



Drill Library

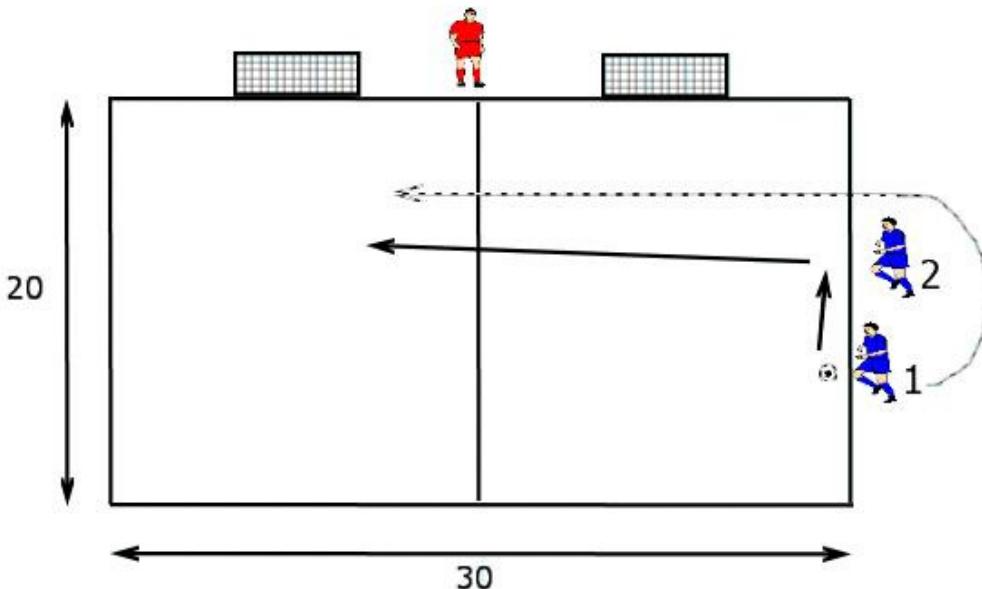


Drill Name: 1 v 1 (stop / start option)

Topic: 1 v 1

Exercise Purpose: Using either option to create a scoring opportunity

Diagram:



Description: Blue 1 passes to blue 2 and overlaps blue 2 to defend the two goals. Blue 2 must cross the centre line in 2 touches and then can score in either goal. Blue 1 defends with full pressure. Players swap positions after each attack.

Progressions: Introduce a GK who can protect both goals

Coaching Points: first touch (direction and speed), Angle of attack, shielding the ball