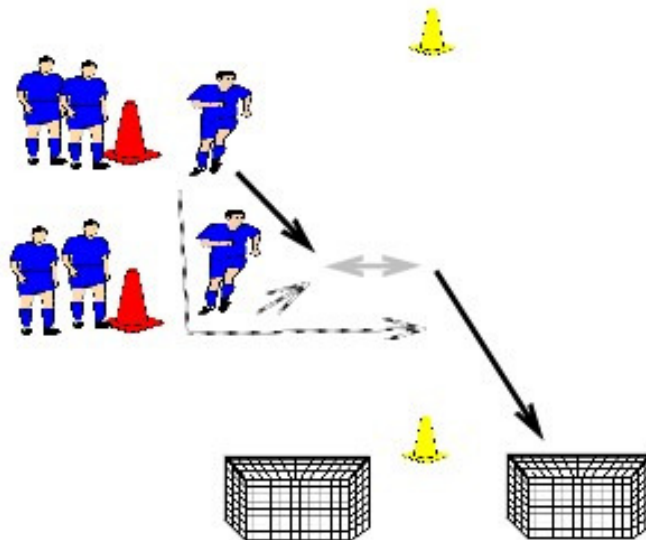


Drill Name: 1 v 1 Stop Start

Age Group: U10/11

Objectives: A 1 v 1 game to provide opportunities for players to work on their speed and technique, particularly changes of direction and the stop-start.

Diagram:



Description: The player furthest from the goal plays the ball to their opponent before wrapping around them to become the defender. The attacker must carry the ball over the yellow line before stopping and re-starting to finish with a shot.

Progressions:

Coaching Points: Encourage players to come to a complete stop before accelerating into the shot and use a variety of changes of direction.