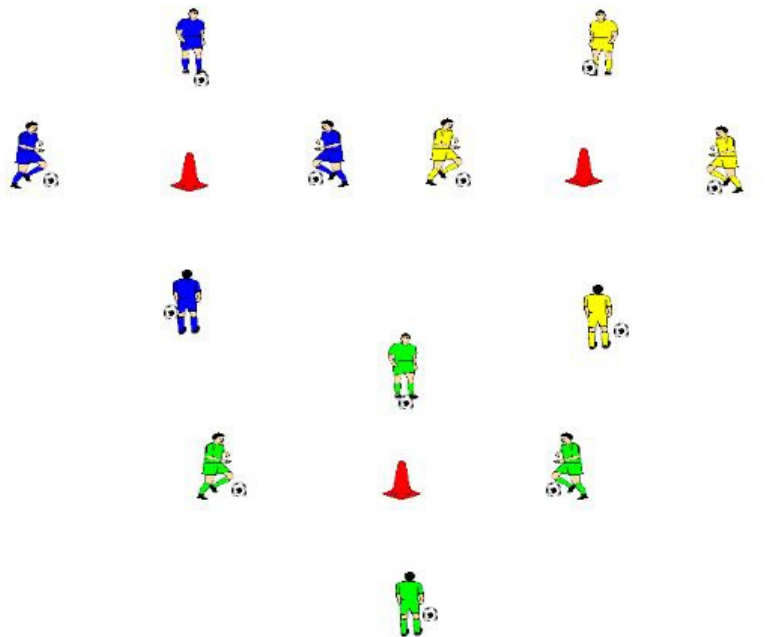


**Drill Name: 1 v 1 Movement**

**Topic: 1 v 1**

**Exercise Purpose: Learning the movements**

**Diagram:**



**Description: Players are split into groups of four, each player has a ball. Players start facing each other, in pairs two yards apart, jogging on the spot. On the coach command players perform 1 v 1 move and finish up on the opposite side of the cone.**

**Progressions: Use both Feet, Add dribble to cone before move**

**Coaching Points: Correct execution**